

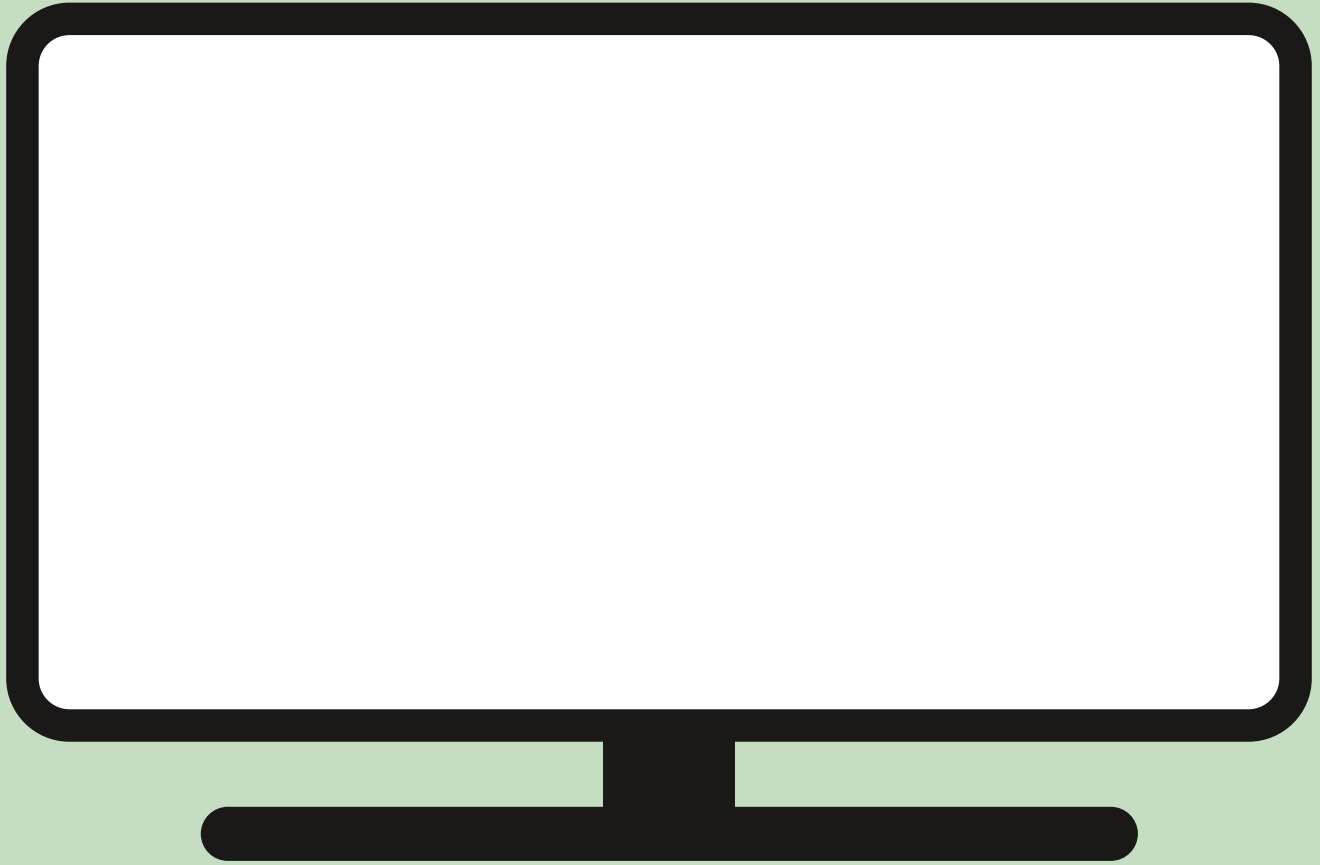
**Draw three things  
You're grateful for today**



# Design Your Own T-Shirt



# Draw your own character



Bonus points if you can  
create a backstory for them!

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# **Skills-based drawing challenges**

## **Can you....**

**Pick up your pen / pencil. Can you create an entire drawing without once lifting it off the page?**

**Pick an object in front of you. Can you draw this with your non-dominant hand?**

**Find an object and draw it upside down?**

**Doodle three random shapes. Now see if you can connect them and turn them into a picture:**

Walking is a great way to get outdoors, and it can help boost your mood by as it releases endorphins. Here are some things that you may find during your next walk. Once you've found them, colour them in:

