Calm Through Colour: Anxiety & Worry

A pattern with a stopping place

You can draw, point, write or talk it through with someone.

Have a go

Draw a small circle and a larger circle beside it. Add a slow looping path between them. Put a star where you want to start.

Try another step

Trace part of the path. Choose somewhere to pause and mark it with a dot. You can leave the rest for another time.