

# Create Mindful Moodles with Ben Sanders

**TIP — Explore your moods and create your own characters in the shapes below. They can be happy, sad, excited, cranky. The choice is yours!**

[Check out Ben's tutorial here!](#)

**MOODLES**  
Doodle your moods!

## Be Messy!

Start with some basic shapes.  
No need to be neat.  
Go where your scribbly hand leads.

## Ooooo OO Be child-like.

There's no such thing as a bad idea!  
Don't listen to your critical adult mind...  
...perfection is over-rated!

## Draw your emotions.

Get your emotions down on paper.  
If it helps, look at your expressions in a mirror.

## Stay Loose!

Don't tighten up  
as you detail your drawings.

## Add Extras.

Add some fun accessories.  
Enjoy sketching the details.

## Know when to Stop!

Finish while the going is good.  
Be satisfied with your amazing efforts.

# Activity Template



My  
**MOODLES**

*Let's start with some basic shapes that outline the bodies of your characters.*

