



# Doodle for Self Care

1. Create a special tiny book for your doodles. You may choose to follow the tutorial provided (next to video) or find your own!

A few tips when creating your diary:

- use art quality paper.
- the smaller the better!
- repurpose old books or decorate with unfinished art or scrap paper.
- you may want to have a few books created to dedicate to different processes or ideas.

2. Dedicate a special time of day to do your doodle. Begin by grounding yourself with a few breaths.

## **Process 1 Open Doodles**

Begin by trusting your impulse and just doodling a shapes and patterns without thinking. Once the page is filled give the doodle a poetic voice and write that down.

## **Process 2 Response Doodles**

Begin by recalling your day, what is one moment that stands out. Capture this through doodling shape, line, color and write a words or two that captures the sentiment.