



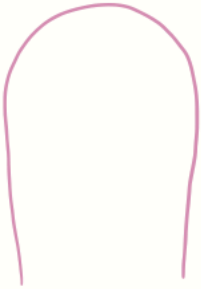
# HOW TO DRAW MINDFUL MO



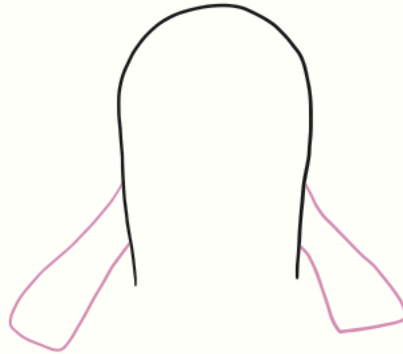
ART AND CONCEPT BY EUNICE & SABRINA MOYLE OF HELLO!LUCKY  
MINDFUL MO FROM "SLOTH & SMELL THE ROSES", PUBLISHED BY ABRAMS

Mindful Mo steps readers through the key ideas of mindfulness and self-compassion with warmth and humor.

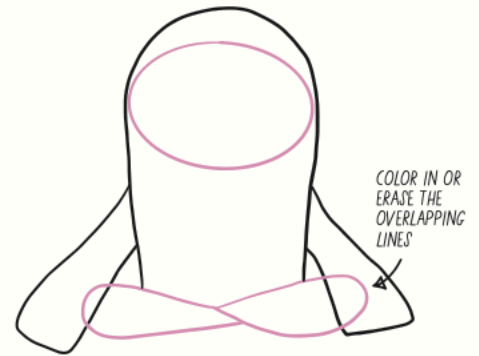
1. DRAW A HORSESHOE SHAPE



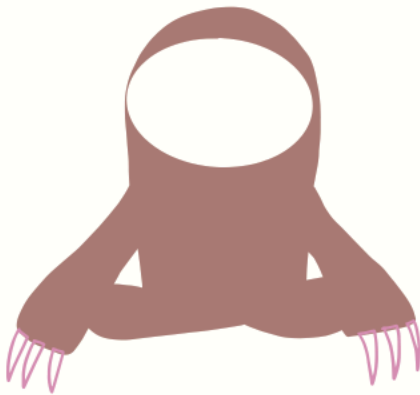
2. ADD THE ARMS



3. ADD THE LEGS (THEY ARE A BIT LIKE A SIDEWAYS 8) AND AN OVAL FOR THE FACE



4. ADD THE CLAWS



5. ADD DASHED LINES FOR FUR - USE THE BODY COLOR FOR THE EDGE FUR AND A DARKER COLOR FOR THE BODY FUR



6. ADD FACE DETAILS: TWO OVALS FOR THE EYE SPOTS AND A CIRCLE FOR THE NOSE



7. DRAW PUPILS, NOSTRILS, AND SMILE



8. ADD A LINE OF FLOWERS AND LEAVES FOR THE CROWN.



9. TA DA!



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