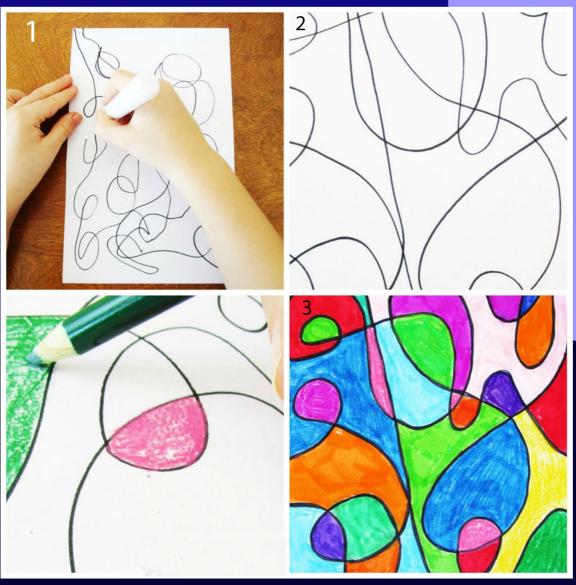
Art & Design KS1 Home Learning LO: I create my own Mindfulness Colouring Art



KS1 mindfulness helps us to be calm and relax. I know Mrs B. likes to do mindfulness activities so you may have done some with her before. This week we are going to turn doodle into a mindfulness piece of art.

Have a look at the pictures below which gives you a step by step guide to creating a mindfulness piece of art.



- 1. On a piece of plain paper, raw swirled and curved lines which overlap each other
- 2. Keep creating these shapes until your pencil ends back at your starting point
- 3. Calmly colour in each individual shape making sure that there are different colours next to each other! ENJOY!