



## Just Scribble

Close your eyes and scribble somewhere on this page.

Then turn your scribble into an abstract drawing. Don't worry about what it looks like, just fill the page. When you are done, take colored pencils and color in your drawing.

Breathe slowly and deeply as you draw. What do you see in your picture? Did any thoughts or feelings come up?

### **Dose**

Use when stressed or anxious.