

Exercise 8: Mindfulness doodling

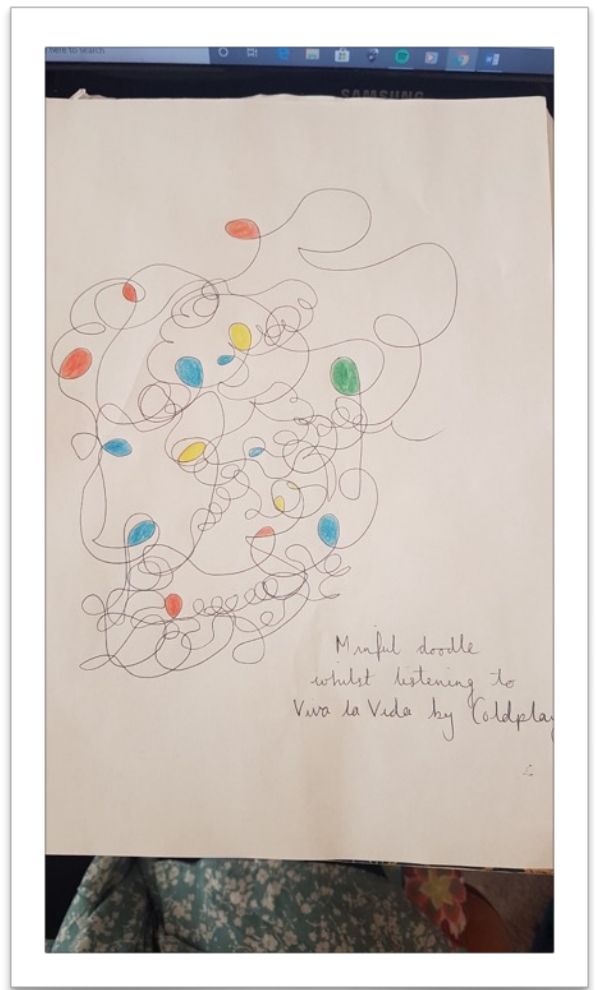
whilst listening to music

Choose a piece of music to fit your mood and just let your pencil/pen enjoy the movement you create around your page.

Try not to think about anything, just focus on the music and the movement of your pencil – almost like your pencil is dancing.

Try not to lift your pen/pencil from the page. You can do this exercise with your eyes open to begin with, then listen to the piece of music again with your eyes closed.

Here is my mindful doodle whilst listening to Coldplay's Viva la Vida song. I really felt like my pencil was dancing across the page. As you can see I have started to colour in the shapes I created.



You can listen to any style or genre of music when mindfully doodling. It is a lovely way to feel relaxed or re energised depending on what you are listening to. Have fun doodling!

