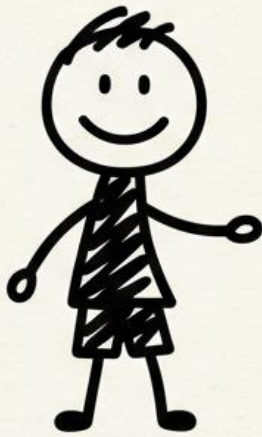


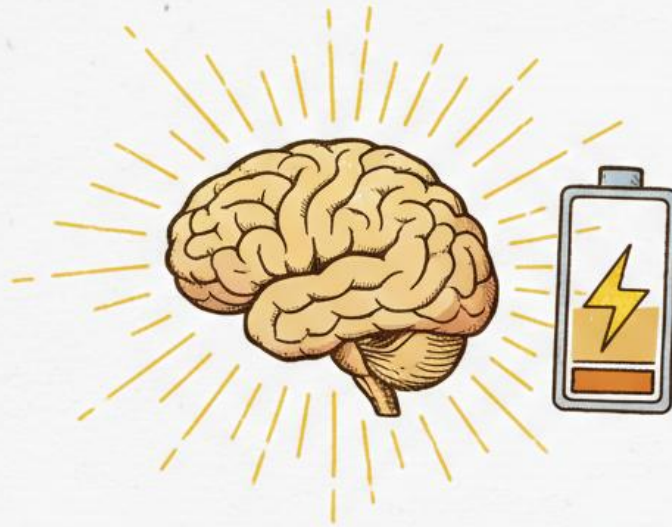
The I Can't Draw Myth



If you can write your name, you can doodle.

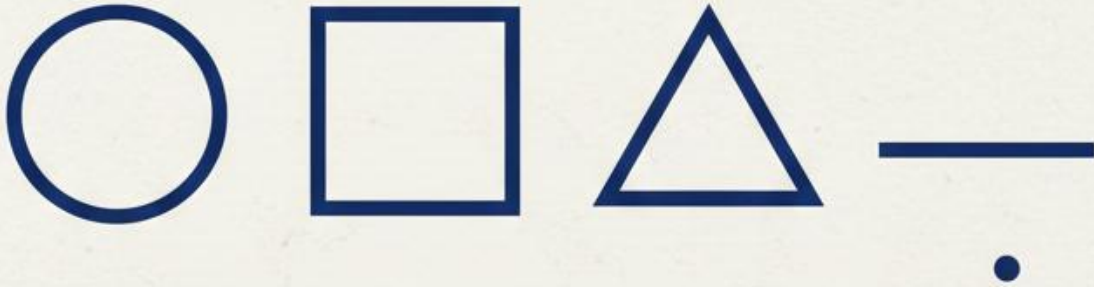
**This isn't Art Class; it's
Visual Thinking.**

Why Our Brains Love Doodles

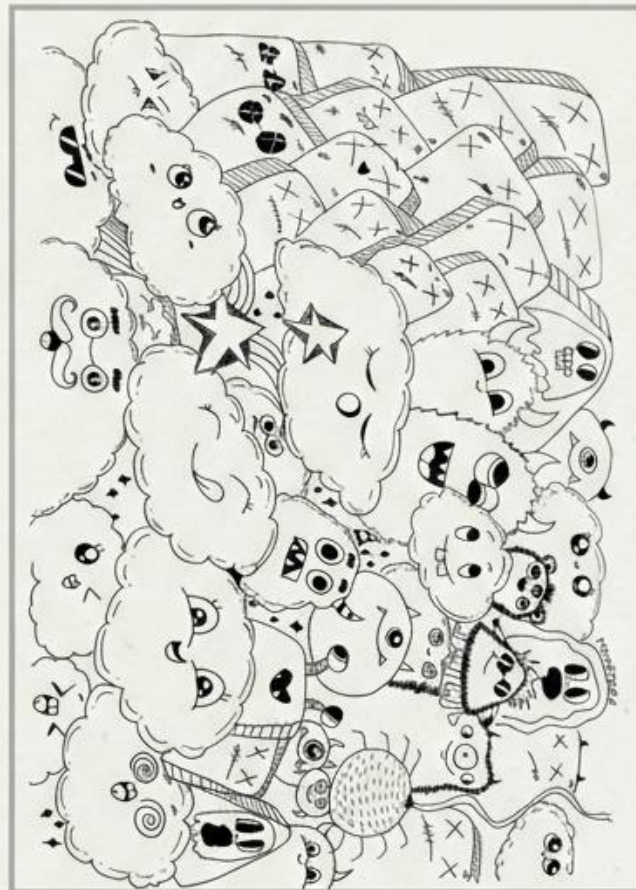


- **The Science:**
Doodling improves memory retention by 29%.
- **The Benefit:** It's a "fidget spinner" for your mind that prevents you from switching off.
- **Key Message:**
Doodling isn't a **distraction**; it's a **focus tool**.

The Doodle Alphabet



- The Concept: Everything in the world is made of these five shapes.
- Activity: "The 30-Second Challenge" – Turn a Dot into an animal.

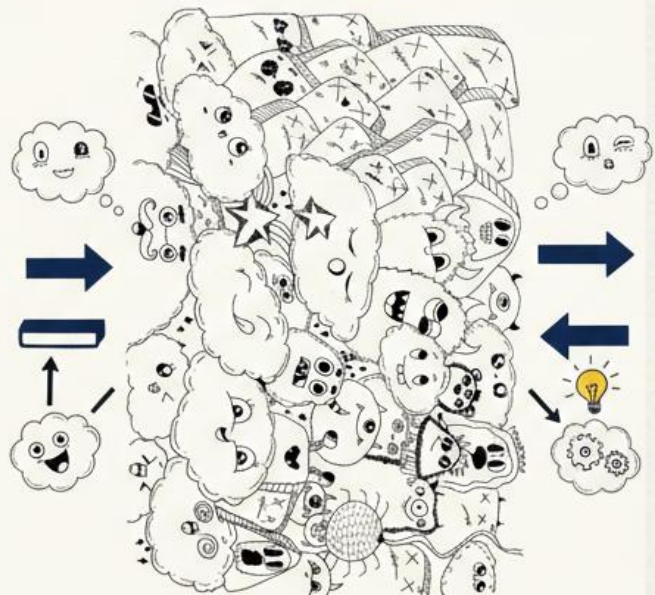


Example Image

Visual Note-Taking (Sketchnoting)

Boring, dense text

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The Strategy:

- **Connectors:** Arrows to show flow.
- **Containers:** Speech bubbles and boxes.
- **Separators:** Lines to divide topics

Key Message: Make your notes 'talk' you. Use icons for big ideas.

Doodle Your Stress Away



- **The Benefit:** Cheaper than therapy, and much faster than a 20-minute nap.
- **The Science:** Repetitive scribbling lowers cortisol. It's like a mute button for your brain's "panic' mode.
- **The Activity:** "The Infinite Loop" – Draw one continuous, wandering line for 60 seconds. Don't think, just drift.

Your Turn - The 5-Minute Challenge

- The Task: Combine "Robot," "Coffee," and "Smile" into one chaotic doodle scene.



*Don't ask "Is this good?"
Say "This is how I think."*



Scan to see more student work!

