



Nature's Blueprint

Try this when

you want to calm your mind

You will need

Paper, pencil, markers, coloured pencils

30 minutes

The repetitive rhythm of drawing patterns can help to regulate emotions, slowing heart rate and breathing. Go outside and observe the natural patterns around you, leaf veins, tree bark, rippling water, raindrops, and so on. Sketch or trace these on paper, then use coloured pencils or markers to draw more until you fill the whole page.

Self-reflection

How did it feel to recreate patterns? Was it soothing? What repeat designs in nature stood out to you? Why do you think they caught your attention? Do you see any connections between these natural patterns and patterns in your own life?