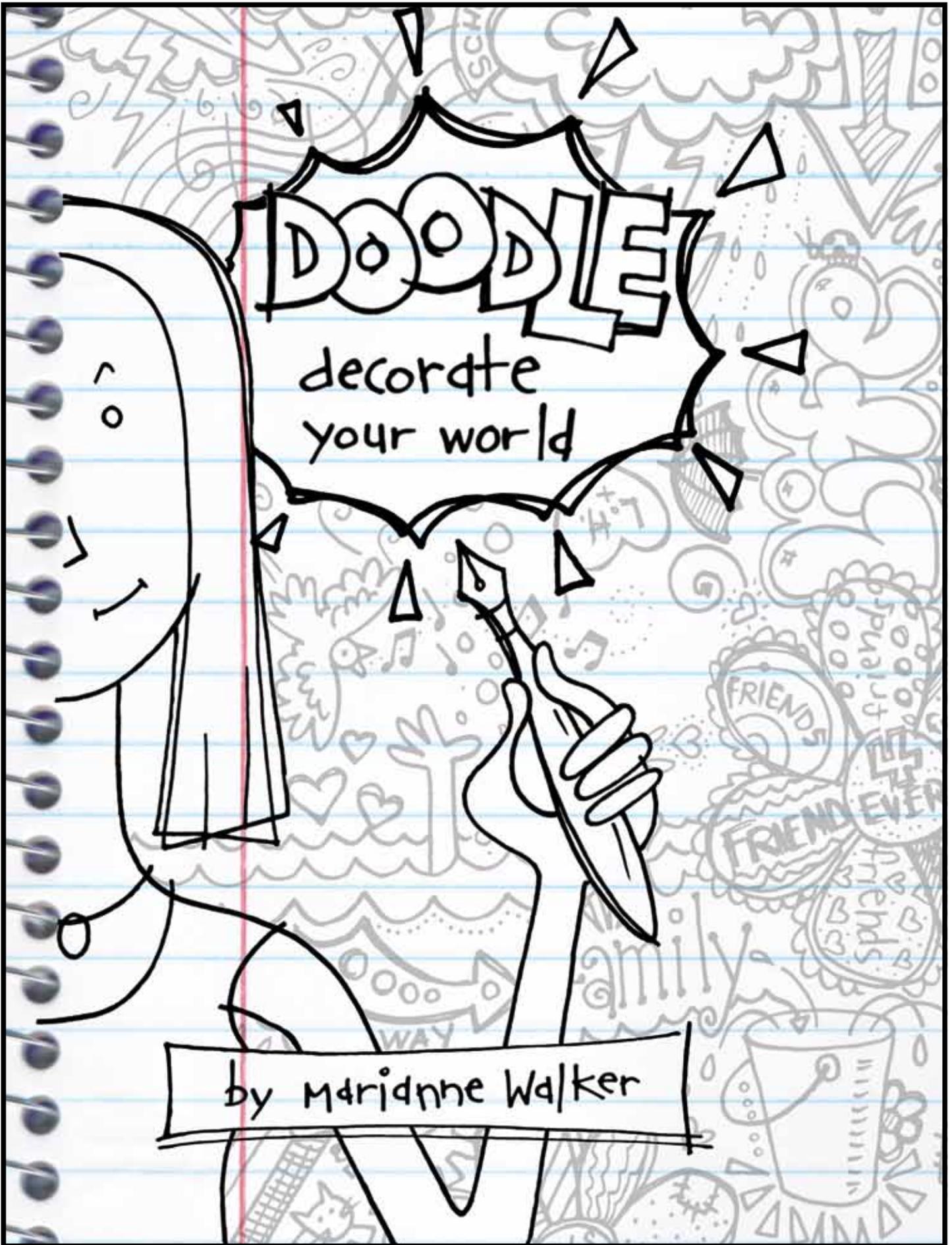


DOODLE

decorate
your world

by Marianne Walker



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Admit it- you're a doodler



You sit in class and you need to be doing something, your pencil is right there, so you doodle. You draw flowers on your notebook, you make stars on your essay, you add smiles to your homework.

This isn't a bad thing, in fact, it's pretty cool...in my opinion. But, I'm a doodler, too, so I'm not the best person to quote. Your teacher probably thinks you should stop and that you're not paying attention. phooey! Yes, we should do what our teacher asks, but it sure makes life a lot more boring.

Tell you what, why don't you prove to your teacher that doodling is OK? Show them this article from Time Magazine, then we'll see what they say about doodling.



Study: Doodling Helps You Pay Attention

By John Cloud Thursday, Time Magazine, Feb. 26, 2009

A lot of people hate doodlers, those who idly scribble during meetings (or classes or trials or whatever). Most people also hate that other closely related species: the fidgeter, who spins pens or reorders papers or plays with his phone during meetings. (I stand guilty as charged. On occasion, I have also been known to whisper.) We doodlers, fidgeters and whisperers always get the same jokey, passive-aggressive line from the authority figure at the front of the room: "I'm sorry, are we bothering you?" How droll. But the underlying message is clear: Pay attention.

But I've never stopped fidgeting, and I've always thought I walked out of meetings remembering all the relevant parts. Now I have proof. In a delightful new study, which will be published in the journal *Applied Cognitive Psychology*, psychologist Jackie Andrade of the University of Plymouth in southern England showed that doodlers actually remember more than nondoodlers when asked to retain tediously delivered information, like, say, during a boring meeting or a lecture. (See the cartoons of the week.)

In her small but rigorous study, Andrade separated 40 participants into two groups of 20. All 40 had just finished an unrelated psychological experiment, and many were thinking of going home (or to the pub). They were asked, instead, whether they wouldn't mind spending an additional five minutes helping with research. The participants were led into a quiet room and asked to listen to a 2½-min. tape that they were told would be "rather dull."

That's a shocking bit of understatement. The tape — which Guantánamo officials should consider as a method of nonlethal torture — was a rambling (and fake) voice-mail message that purported to invite the listener to a 21st-birthday party. In it, the party's host talks about someone's sick cat; she mentions her redecorated kitchen, the weather, someone's new house in Colchester and a vacation in Edinburgh that involved museums and rain. In all, she mentions eight place names and eight people who are definitely

coming to the party. (See pictures of office cubicles around the world.)

Before the tape began, half the study participants were asked to shade in some little squares and circles on a piece of paper while they listened. They were told not to worry about being neat or quick about it. (Andrade did not instruct people explicitly to “doodle,” which might have prompted self-consciousness about what constituted an official doodle.) The other 20 didn’t doodle. All the participants were asked to write the names of those coming to the party while the tape played, which meant the doodlers switched between their doodles and their lists.

Afterward, the papers were removed and the 40 volunteers were asked to recall, orally, the place names and the names of the people coming to the party. The doodlers creamed the nondoodlers: those who doodled during the tape recalled 7.5 pieces of information (out of 16 total) on average, 29% more than the average of 5.8 recalled by the control group. (See pictures of a diverse group of American teens.)

Why does doodling aid memory? Andrade offers several theories, but the most persuasive is that when you doodle, you don’t daydream. Daydreaming may seem absentminded and pointless, but it actually demands a lot of the brain’s processing power. You start daydreaming about a vacation, which leads you to think about potential destinations, how you would pay for the trip, whether you could get the flight upgraded, how you might score a bigger hotel room. These cognitions require what psychologists call “executive functioning” — for example, planning for the future and comparing costs and benefits.

Doodling, in contrast, requires very few executive resources but just enough cognitive effort to keep you from daydreaming, which — if unchecked — will jump-start activity in cortical networks that will keep you from remembering what’s going on. Doodling forces your brain to expend just enough energy to stop it from daydreaming but not so much that you don’t pay attention.

So the next time you’re doodling during a meeting — or twirling a pencil or checking the underside of the table for gum — and you hear that familiar admonition (“Are we bothering you?”), you can tell the boss with confidence that you’ve been paying attention to every word.

Read more: <http://www.time.com/time/health/article/0,8599,1882127,00.html#ixzz2Nbe6sZsr>

OK, so maybe that won't convince your teacher, but it makes me sound all official, like I know what I'm doing and stuff. 'Cause doodling is important. The world will stop spinning or something if we don't keep drawing. So grab a writing tool, and let's start doodling!

- Marianne Walker, 2013

Some quick advice before we start:

- **It doesn't need to be ~~perfekt~~ perfect**

Doodling is about relaxing and drawing what you want. I'm going to show you some ideas to help you get started, but don't think that you have to make your stuff look just like mine, or else! Perfection adds stress, and doodling is supposed to be fun. So if your line is crooked, your pattern isn't exact, or the ends don't meet up or something, don't worry!

- **Take your time**

See point 1. Doodling is supposed to help you relax. Don't feel rushed, like you **HAVE TO FINISH** or else. Unfinished doodles are fine. And, you can always pick it up again to finish it later. Some of my favorite doodles have taken weeks, patiently drawing on my folders over the course of a school year, or making flip-book animations on the bottom corner of notebooks.

- **Pick your drawing tool carefully**

This is a bit of friendly advice. If you want a doodle to last on something that is gonna be touched and used everyday, make it in pen or paint. Pencil rubs off on folders and smears on other stuff. Use a pen, marker, gel pen, or white out pen or something.

Heck, I've doodled in glue before, but make sure that you have time for wet stuff like glue or paint to dry (as in, don't doodle in glue 5min. before the bell rings and you have to run off to your next class). White-out is much quicker to dry, but it still could smear if it is thick.

Test your tool to make sure it won't bleed onto stuff on the backside. On thin paper, use a pencil or ballpoint pen, trust me. If you doodle on your assignment, and then you flip it over and can't read the back of it because your pen bled through...well, that's bad.

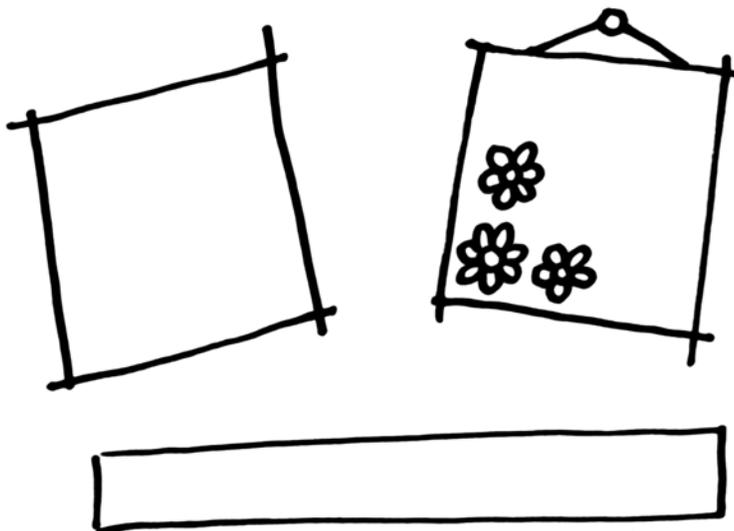
If you are doodling on the walls (with permission, of course), use something fairly permanent if you want it to stay. Paint, or a paint marker are the best. Permanent markers might seem like an awesome idea, but if someone ever wants to paint over it, then it becomes a big mess and won't work (only a very special/expensive primer will cover over permanent marker).

- **Have fun!**

Just to remind you again, this is supposed to help you relax, so take your time, breathe easy, and decorate your small corner of the world with doodles.

1. Define Your Space

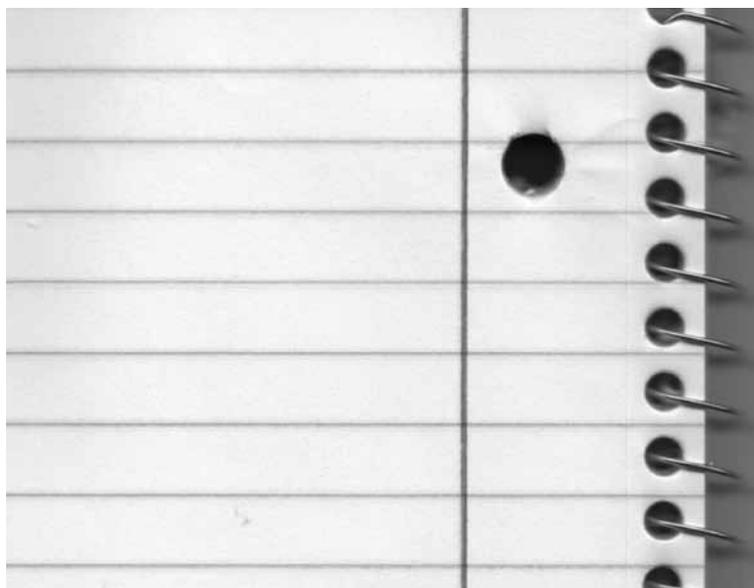
Doodling is easier if you know what area you will be trying to fill. It can be hard to fill a whole page, so decide to start in a corner, or on one edge. Maybe you'll only be doing a border. You can always expand from there, but it helps if you narrow down how and where you start.



2. Work with what you've got

Here is some lined notebook paper. What would you do with it? Where would you start?

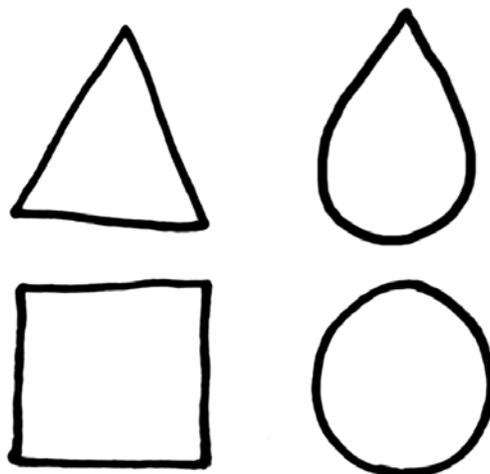
Me, personally, I'd probably start with that hole and turn it into an eyeball or a flower or something. Those lines could be a road, or the spirals could be a ladder, a punk hairdo, or the legs on a caterpillar. Be creative!



3. Pick some basic shapes

A lot of doodling and drawing comes from basic shapes, like circles, triangles, rectangles, and stuff. Like these on this page. Drawn like this they are boring. But, you can doodle on them. In fact, why haven't you drawn all over this whole stinkin' worksheet yet??!

Anyways, if you don't know where to start, or don't have a good starting point like the hole in the notebook above, just draw a shape and work from there. Fill it in, add frilly things around the edges, draw faces out of it...Go for it!



4. Borders are cool

A great way to start is to make a simple pattern or border, then grow from there. Dots are really common, and a pretty easy. Squiggles, jagged lines, thick and thin lines... experiment! I used to love doodling in high school with a cheap calligraphy pen because the lines would get thick 'n thin.

This flower doodle is some artwork I made for a client. Can you see how I started with a line, then added the flowers, butterflies, and the dots? Simple, but uber cool!

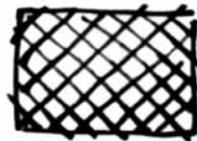


5. Make up patterns

When we go to the store and pick out a new outfit, we look for colors and patterns. Doodling with patterns adds variety to our life, just like picking out a new patterned shirt.

A basic shape like a rectangle can become a patch of fabric, or plaid, or stripes, or rows of tiny hearts. Make up some cool patterns in these boxes. Experiment with color and shapes and sizes. Best of all, walk around and see what other people have made. I know you'll be inspired.

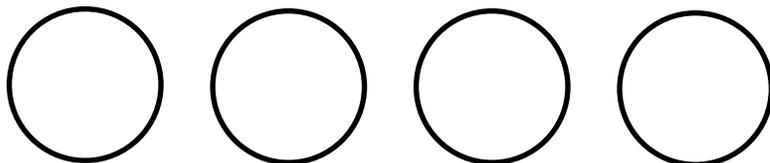
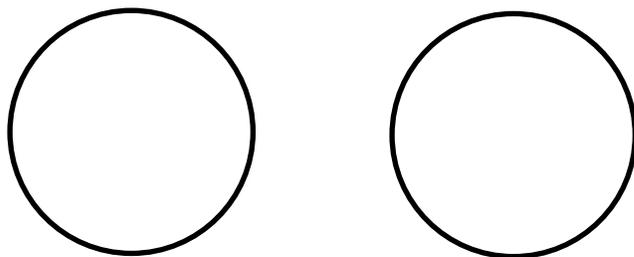
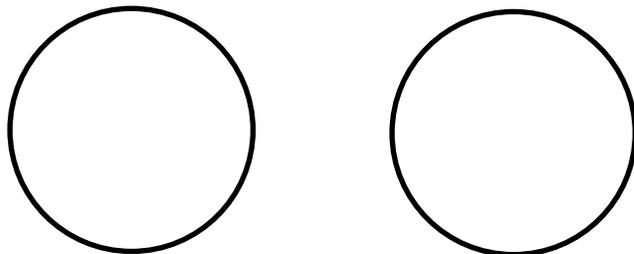
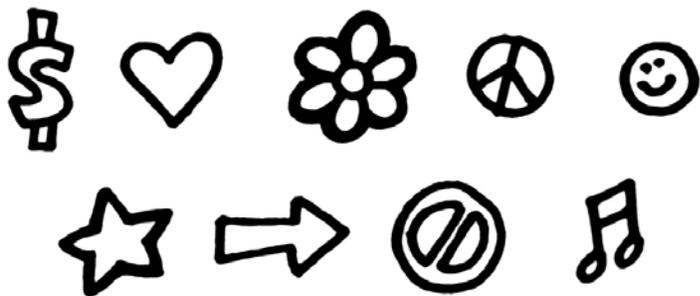
One time I was out of town for two weeks, and I came home to a surprise. My hubby had painted my daughter's bedroom all bright pink...with evenly spaced white polka-dots painted on. Why the polka dots? They were the same size as the white smoke detector, so my husband turned it into a pattern...for the **WHOLE ROOM!** That's one heck of a doodle!



6. Learn some simple symbols

Symbols are powerful. These are shapes that have extra meanings. So, a circle might just be a circle, but a smiley face means happy, a heart means love, etc. Symbols are a quick way to add meanings to your doodles. But be careful! Symbols can be powerful, and sometimes you don't want people to get meaning out of your doodles.

Many symbols start life as a circle. What symbols can you make with these circles?



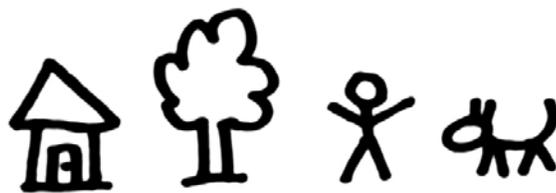
Can you tell a story with just symbols?



7. You can draw this

Don't let me hear you say, "Oh, I'm not very good at drawing, I can't even do stick people." or, "My friend is a much better artist, I just doodle."

Whaddaya think being an artist is? It's doodling! It's drawing stick people! Get it out of your head that "real artists" are much better than you. Some very, very famous artists have made a bunch of money from simply doodling and drawing stick people (if you wanna know, look up Keith Haring sometime).



And doodling is really popular right now. All the cool people are doing it...or something. You can do more than you think, as soon as you erase ideas that you can't. Remember, don't try to be perfect or think that just because you can't draw like Michelangelo, you aren't an artist. Stick people rock!

Don't get hung up on adding too many details, keep it simple. You can always add details and patterns later. Better to just get the idea on paper than to stress over making it look "real"

Draw your favorite stick person
(not your best, your favorite)

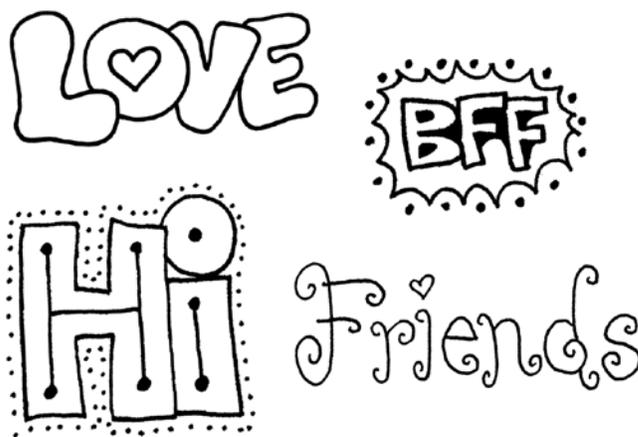
8. Add words

Running out of ideas for cool shapes, patterns, and stick figures? Throw in fun shaped words!

Experiment with cool ways to make bubble letters or block letters. Look at fun fonts on your computer for ideas.

Just like symbols, be careful what words you use, some words are really powerful and the way you draw it changes the meaning as well, so make sure it gives the meaning you really want. If it is a happy word, try drawing it with "happy" lines. If you are angry, draw it with sharp edges, and bold lines.

Come up with some of your own cool doodle words. Try lots of different patterns both inside and outside of the letters.



9. Repeat repeat repeat

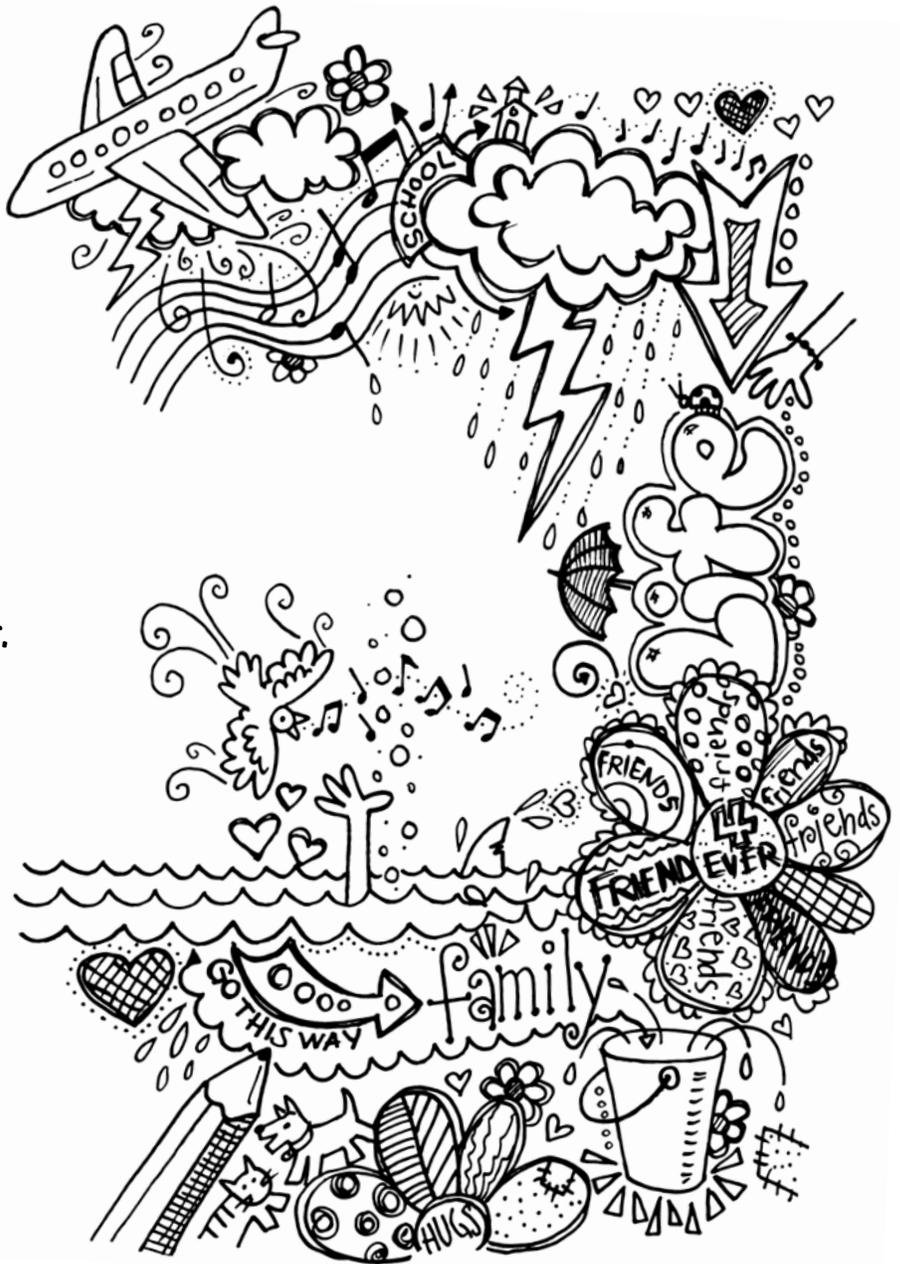
What makes doodling cool is where it is placed, how much there is, and that it just keeps going. You'll notice a lot of doodling is simply doing it over and over again.

One flower by itself is cool. 50 in a pile in the corner of your paper is even cooler. A notebook covered in a thousand flowers, each a little different is even way cooler!

Take someone else's doodle and add your own bits as well. Here is the cover artwork for this packet.

What can you add to it?

What patterns do you see that you can repeat?



10. Look & Experiment

This workshop has only been a taste of the wide world of doodles. Now's your chance to go out and find other people's doodles and practice drawing things you like. Make sure your world is an exciting place, full of doodles and patterns and fun. Make doodles for your family and friends as gifts. Take a block of wood, paint it fun colors, and doodle how you feel about that person.

Thanks so much for doodling with me today! Have fun decorating your world!

- Marianne Walker, Product Director, Copic Markers