

## Mindful Drawing and Colouring using Pattern and Design



### *What You Need*

- Markers/Sharpies/felt tip pens or colouring pencils
- Pencil for drawing
- Sheet of white paper

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- Begin by making a simple line drawing using your pencil. It can be a landscape with hills, a river, trees and a sunset.
- It could be a streetscape with houses and tall buildings – you decide.
- The drawing above is the landscape I decided to draw. It has a sunset set behind two rolling hills with a tree and stone wall in the foreground.

2



- Once I was happy with the drawing, I drew over my pencil outline with black marker to make it really stand out. Now you can see my drawing more clearly!

3



- Now for the fun and colourful part. It's time to colour each section of the drawing in a different colour using a different pattern.
- Look at each step and each pattern and colour I used as I filled in each section.
- The picture starts to come to life after each step...

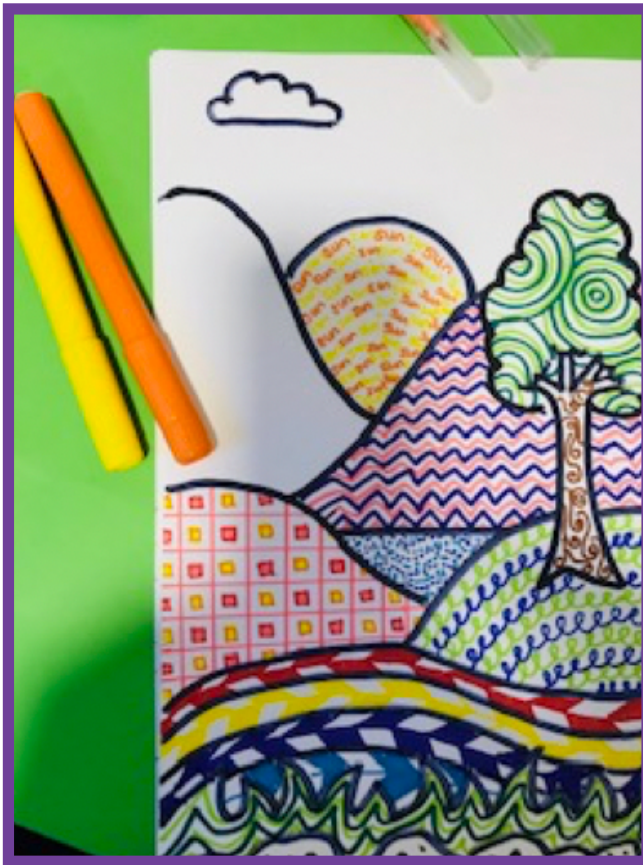
4



- For the hill and mountain, I used zig zags and curly wurly!
- The stones at the front of my drawing are spotty and the grass grassy!!
- The tree has concentric circles in dark and light green and the trunk is swirly brown!
- The opposite hill is in a grid like pattern with red and yellow boxes and the river in between is dotted and blue!



5



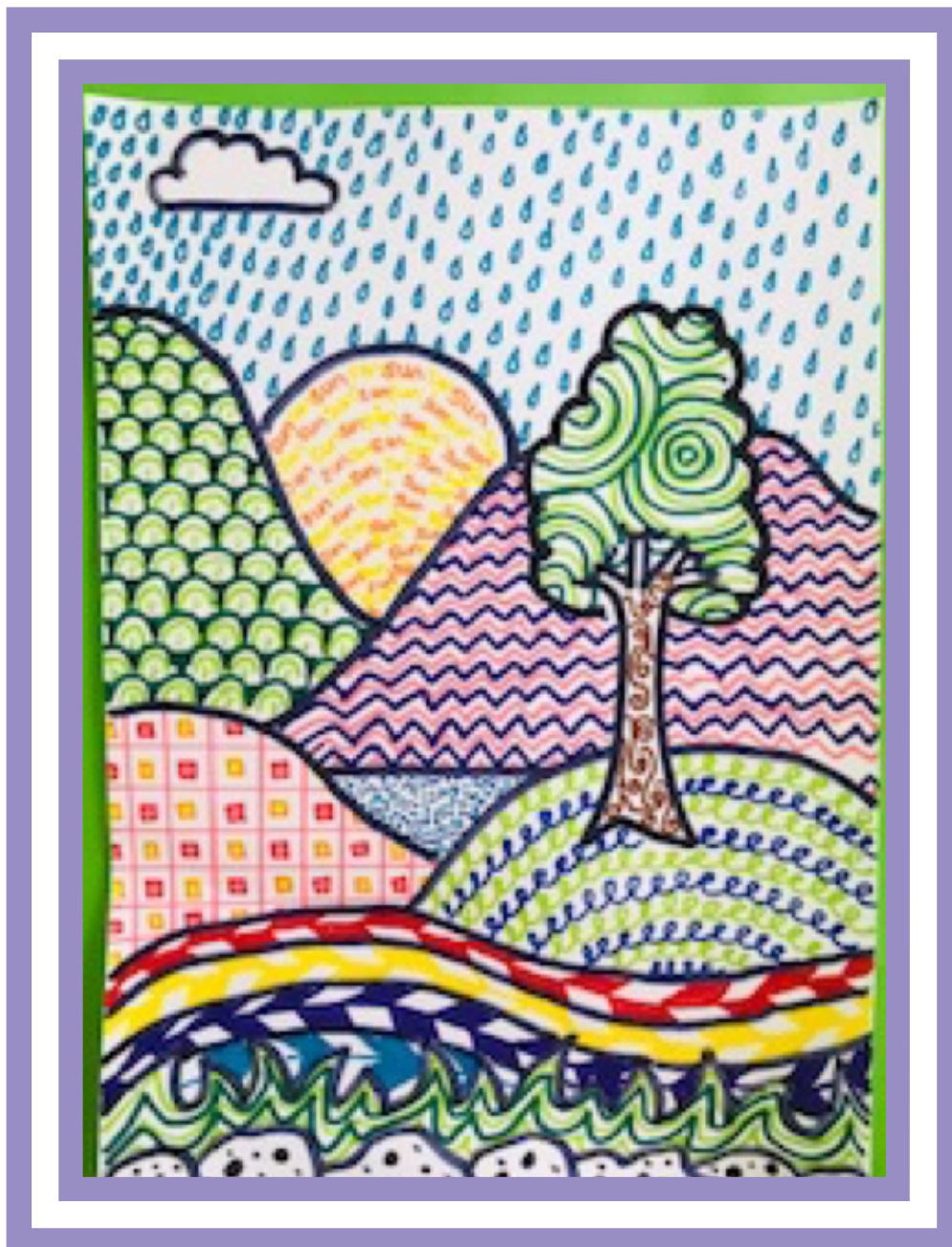
- I added some repeated writing for the sun and some red, yellow, purple and blue chevrons beside the grass in the foreground.
- It's really coming to life isn't it?

6



- Repeated blue raindrops filled my sky and the mountain on the left hand side has a green shell-like pattern.

7



- Now you can try it yourself and create some imaginative and different creations!
- You can come up with a variety of patterns and designs of your own.
- Give it a go and I hope you enjoy this activity.

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