

# Doodling: Do you doodle? If so, when and where?

What is a “doodle”? While it’s been described as an absentminded and even distracting activity, doodling can be an important tool to engage your mind during tasks that require extreme focus. A doodle is a rough drawing, pattern, or even a scribble that can be random or repeated.

Doodling helps your body relax, it can work as a tool for remembering information by keeping you focused and prevents your mind from drifting. It can also help you reach creative solutions by helping to access parts of your brain not normally used.



- 1.) To get started on your doodle pick your drawing tool and start in one spot on your paper and start drawing doodles.
- 2.) Create as many doodles as you would like.
- 3.) The only rule is that no doodle should overlap or interfere with another doodle.

*Enjoy the process without worrying about the finished product.*

Challenge: Can you use a variety of lines and fill the space?



**SOMETHING to draw on:**

Paper  
Cardboard  
Napkin



**Something to DRAW with:**

Pencil  
Pen  
Crayons  
Marker



**\*OPTIONAL\***



**Something to COLOR with:**

Crayons  
Markers  
Paints  
Colored Pencils