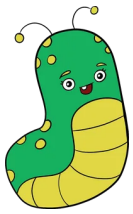
DRAW IT FAST 1

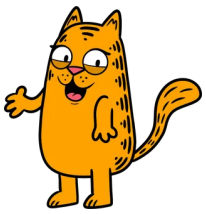


## 60-Second Monster

Draw a monster in 60 seconds. Give it more eyes than you have!

**1 minute**

DRAW IT FAST 2



## Other Hand Cat

Draw a cat with the hand you don't write with. Wobbly lines are the fun part.

**1 minute**

DRAW IT FAST 3



## Eyes-Closed Face

Close your eyes and draw a face. Open them and add one more thing.

**45 seconds**

DRAW IT FAST 4



## Five Circles

Draw five circles. Turn each one into something different.

**2 minutes**

DRAW IT FAST 5

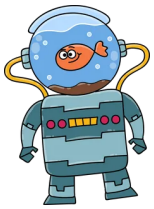


## Squiggle Swap

Draw a squiggle and swap with a partner. Turn their squiggle into a creature.

**2 minutes**

DRAW IT FAST 6



## Robot Mash-Up

Draw a robot with an animal's head. What can it do?

**90 seconds**

DRAW IT FAST 7



## Three-Shape Alien

Draw an alien using only a circle, a triangle and a square.

1 minute

DRAW IT FAST 8



## One-Line Snake

Draw a long snake without lifting your pencil. Then give it a pattern.

45 seconds

DRAW IT FAST 9

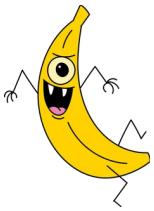


## Dot Surprise

Put a dot anywhere on your paper. Turn it into a bug, a planet or a face.

45 seconds

DRAW IT FAST 10

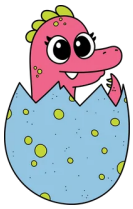


## Fruit With a Face

Draw a piece of fruit. Give it a face, arms and a funny hat.

1 minute

DRAW IT FAST 11

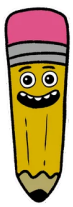


## Tiny, Then Giant

Draw a tiny dinosaur. Now draw it again, as big as your paper.

90 seconds

DRAW IT FAST 12

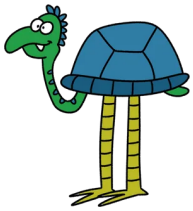


## Three Things

Your teacher calls out three things. Fit all three into one drawing.

2 minutes

DRAW IT FAST 13



## Pass the Monster

Draw a head and pass your paper. The next person adds a body, then legs.

2 minutes

DRAW IT FAST 14

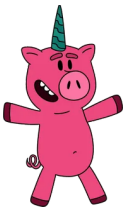


## Mood Faces

Draw a happy face, a grumpy face and a surprised face. One minute!

1 minute

DRAW IT FAST 15



## Mystery Pet

Draw a pet nobody has ever seen. Give it a name.

90 seconds

DRAW IT FAST 16

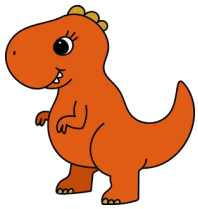



## Star Storm

Draw as many stars as you can in 30 seconds. Count them!

30 seconds

MOVE LIKE ME 1

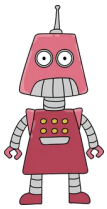


## T. rex Stomp

Make tiny T. rex arms. Stomp in place 10 times, then roar once.

30 seconds

MOVE LIKE ME 2



## Robot Moves

Stiff arms, stiff legs. Turn left, beep. Turn right, beep. Power down.

30 seconds

MOVE LIKE ME 3



## Frog Hops

Squat down low and do five frog hops in place. Ribbit!

30 seconds

MOVE LIKE ME 4



## Penguin Waddle

Feet together, arms by your sides. Waddle in a small circle.

30 seconds

MOVE LIKE ME 5



## Monkey Reach

Reach up and grab a banana, left hand, right hand. Do it 10 times.

30 seconds

MOVE LIKE ME 6



## Flamingo Balance

Stand on one leg like a flamingo and count to 10. Switch legs.

45 seconds

MOVE LIKE ME 7



## Elephant Trunk

Clasp your hands and swing your trunk side to side. Trumpet!

30 seconds

MOVE LIKE ME 8

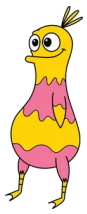


## Crab Shuffle

Pinchy claws up! Shuffle four steps left, then four steps right.

30 seconds

MOVE LIKE ME 9

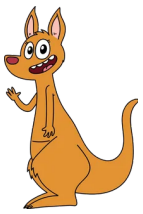


## Alien Antennas

Put two fingers on your head for antennas. Wiggle them and spin slowly.

30 seconds

MOVE LIKE ME 10

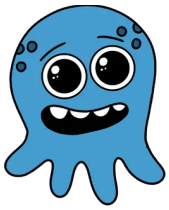


## Kangaroo Jumps

Hold your paws up and jump in place 10 times.

30 seconds

MOVE LIKE ME 11



## Octopus Arms

Wave your arms slowly like you're floating underwater. Now faster!

30 seconds

MOVE LIKE ME 12



## Wet Dog Shake

Shake your hands, then your arms, then your whole body, like a dog after a bath.

30 seconds

MOVE LIKE ME 13



## Lion Stretch

Stretch your claws out wide, take a big yawn, then a quiet roar.

30 seconds

MOVE LIKE ME 14

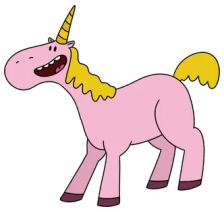


## Air Drawing

Draw a giant circle in the air with your elbow. Now your nose. Now your foot!

45 seconds

MOVE LIKE ME 15

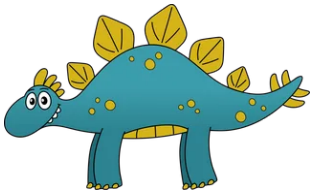


## Unicorn Gallop

Gallop in place and toss your mane. Slow down to a walk, then stop.

30 seconds

MOVE LIKE ME 16

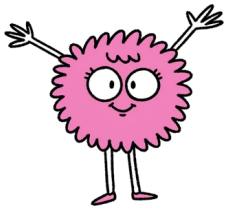


## Dino Freeze

Dance until your teacher says “Freeze!” Then freeze like a stegosaurus.

1 minute

CALM DRAWING 1



## Square Breathing

Draw a square slowly. Breathe in up one side, hold across the top, breathe out down, hold across the bottom.

1 minute

CALM DRAWING 2

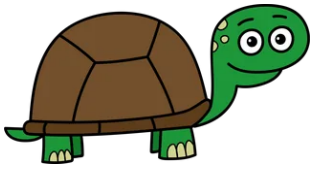


## Star Breathing

Draw a star slowly. Breathe in on each line that goes up, breathe out on each line that goes down.

1 minute

CALM DRAWING 3

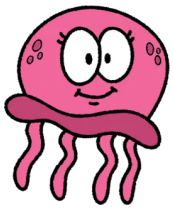


## Slow Spiral

Draw a spiral as slowly as you can, from the outside to the middle.

1 minute

CALM DRAWING 4



## Wave Lines

Draw slow waves across your paper. Breathe in as the wave goes up, out as it comes down.

1 minute

~ CALM DRAWING 5

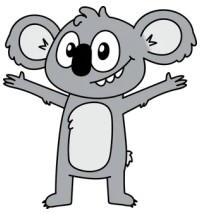


## Tiny Pattern

Draw a box. Fill it with one tiny pattern: dots, stripes or hearts.

**2 minutes**

~ CALM DRAWING 6



## Draw a Sound

Close your eyes and listen for one minute. Draw one sound you heard.

**90 seconds**

~ CALM DRAWING 7



## Cloud Shapes

Draw a puffy cloud. What does it look like? Turn it into that.

**90 seconds**

~ CALM DRAWING 8



## Smile Doodle

Draw one thing that made you smile today.

**90 seconds**

~ CALM DRAWING 9



## My Calm Place

Draw a cozy place where you feel calm. Who or what is there with you?

**2 minutes**

~ CALM DRAWING 10



## Hand Trace Breathing

Trace your hand slowly. Breathe in up each finger, breathe out down.

**1 minute**

~ CALM DRAWING 11



## Slowest Line

Draw a line across your paper as slowly as a lizard in the sun.

1 minute

~ CALM DRAWING 12



## Flower Circle

Draw a small circle. Draw the same shape all the way around it, like petals.

90 seconds

~ CALM DRAWING 13



## Color One Shape

Draw one big shape and color it in very slowly, right to the edges.

2 minutes

~ CALM DRAWING 14

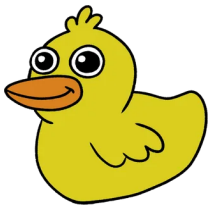



## Tiny Gift

Draw a tiny picture for a friend or for your teacher.

90 seconds

~ CALM DRAWING 15



## Raindrop Count

Draw 10 raindrops, one slow breath for each drop.

1 minute

~ CALM DRAWING 16



## Sleepy Panda

Draw a character getting ready for a nap. Give it a pillow and a blanket.

90 seconds