

Meditative Line and Pattern Activity

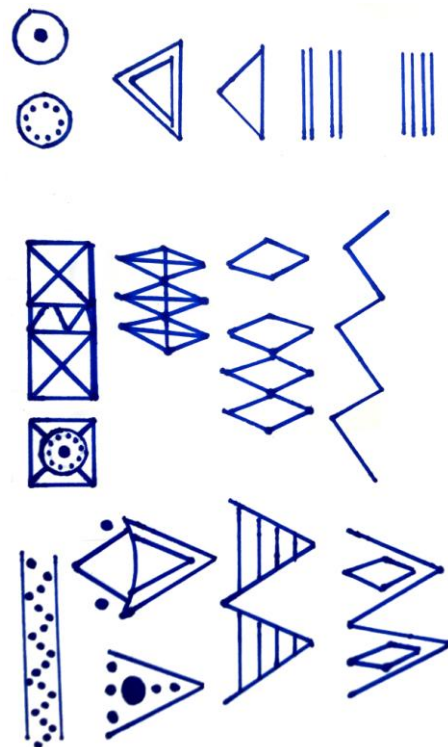
What you will need:

- A sketchbook or copy paper
- Aluminum foil or pie plate thickness foil
- Crayons, paints, markers or coloured pencils
- Math compass or round items to make circles
 - Ex. Dessert dishes, small bowls, coils
- Pencil, white eraser and ruler
- White glue or scotch tape
- Black marker or sharpie
- Scissors

Steps:

- Starting in the centre of your paper, draw three to four different size circles starting with the smallest in the center. Remember you will be adding patterns to the inside of each circle.
- Now draw a circle on silver foil or a pie plate with black marker or sharpie and cut it out.
- Turn the foil around so the black marker does not show.
- Attach the foil to the center of your paper with glue or tape.
- If you only have tape, tear a few pieces about 4cm and roll it so the sticky part is on the outside and place it under the foil and stick it to the center circle.
- Use a **blunt** pencil to draw your pattern on the foil.
- Draw the rest of your lines and patterns along each segment of the circles.
- Colour in with crayons, markers, and paint or coloured pencils.
- Use a black marker, sharpie or crayon to highlight areas.

Sample Lines and Patterns:



Sample Image – Before Colouring



After Colouring

