

Draw Me Happy

Add a spark of joy into your daily life with these drawing prompts and explore your own creativity as a form of self-care. *Draw Me Happy* prompts are meant to be quick and informal drawings—no prior art experience needed! We encourage you to value the process over the finished product.

1. Look in the mirror and draw a self-portrait without looking at the paper or picking up your pen from the page.
2. Write a list of the first ten words that come to mind when you think of the word “happy.” Make a drawing based on those words.
3. Draw the sun, moon, and stars having a party.
4. Fill your page with one continuous line that does not cross itself.
5. Draw a very small creature with a very long shadow.
6. Draw ten hearts and fill each one with a different pattern or drawing.
7. Take three deep breaths. Draw something being carried by the wind.
8. Draw a snowman by moving your pen very slowly. Then, draw their surroundings as quickly as you can.
9. Think about a beautiful place you have been. Make a drawing that reminds you of that place.
10. Make a still life using some of your favorite things, such as a favorite pair of shoes or mug. Draw your arrangement.
11. Make a drawing using only triangles, circles, and rectangles.
12. Draw a scene of balloon animals and other balloon things.
13. Draw your favorite joke.
14. Look out a window and draw what you see.
15. Pretend you’re a bumble bee. Draw your buzzing path.
16. Put on a favorite song. Let the music inspire your drawing.
17. Draw a very serious person wearing a very silly hat.
18. Find a cloud in the sky, or imagine one. Draw its changes over the course of five minutes.
19. Stretch your arms and wiggle your fingers. Draw those wiggly lines.

20. Make a drawing with your non-dominant hand.
21. Draw something heavy being carried by a lot of balloons.
22. Gather objects that you can find around you, such as paper clips, scissors, or a water bottle. Put them on your paper and trace their outlines. Shade in the spaces where their lines overlap.
23. Draw yourself as a kangaroo wearing a hat.
24. Draw kites flying through the sky.
25. What do you think it would look like if you made a drawing with your eyelashes? Try to create that drawing using a pen or pencil.
26. Look in a mirror and draw as many silly faces as you can make.
27. Eat a fruit and draw how it tastes.
28. Make a drawing when you first wake up.
29. Draw a rollercoaster looping all around the page.
30. Make a drawing of the most fabulous cake you can imagine.
31. Tape a pencil to a long stick, ruler, or even another pencil. Make a drawing with your new tool!
32. Draw a very tall person hula hooping with as many hula hoops as they can.
33. Draw your dream garden.
34. Write your name in big bubble letters. Draw a different hat on each letter.
35. Draw as many smiley faces as you can fit on one page.
36. Make a drawing using only letters in the alphabet.
37. Take a walk and make a drawing inspired by what you see.
38. Draw a jacket with multiple pockets. What would you like to carry in the pockets?
39. Draw a line by pressing your pencil against the page as hard as you can and then as lightly as you can. Play with line weight and the feeling of your pencil against the paper.

40. Collect leaves from outside. Trace around each leaf on a paper and overlap the leaves until the page is completely covered.
41. Draw an art gallery. Then, draw tons of disco balls hanging from the ceiling.
42. Draw a picture of a tree, but pretend you're jumping up and down on a trampoline while you draw it. How will the lines be different than if you were sitting still?
43. Draw a stack of rocks balanced on top of each other all the way up the page.
44. Draw as many birds as you can fit on one page.
45. Drink a glass of water. Draw a fish swimming through the sea.
46. Try to find as many drawing tools as you can, like a pencil, a crayon, a marker, and a pen. Make a drawing using all the tools you can find.
47. Draw your laughter. Is it high or low pitched? Big or small?
48. Use your imagination to create a drawing of a never-before-seen animal.
49. Imagine you are floating on a cloud. Draw what you see below you.
50. Use items you can find in your kitchen to make a sculpture. Draw your creation.
51. Draw a self-portrait with one continuous line without looking at yourself. How does it compare to the first prompt where you looked at yourself but not at the page?
52. Flip back through all the drawings you've made this year. Which ones did you enjoy the most? Pick some of your favorite elements and make a drawing inspired by your previous ones.