Mindfulness Art Pattern

Research has shown that coloring helps to reduce stress and boost creativity. This is because coloring can relax the fear center of your brain, called the amygdala. This can be greatly beneficial to our mental health since it helps to improve our mood.

Material:
- Paper/construction paper
- Pencil
- Markers/crayons
- Ruler (optional)

Instructions:
1. Begin with creating a circle on your paper, make it the size you would like. Also place a center circle and fill it in:

2. Create a flower like shape beginning from the center dot that we colored in completely:

3. Draw lines that begin from the center, crossing in the middle of the pedals, and extending to your outer circle. Following that make diamonds or any other shapes surrounding the center.
4. Outline your deserved drawing in black or any color using your marker.

5. Color your creation, as you would like.

**MODIFICATIONS/VARIATIONS:**
Try different doodles to fill in your page or use different colors to fill in each section.