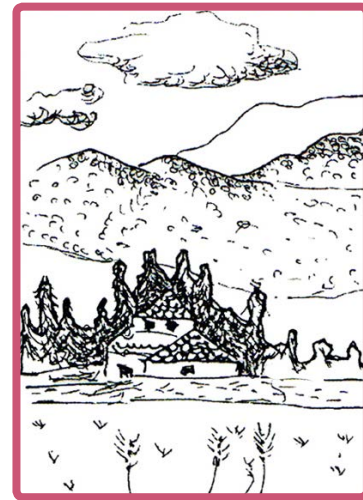


Doodling - Drawing

It's official. Doodling is good for us!

Doodling is a form of drawing, and anyone can do it. We all doodle squiggles and patterns when on the phone or sitting idly with a pen in our hand, but doodling can re-introduce us to the fun of playing with line and shape. As children we all confidently make marks on paper (and the walls in some cases!), but in adult life many of us lose touch with that creative impulse. Doodling can reawaken our inner artist, so have a go at our guided doodle exercise and see what you discover in yourself!



Wellbeing benefits:

Think clearly

"I'm going to try this in a lecture, as I find it hard to concentrate for long periods of time."

Examples of how this activity can help me:

I want to be able to focus on a task better, without getting distracted.
I want to find simple ways to relax and de-stress.

Length:

5-10 minutes and longer.

Who can I do this activity with?

On my own or with others.

Where can I do this activity?

Anywhere.

How often can I do this activity?

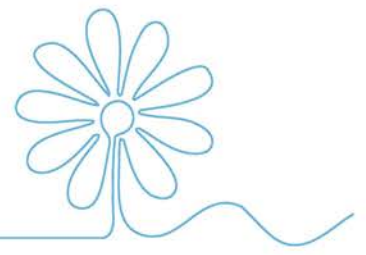
Try this activity daily or weekly.

What will I need?

- Pen, pencil or biro

Did you know?

Recent studies have shown that doodling enhances our concentration when we're only partly engaged in listening to something (or to put it another way, when we're feeling a bit bored). As doodling stimulates our brains when they might otherwise be idle, doodling helps with focus and stops our minds from wandering.



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Play with added benefits:

Fill in the drawing by choosing patterns and textures from the palette of examples below or make up your own.

