

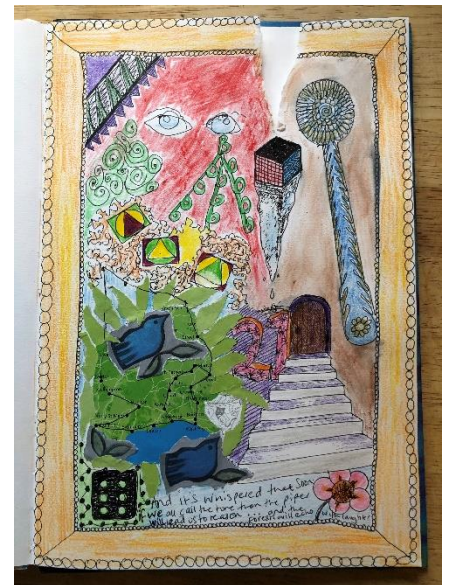
Doodle Page

YOU WILL NEED

- ❖ A sheet of paper or a page in your sketchbook
- ❖ Scissors, pencil and pens
- ❖ Mark making objects -coloured pencils, paints or pastels
(if you make yourself a cup of tea keep the teabag to hand)

ACTIVITY

This activity gives a random and spontaneous element to creativity and is a great exercise if you have difficulty getting started or making the first mark. You can use this to loosen up and just get going!



On the following page are **21mark making ideas** for 2021

- 1- Cut out each of the squares, fold them and put them into a dish.
- 2- Pick one out at random then use it to create something on your page.
- 3- When you have finished pick another prompt and have a go at that one, until you have had a go at all 21 prompts.
- 4- You can do them all in one go, or space them out so you do one a day or whenever you feel in the mood.
- 5- You can do a different page for each prompt or combine them all on one glorious page and you can also repeat each prompt multiple times if you are enjoying it. If you're not sure how to tackle any of the ideas just have a go, or simply move on to another one instead.

Don't worry about your end result being perfect. Let yourself become absorbed in the process. Think of it as directed doodling and lose yourself in the page. We hope you enjoy yourselves.

***Note* If you find scissors difficult for any reason you could close your eyes and place your finger randomly onto the sheet.**

<p>Make a decorative border around your page</p>	<p>Tear part of your page away to create a jagged edge</p>	<p>Draw a zigzag line</p>
<p>Draw a flight of stairs (you could make them disappear into the distance)</p>	<p>Draw the side of a dice</p>	<p>Make a tiny collage on part of your page</p>
<p>Draw for 30 seconds without taking the pen off the paper</p>	<p>Make a repeat pattern using the first letter of your name</p>	<p>Draw a triangle inside a circle inside a square and shade or colour them in</p>
<p>Make 21 random dots on your page and then join the dots</p>	<p>Find something with texture and make a rubbing of it on your page</p>	<p>Draw two parallel lines and decorate the space in between to link them</p>
<p>Draw something with your eyes closed</p>	<p>Draw a cube and decorate each visible side in a different way</p>	<p>Draw and decorate the number 21</p>
<p>Draw an icicle melting</p>	<p>Use a penny or other small coin and draw around it several times to make a flower</p>	<p>Stain your paper with a teabag or coffee (fruit teas give lovely colours)</p>
<p>Draw around a spoon and create a decorative design inside the outline</p>	<p>Draw to music. Don't think about what you are drawing just respond to what to hear</p>	<p>Write down the line of a favourite song (now try singing it!)</p>