

Doodle Arm

Draw around our arms and fill them with graffiti style doodles to represent who you are and the kind of things you like to do.



First - draw around your hand and arm and fill it with doodles.

What do your hands get up to?

Tickles, high fives, bike rides, cooking, drawing?

Doing this with one colour creates impact - but you could do this in any way you wish



Next, cut out your arm and glue it to a colourful background.

You could prepare a piece of paper first with splashes and dabs of poster paint. Again, you could do this with any resources you have to hand (coloured pencils, felt tips, wax crayons pastels etc.). You don't have to cut out your arm, you could add colour around the edge on the same paper.



When you fill your arms with doodles, you might consider the things you are currently missing - or the things you are currently appreciating whilst being at home with your family.

Enjoy some doodle time...



