Materials:

**ANYTHING!** Literally, you can’t mess this up... The beauty of the doodle.

**Surfaces:** Napkins, paper cups, notebooks, iPads (and other digital media), scrap paper, etc.

**Drawing implements:** ball point pens, gel pens, markers, pencils, stylus, etc.

**My favorites:** ball point pens and scrap paper.

**Today:** markers, pens, and scrap paper. (If online you can use whatever you have available including digital platforms)

Remember, there is no right or wrong. You cannot “mess up” a doodle.

The following 4 doodle prompts are in order of most structured to least structured.

The “word” doodle:

1. Select a word with intention.
2. Write (or type/text) a word.
3. Expand out from the word with lines across the drawing surface.
4. Let the lines intersect and become shapes.
5. Create patterns inside the shapes.
6. Fill in patterns with one or several colors.
7. Focus on the present moment awareness of what is emerging before you. Do not judge it. Stay in the here and now.

The “tracing” doodle:

1. With intention, select an item to trace. The item can be a found object, personal item, simple shape (like a circle), or even your hand.
2. Invite all senses into the tracing experience: The sound of tracing on the drawing surface, the smell of the item and drawing utensil, the temperature of the item, if the item is hard and finite or soft and malleable. Notice these, without judgment.
3. You may choose to trace the item once or multiple times to fill up your drawing surface. Recognize the positive and negative spaces as designs begin to form. Observe how the item’s original shape may become lost or camouflaged when multiple tracings and overlaps occur.
4. Self-select when to stop tracing. Turn the paper around and notice patterns that emerge. Fill in the shapes with lines, designs, and colors without judgment or overt pre-planning. Focus on the present moment awareness of what is emerging before you. Stay in the here and now.
The “dot” doodle:

1. Make random dots on the drawing surface (looking or not looking).
2. Pick one dot to start with, and from that dot start to connect randomly to other dots with angular or curved lines. Let the lines cross and intersect.
3. After all dots are used, turn the paper around in different ways. Notice and allow images to emerge from the different shapes and designs in your mind’s eye.
4. Doodle more lines and shapes and add details or colors as you focus on the present moment awareness of what is emerging before you. Do not judge it. Stay in the here and now.

The scribble doodle:

1. Make a random scribble on the drawing surface, working from your shoulder (looking or not looking).
2. When finished, turn the paper around in different ways. Notice and allow images to emerge from the different shapes and designs in your mind’s eye.
3. Doodle more lines and shapes and add details or colors as you focus on the present moment awareness of what is emerging before you. Do not judge it. Stay in the here and now.