

5 Calm Drawing Activities for Kids

Simple ways to help your child feel calm, focused, and confident



You don't need much to get started...

Just some paper, pencils, and colouring pencils or markers.

These simple drawing activities can help your child slow down, feel more grounded, and express themselves in a calm and creative way.

1. Draw Your Favourite Part of the Day (or Week)

Ask your child:

“What was your favourite part of today?”

Encourage them to draw that one special moment.

This helps to:

- Encourage a positive outlook
- Build reflection skills
- Boost confidence

💡 *Tip: Make this a simple daily or weekly routine.*

2. Calm Drawing Time (A Mindful Moment)

Set aside 10–15 minutes for quiet drawing time—no instructions, just drawing.

Try creating a calm space:

- Play soft music
- Set up a cosy art corner
- Keep lighting soft

This helps children:

- Slow down
- Improve focus
- Feel calm and settled

✨ *Great as a gentle wind-down activity before bed.*

3. Snail Trail Drawing (Slow and Steady)

Ask your child to draw one continuous line very slowly.

Say:

“Your pencil is a snail going for a slow, peaceful walk.”

No rushing. No talking. No lifting the pencil.

When finished, ask:

“What did your snail see on its journey?”

This helps to:

- Calm busy minds
- Build concentration
- Encourage gentle creativity

4. Drawing from Nature

Find a leaf, flower, shell, or fruit and draw what you see.

This helps to:

- Improve observation skills
- Encourage patience
- Connect with the natural world

✨ *Perfect for a quiet weekend or relaxed afternoon activity.*

💡 *It's not about perfection—it's about noticing.*

5. Feelings Through Colour

Ask:

“How are you feeling today?”

Let your child draw using colours that match their mood.

This helps to:

- Build emotional awareness
- Encourage communication
- Help children feel understood

💡 *Try this:* Create a simple “mood calendar” and colour one square each day. Watch the colours change over time and talk about it together.

A Simple Routine Tip

Just 10 minutes a day can make a difference.

Try:

- After school
- On weekends
- Or as part of a bedtime wind-down routine

Drawing before bed in a calm, softly lit space can help children relax and settle for sleep.

A Note for Parents

You don't need to teach—just encourage.

Be curious.

Celebrate their effort.

Enjoy the moment together.