

Inspired by our microscope cell images we create some very easy colouring doodle patterns

You will need:

- Paper
- Colouring pens, pencils or paint
- Circular objects (such as sticky tape rolls, cup, plate)

Instructions:

1. Simply draw round as many different circular shape objects on your paper
2. Make sure you overlap them and use lots of different sizes
3. Colour in the different sections to create an abstract pattern

Other ideas and tips:

- Great for any age including adults!
- Colouring in can with mindfulness and help you relax

