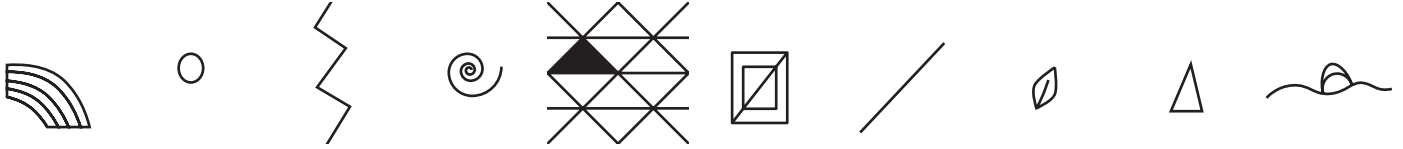


Fill Your Plate with Gratitude

Mindful drawing/doodling can be a positive way to cope with holiday emotions. "Fill your plate" by doodling patterns shown below. Draw lines to create separate areas if you'd like to draw multiple patterns.

Start by drawing...

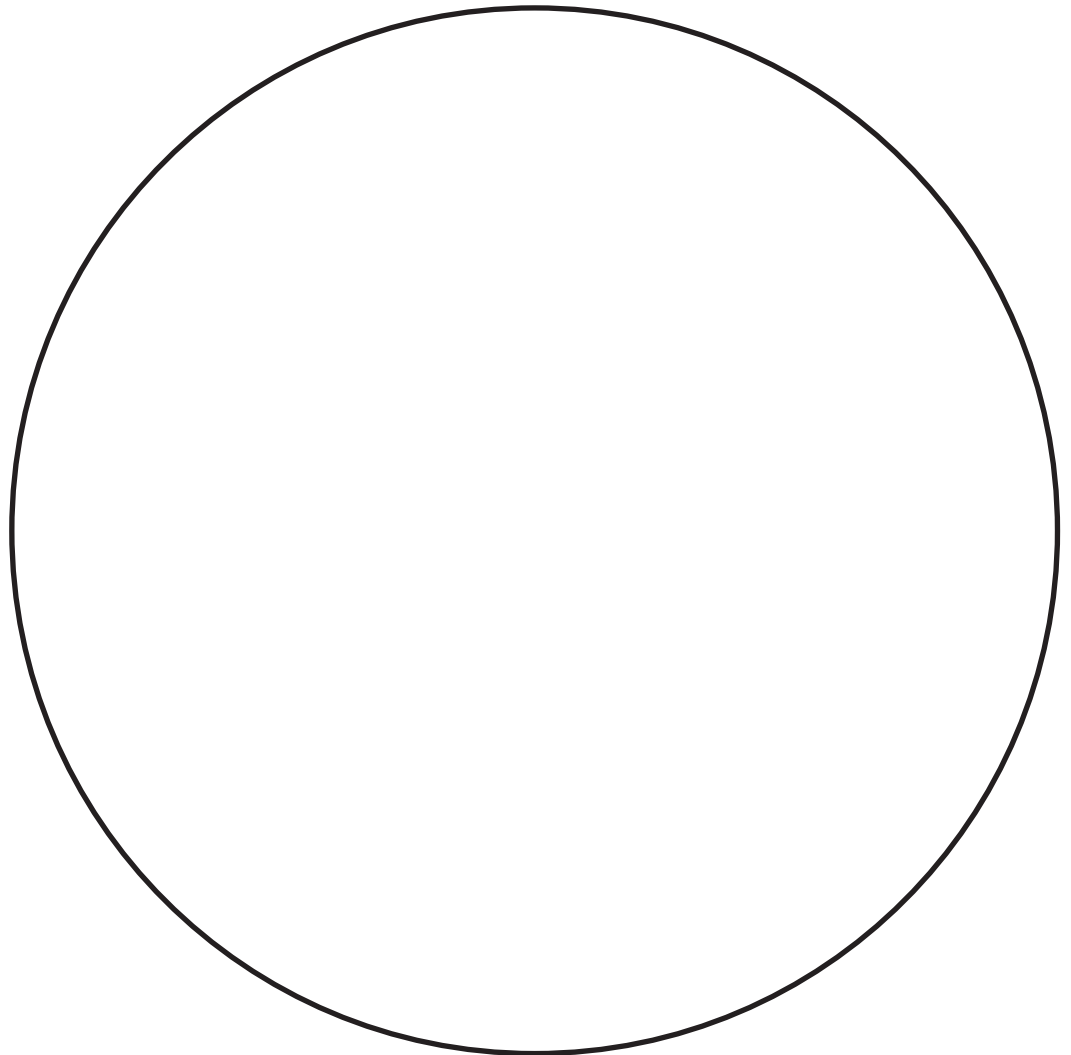


A pattern of this can look like...



Fill your plate with:

- Family
- Friends
- Health
- Hobbies
- Work



To find more coloring pages and other activities online, visit

www.snohd.org/activities