



## IMAGINATION SPRINGBOARD !

Gather together something to doodle with. You could use felt pens or coloured pencils, or keep things simple and use a biro or other marker. Breathe deeply and look at the shape for a few moments. When you feel ready, allow your hand to guide you.

This is a playful exercise to invite your imagination to flow. There is no correct result. Simply allow your pencil or pen to wander over the surface of the paper. Feel free to let your imagination expand beyond the boundaries of the box.

