



Dot to Dot

Guide

Q **What**

Dot to Dot is a relaxing activity to help pupils relax and find mindful moments in a busy classroom. With a selection of pictures and colouring, it makes an excellent task for learners of all ages or a student in need of some quiet.

? **Why**

Reflective activities like this have proven to reduce anxiety, engage the brain for learning and de-escalate emotions.

These activities improve hand-eye coordination and develop artistic talents.

📅 **When**

This activity makes an amazing plenary task or a reflective start to any lesson. By engaging the creative side of their brain, pupils will engage with the lesson faster.

👤 **Learner Activity**

Ideal for those with lower artistic ability who may feel less confident during creative tasks, set them on this activity to boost their morale.

Do they feel more capable when they're finished?

👥 **Class Activity**

During a wet play, dish out the tablets and have them use the Dot-to-Dot activity for a while.

When transitioning between one task to another or waiting for something, this activity can keep them engaged and mindful.

