

Doodling

Doodling is a great way to unwind and relax as well as being fun!

Why not have a go at this fun activity and fill each circle with a different doodle and let your imagination run free.

Doodle Art

The definition of a doodle is a casual or rough drawing made without much thought.

Aside from being a fun way to get through a long meeting doodling can be

- relaxing a
- mood regulator
- help memory recall.
- Problem solving and
- Creative

How many dots can you fill?

The worksheet features a grid of 20 empty circles arranged in 4 rows and 5 columns. The top row is partially filled with a soccer ball, a smiling sun with rays, and three empty circles. The bottom of the page is decorated with various doodles including a star, a flower, a mouth, an eye, a nose, another flower, and a heart.