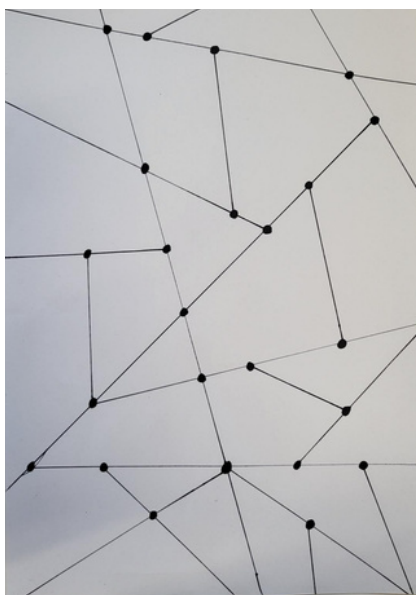
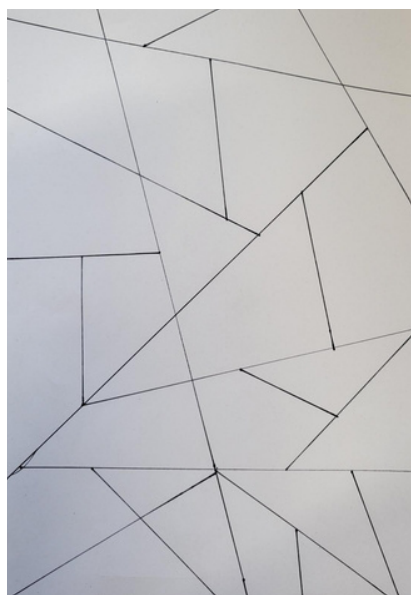


Zen Doodle

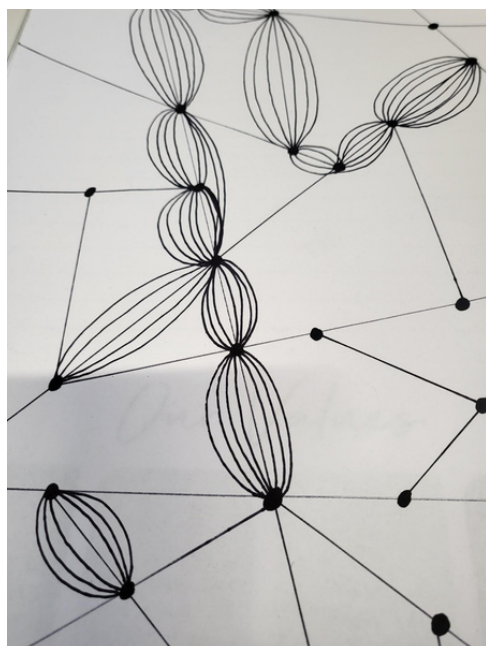
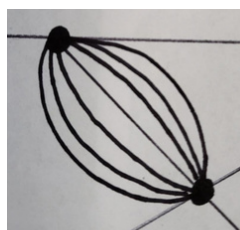
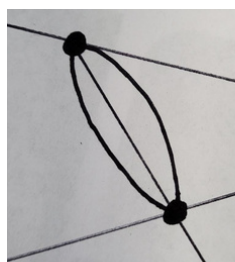


Zen doodling is a great way to relax and calm your mind because you are drawing repetitive patterns over and over again. You can follow the instructions here to create one or be inspired by this design to create your own.

Draw a lot of lines to cover the page with black pen. Then draw a black dot using text at the intersection of each line.



Using black pen, draw curved lines from dot to dot. Fill up as much of the page as you like.



Finish off the page however you like. I added in thicker black lines using texta, and coloured in some of the negative space. You could use colours depending on how you are feeling. Blue for sad, red for angry and yellow for happy.

