

Take It, Make It Doodle Art

Doodling is something that many of us do naturally when we have a pencil or pen in our hands and anything to write on. It's also a great way to relax and reduce stress. Whether you are a beginner or have been doodling for decades, you can take your doodles to a new level by adding depth with darker areas or adding color with markers. There is no right or wrong way to doodle. You make up the rules!



Supplies

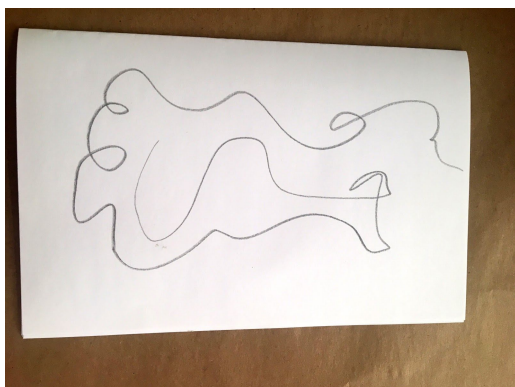
- Paper
- Pencil
- Pens and markers (optional)

You can use any paper to doodle, but different types of paper will give different effects. Experiment with a variety of options.

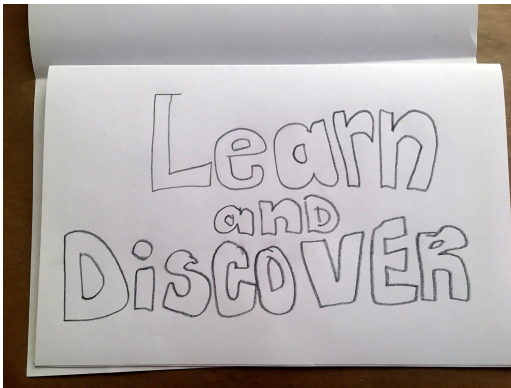
Instructions

There's no limit to the number of ways you can doodle, but here are just a few ideas to help you get started.

- Grab your pencil and paper. Close your eyes and draw some curvy lines. Add a few loops.
- Open your eyes and look at what you have so far. It's probably not what you expected.
- Using your initial lines and curves as inspiration, add marks with pencil or pens--eyes open this time. You may want to try repeating shapes or creating sections with different levels of intensity.



- Another way to start doodling is to write your name or a phrase in big block letters and then fill in the letters with doodles.



- Try drawing several similar shapes.
- Add additional details, like faces, to turn your shapes into something else. People, plants, other planets, anything you want!

