

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, draw 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!