



Get Doodling



Learning aim


- To use doodling as a therapeutic tool


What you will need


- Paper and pen (colouring pens/pencils, paints and other drawing materials are optional)




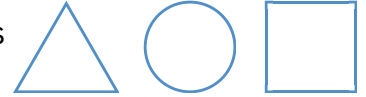
Instructions


 Invite your child to fill a blank page with doodles. They can use any combination of lines, shapes, symbols, words and colour.


 No artistic skill or talent is necessary. There is no right or wrong way to doodle. Just go with it!

 If they are worried about 'getting it wrong', they could start the doodle with their eyes closed, or you could doodle with them.



 If a full page feels overwhelming, you could draw some shapes on the page and invite them to doodle within the shapes.





Calming Doodles Doodling repetitive patterns can be regulating. 

Doodle on the go Take a pen and paper with you and invite your child to doodle during any awkward waits when you are out and about. 

Interpretation

 Do not try to interpret a child's doodle. Your view of it may be very different to theirs. You could gently invite them to explain any meaning, but interpretation is not necessary. 

Therapeutic relevance

 The therapeutic benefits of doodling have been increasingly researched and recognised in recent years. 

Doodling can help with information processing and concentration, it can improve mood and reduce stress, and it has positive effects on mental health and well-being. Many therapists find it useful in helping people express themselves and explore both the conscious and unconscious parts of their mind, gaining insight and developing self-awareness. Doodling can also be a regulating activity.