

From Scribbles to Calm

A Simple Neurographic Art Activity
(Scribble, Soften & Color)



A small introduction to a gentle creative break

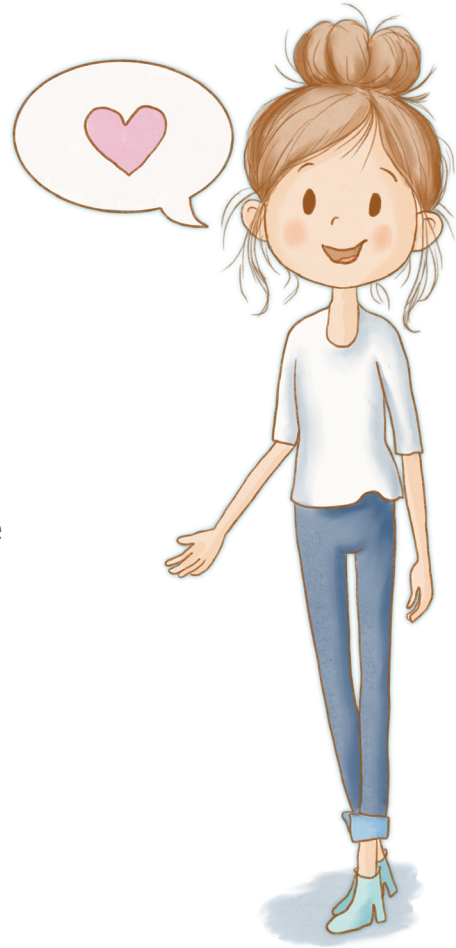
Sometimes your mind just needs somewhere soft to land.

Not a solution.
Not a plan.
Just a few quiet minutes where nothing is being asked of you.

This little page is a simple way to begin—
a few lines, a little color,
and a moment where your thoughts don't have to carry quite so much.

No rules.
No pressure.
Just begin.

Deb



What You'll Need

For Your Lines

- Black Sharpie (or any felt-tip marker)

To Protect Your Surface

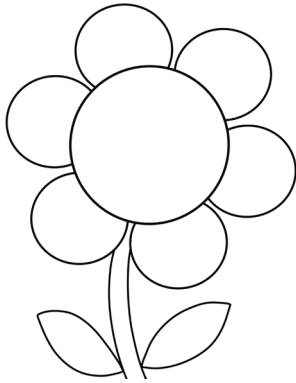
- Scrap or wax paper to place behind your coloring sheet

For Coloring

- Crayons (soft + forgiving)
- Colored pencils (great for blending)
- Markers (bright + bold)

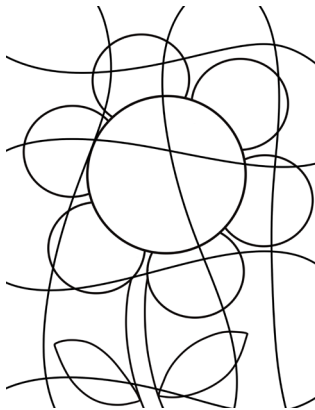
How To Turn This Into Neurographic Art *(The Easy Way)*

STEP 1: Print one of the Nora's Garden Coloring Pages



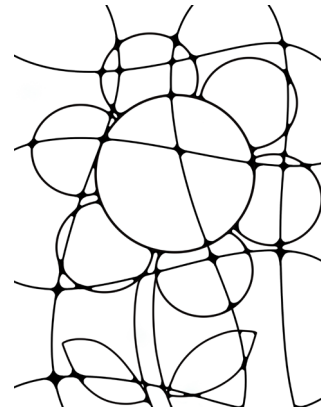
STEP 2: Start with scribbles

- Draw slow, looping lines across the entire page
- Let your hand wander (no overthinking)



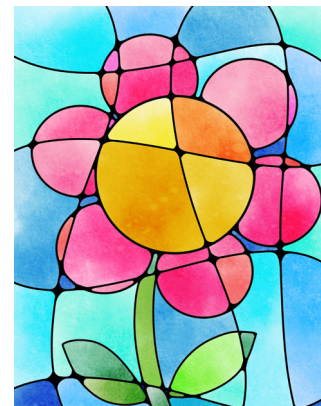
STEP 3: Soften the corners

- Wherever lines cross, round the sharp edges
- (This is the "magic calming part")



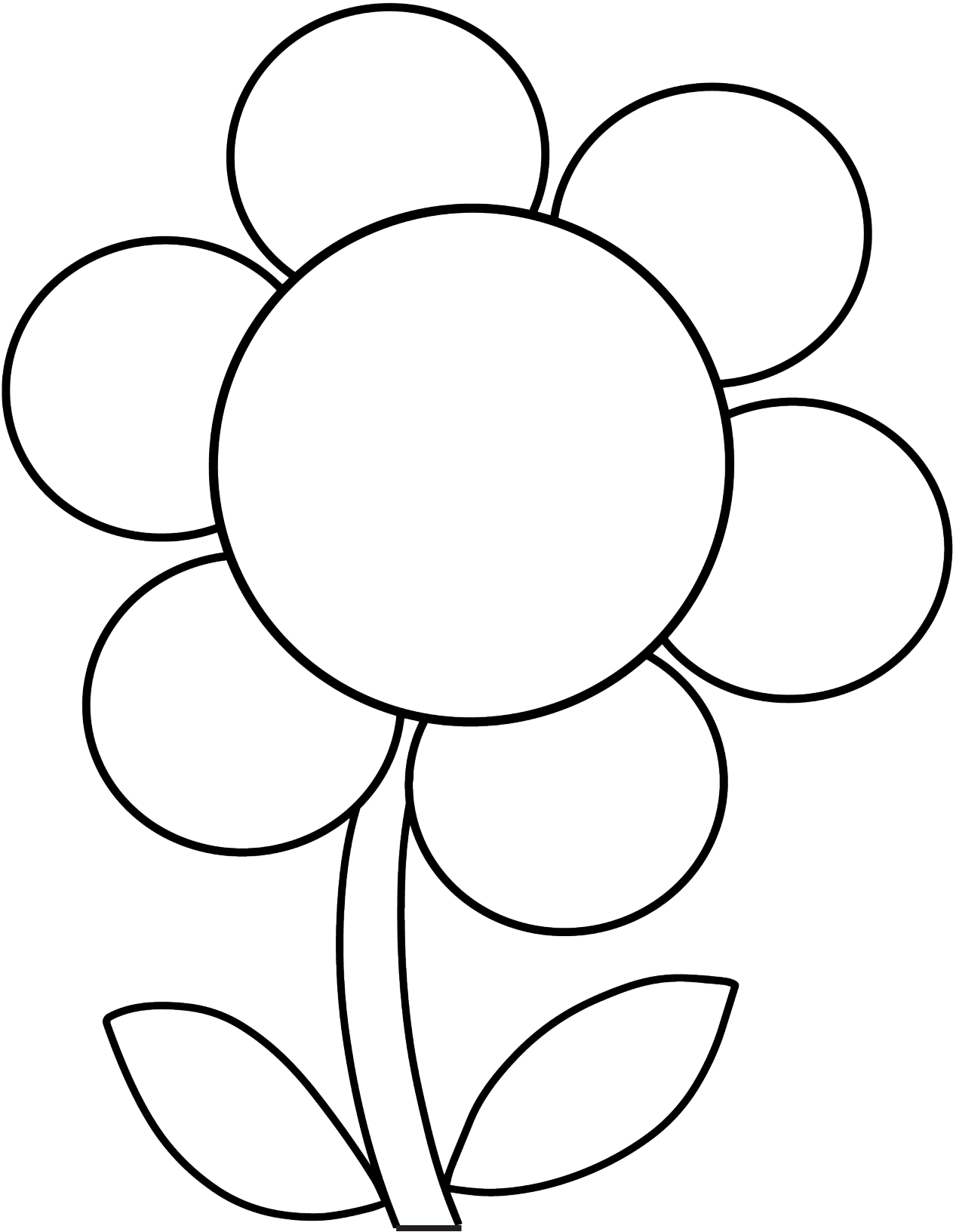
STEP 4: Color the spaces

- Use whatever colors feel good
- No matching required
- No staying in the lines required



STEP 5: Pause and breathe

- This isn't about finishing
- It's about feeling just a tiny bit better



Before You Go...

If this gave you even a few quiet minutes...

I'm really glad you found your way here.

Some days don't leave much room for rest or breathing space.

So even a small pause—
a few lines, a little color—
can be more than it seems.

You don't have to finish.
You don't have to do it "right."

You just showed up for a moment.
And that counts.

This is a small sample from the full
"From Scribbles to Calm" collection.

Available in the Caregivers Joy Shop
on Etsy (scan the QR code below)



You're always welcome to come
sit with me again:

@livingwithlewynet

(Facebook • Instagram •
Pinterest)



Living with Lewy

www.livingwithlewy.net