

# Draw Without Thinking

**Fill the page with lines, shapes, and patterns.**

Do not draw people or objects.

Keep your hand moving.

*This can help your mind slow down.*



[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES  
[WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

Free social work  
resources for  
direct work



FOLLOW US ON SOCIAL MEDIA TO STAY UP TO DATE  
WITH NEW DOWNLOADS:

### 1) FACEBOOK



### 2) INSTAGRAM



### 3) PINTEREST



©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook/Instagram/Pinterest page using the share button.