

Welcome to the Scribbles Meditation Worksheet. This worksheet will be an instructional guide as to how to clear your mind before scribbling. Scribbling requires a clear train of thought so we want to provide you with some relaxation exercises to help you get in that mind state.

1. Close your eyes for 5 minutes and think about all of the words you know. You can bounce from topic to topic, and even remember the moments in which you learned those words.
2. Take a nature walk and point out all of the objects you encounter.
3. Do a pre-scribble by writing out sentences and words you'd like to scribble about.
4. Try blabbering for 5 minutes to get your thoughts flowing.

In the article, I mentioned a cycle of thinking in order to get you started with scribbling. Below I'll provide you with a template that you can fill out to your liking or duplicate in your own style.

When I think about the word \_\_\_\_\_, I think about \_\_\_\_\_ and how \_\_\_\_\_, the world. \_\_\_\_\_ is /are \_\_\_\_\_, and I \_\_\_\_\_ believe that \_\_\_\_\_ can be important because it/they \_\_\_\_\_ etc....

Feel free to make your own cycle of thought template, just remember to have fun and scribble your heart away!