Making art can be as easy as combining words, circles and patterns!

**Tools + Materials**
- Pencil
- Sharpie or pen
- Coloring method of your choice: markers, crayons, colored pencils, watercolor or a combination

**Directions**
1. Choose a word or short phrase. It could be meaningful, aspirational or just fun to say out loud.
2. Think about how you want to write it: Bring out your middle school lettering skills!
3. Using a pencil, trace a few different sized circles behind your word. Use a coffee cup, plate, roll of tape, etc.
4. In between your circles are spaces full of potential. Draw, doodle or make patterns!
5. Pop in some color. Sharpies, markers, crayons, colored pencils and watercolors will work. Just keep your word in mind.

[Link](https://artsinmedicine.ufhealth.org/aim-to-connect/)