

Wellness



Zendoodling

According to a study published in the Journal of Applied Cognitive Psychology, doodlers find it easier to recall (remember) information - up to 29% more than non-doodlers.

In addition to this, doodling is believed to be an incredible stress reliever - why not give it a go yourself!

Zendoodling is a new art form to relax people. It includes lots of patterns of repeating shapes or lines. It's most commonly done in black ink, but you can use colour if you wish. It's time to unwind so, put some music on if you like and let the doodling begin!

What you will need:

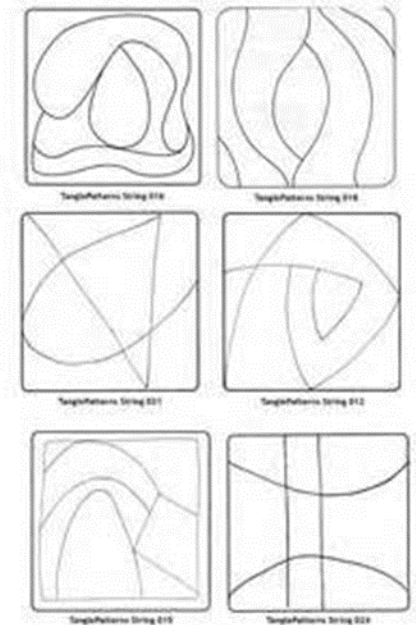
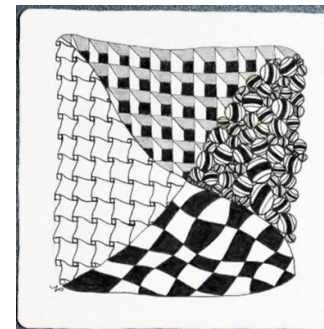
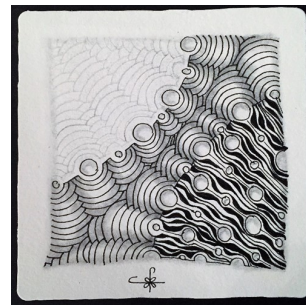
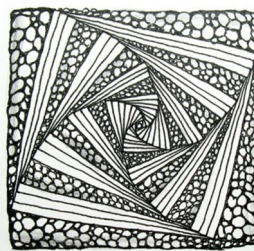
- * Paper x2
- * Black felt tip pens x 1
- * Pencil x 1

How to **Zendoodle**:

1. Draw a freehand border using your pencil
2. Draw strings to divide the space up (pencil)
3. Fill each section with a different repeating pattern. You can do this in pencil initially then when you're happy go over it in pen.

Do not worry about mistakes—be creative and change into something else!

Check out these ideas for a little inspiration:



ULTIMATE ACTIVITY CAMPS

Ages 8-14