






1


-  Benefits of doodling. Mind. Body. Spirit
-  Demonstration + practice 3 drawings.
-  Exercise what you've learned.






2

 **Benefits of doodling.**
Go To Doodle as I explain the benefits of doodling.


Faces 	People 	Letters / Fonts Abstract 	Nature / Pictures 
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3

 **Benefits of doodling.**


-  Learning: auditory, reading, writing, experience, visual.
-  We doodle before we write. We sing before we talk.
-  Doodling is visual language.
-  Visual record -- meeting, classroom, phone.
-  Creative thinking.




4

 **Benefits of doodling.**

-  Cognitive + Organizing
-  Allows you to see the bigger picture.
-  Problem solving.
-  Improves recall + retention.
-  Innovative + strategic thinking

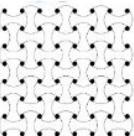
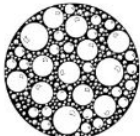

5

 **Benefits of doodling.**


-  Focus
-  Relaxation
-  Elevates creativity

6

Demonstration + practice 3 drawings.

7

 **Exercise what you've learned.**

The Road Not Taken
By Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

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