

CRAFT TO GO



DOODLE



This month's craft is inspired by the Summer Reading Program "Color Our World" and a drawing technique called Zentangles.

Coloring can be a relaxing way to reduce stress. The Mayo Clinic wrote an article on how coloring promotes mindfulness. It brings your awareness to the present moment because you are focused on coloring within the lines and choosing colors. It relieves stress by calming your mind. Doodling can have the same effect.

Materials

- Pencils
- Pens
- Markers
- Paper

Doodles can be created by repeating simple elements. Now fill each box with as many different types of designs as you can for the suggested elements. Examples are attached to the MPL Calendar entry for the June Craft-to-go.

Straight Lines

Other Lines

Circles

Squares

Triangles

Other Shapes

Letters

Numbers

Dots & Dashes

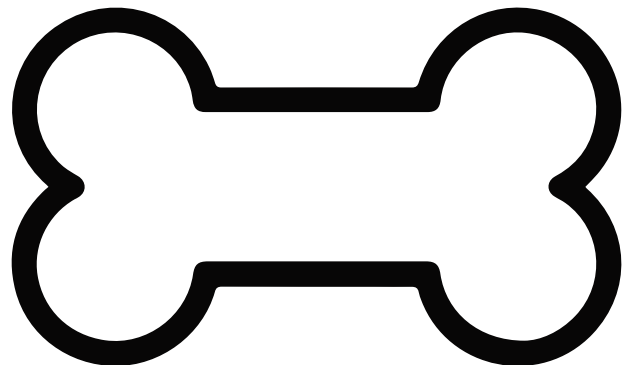
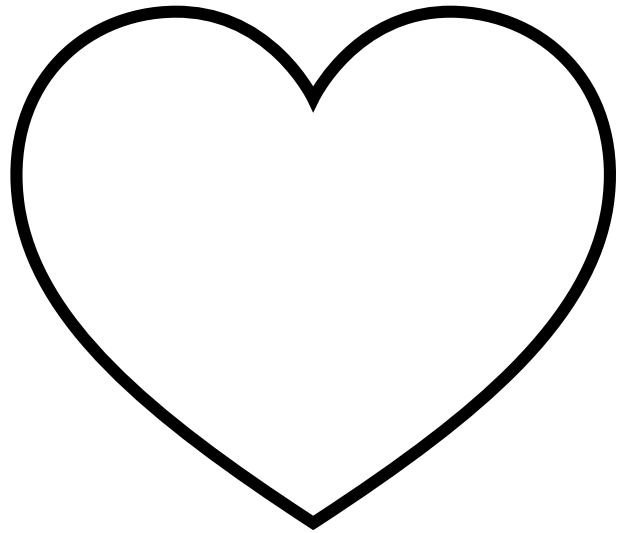
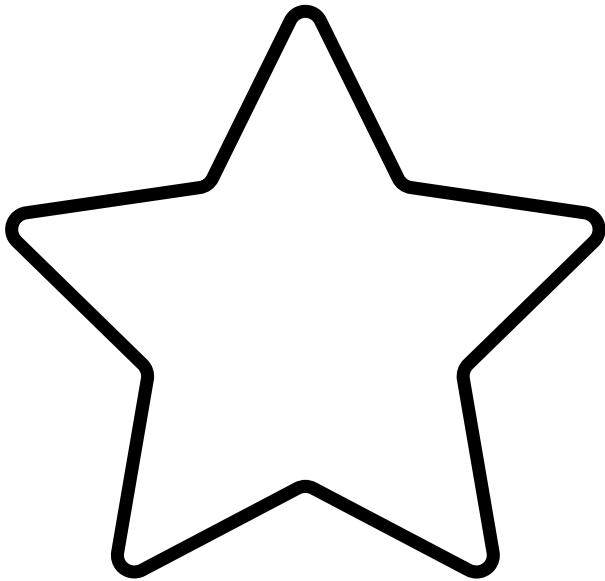
Other Symbols

The library has several books to help you find more inspiration for your doodles.

- *100 things to draw with a triangle : start with a shape; doodle what you see* by Walsh, Sarah
- *If you can doodle, you can paint : transforming simple drawings into works of art* by Culhane, Diane
- *Zentangle art therapy : meditative drawing to reduce stress, increase wellbeing and enhance relaxation.* by Lothrop, Anya
- *Joy of Zentangle : drawing your way to increased creativity, focus, and well-being* by McNeill, Suzanne

Fill each boxes below with your own patterns and designs. You can divide the boxes into smaller spaces to make them less intimidating.

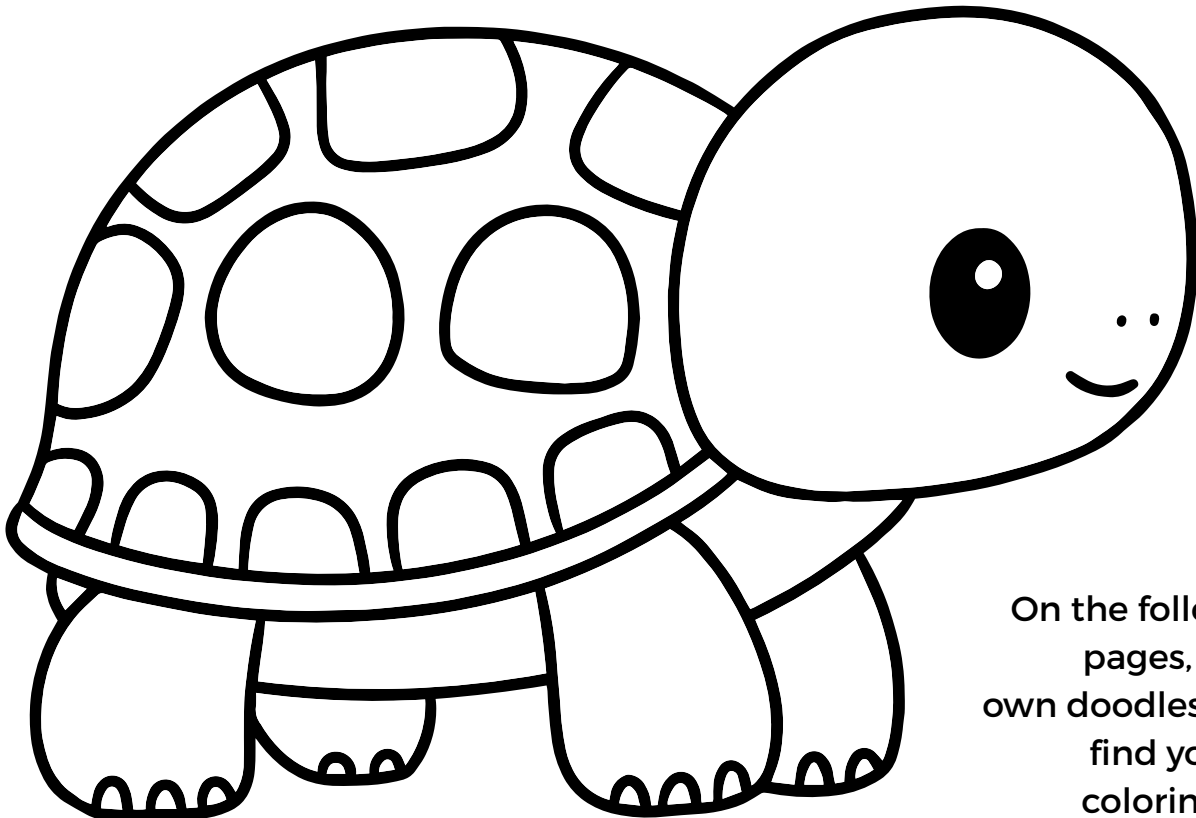
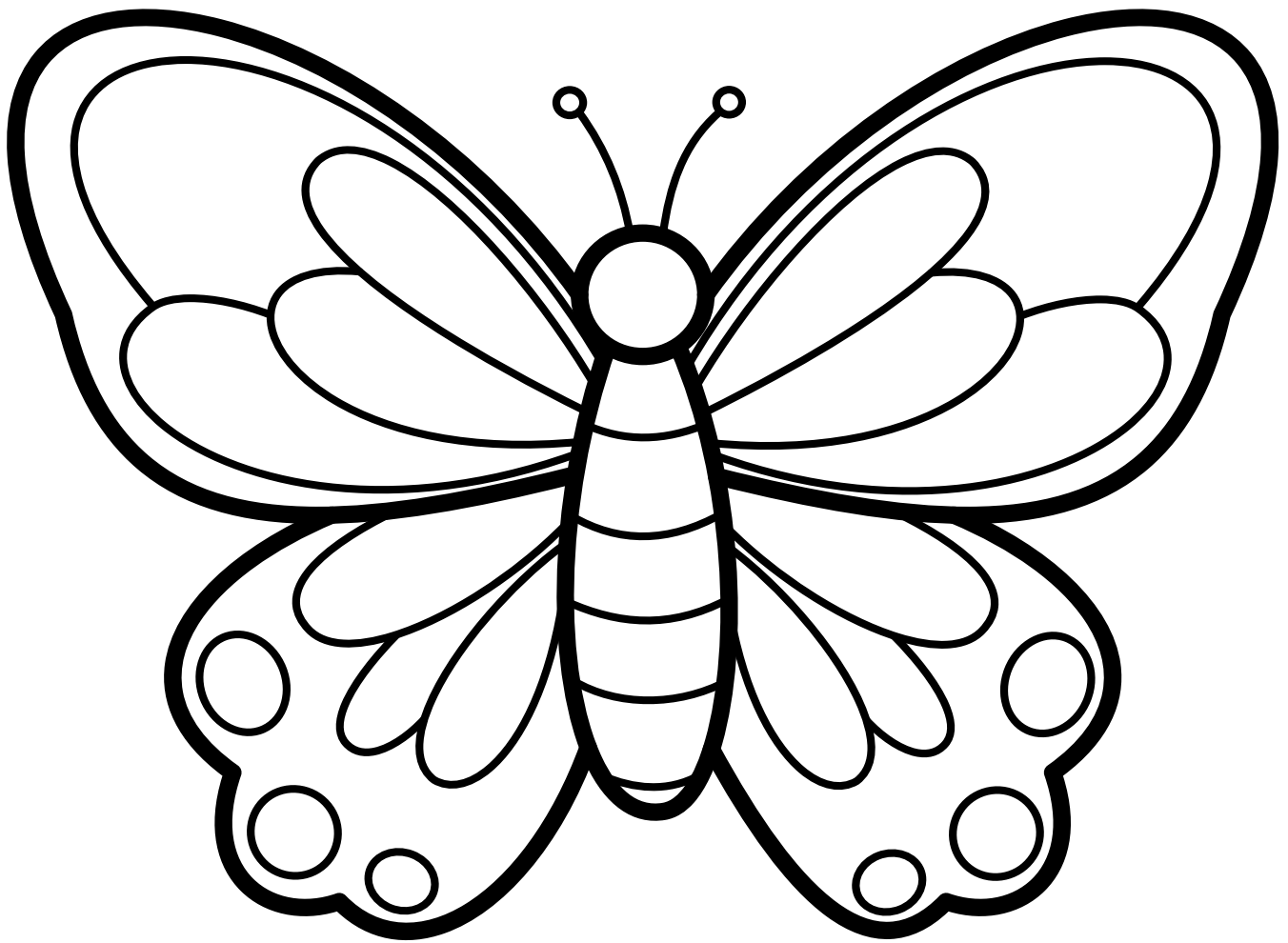
Fill each shape below with designs. You can divide the shapes into smaller spaces.



Next, color your designs.

Fill each shape below with designs. You can divide the shapes into smaller spaces.

Then color them in.



On the following blank pages, try your own doodles. You can also find your own coloring pages to fill with doodles.

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