Five-Minute Creative Pause

A small moment for creativity, just your way

ECWW-RES-ACT-004 | Free printable activity sheet

You will need

Paper and a pencil, pen, crayon or any art material you enjoy.

Your five-minute invitation

1 minute	Settle in. Choose a colour or make a first mark.
2 minutes	Draw lines, dots, shapes or patterns. Follow your curiosity.
1 minute	Add a new colour, pattern or texture if you want to.
1 minute	Look at what you made. Notice what you enjoyed.

Your creative space

Doodle, draw or make marks below. You can stop whenever you like.

Optional reflection

What did you notice or enjoy? _____

Would you like to try again another day? _____

There is no right or wrong way to create. A little is enough.

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