

**Everyone Can Doodle**



***Doodle  
Inspiration***

**Learn How To Doodle**

**With Doodle Prompts and  
Doodle Coloring Pages**

© Janet Giessl

**Janet Giessl**

# Doodle Inspiration – Doodling For Beginners

Introduction To Doodling, Easy Doodle Exercises, Doodle Examples and  
Ideas, Doodle Prompts, Different Doodle Methods and  
Doodle Coloring Pages

By Janet Giessl

Text copyright © Janet Giessl 2016

All rights reserved

Cover design created by Janet Giessl

with BeFunky

Celtic Knot picture from ClkerFreeVectorImages, Pixabay

Editing by Janet Giessl

All Doodle Illustrations created by Janet Giessl

This work including its parts is copyright protected. Any use without the written consent of the author is prohibited. This applies in particular to the electronic or other reproduction, translation, distribution and public access.

Disclaimer:

The author and publisher have tried to provide precise and comprehensive information for creating this publication. But they don't guarantee and assume no responsibility for any loss or damage of any kind which may occur for the reader as a result of actions appearing due to the use of the information in this publication.

The author and publisher reserve the right to make changes in future editions of this publication which they consider necessary to ensure the accuracy of this publication.

The reader takes the full responsibility for the use of the information within this publication.

### Trademark Notes

Zentangle® and the term “Doodle Art” are registered trademarks. They are used for explanatory purposes only. The author is not in any way affiliated or endorsed by the mentioned companies.

The doodle prompts and doodle coloring pages in this book are for your personal use only. You are not allowed to share them with others, sell them or claim them as your own.

If you have any questions, want to contact me or sign up for my free newsletter to get informed about new book releases, freebies and more, you can do so at <http://www.janetsartcorner.com>

Find free and premium educational printables at <http://www.educationalprintables.com>.

# Table of Contents

Disclaimer: .....	2
Trademark Notes .....	3
Introduction .....	7
What is Doodling? .....	7
Why Do People Doodle? .....	9
Why Should You Doodle? What are the Benefits?.....	9
Can Doodling Be Described as Art? .....	12
Doodle Supplies .....	13
Basic Doodle Shapes .....	15
Start with Basic Doodle Shapes .....	15
Different Doodle Methods .....	19
Cartoon/Characters Doodling.....	19
Dangle Designs.....	22
Doodle Patterns, Borders and Frames.....	24
Doodling in Art Journals .....	26
Form Drawing .....	28
Doodle Lettering and Numbers .....	29
Mandala Doodling.....	31
Zendoodle/Zentangle® .....	32
Zentangle® .....	33
How Zentangle® was born.....	33
Zendoodle .....	34
Doodle Prompts for Starting Your Own Doodle Fun .....	36

Cartoon Doodle Prompt .....36

Dangle Design Prompt.....40

Doodle Borders and Frames Prompt ..... 44

Art Journal Page Prompt ..... 48

Doodle Form Drawing Prompt ..... 48

Doodle Lettering Prompt.....52

Mandala Doodle Prompt ..... 55

Zendoodle/Doodle Pattern Prompt..... 59

Zentangle® Inspired Art Prompt ..... 63

Doodle Coloring Pages ..... 66

Conclusion.....96

Thank You! ..... 97

More Books from Janet Giessl..... 98

About the Author ..... 99

## Introduction

### What is Doodling?

Have you already experienced this? You are talking on the phone and while doing so, you unconsciously start scribbling or drawing aimlessly on a piece of paper. That's doodling. Once the phone call is finished, you may look at the paper and may be astonished how creative you can be.

The original definition of "to doodle" is "to draw, sketch or scribble idly" (especially while you are doing something else). Other meanings are "to kill time, to dawdle" and "to play or improvise idly".

The word "doodle" as a noun is said to come from the German word "dudeltopf" which means "fool, simpleton", but later came to mean "a figure, shape or design drawn or written while your mind is absent".

For reference: <http://www.thefreedictionary.com/doodle>

When you doodle while you are doing something else like talking on the phone, sitting at school or in a meeting, different shapes, patterns, drawings or scribbles may appear on your paper. They may look complex, detailed, imprecise or childlike. At this stage, you could unlikely call them artwork. So the big question is, can doodling be art and be defined as "Doodle Art"?

Reading this book, you will learn that doodling is more than mindless scribbling, that a doodle can truly be art and what supplies you need to start doodling. Additionally, you will be introduced to the doodle basics, easy

doodle exercises and different doodle methods. To see how doodles may look like, you will also find doodle examples and ideas in this book. The doodle prompts included in this book may give you inspiration and motivation to create your own doodles. If you still hesitate to doodle on your own, then coloring in the doodle coloring pages at the end of this book, is certainly something for you!

**Notice:**

The illustrations in this book are all created by hand, so they don't look perfect which is not important because doodling is not about creating perfect artwork, it's about having fun while you are doing it.

Intentionally, there aren't instructions for each and every Doodle, Zendoodle and Zentangle® Inspired Art because I want you to use your creativity and own ideas. The illustrations in this book are there to make you familiar with different doodle methods and forms and to inspire you to create your own ones. So if you expect step-by-step instructions for each and every doodle in this book, I have to disappoint you. That's not the sense of doodling, that's not the sense of creative work in general.

Now read this book, get some inspiration and start your doodle fun!

## Why Do People Doodle?

Frustration, boredom and tension are one of the reasons why people doodle. During a meeting or phone call, some people get bored, frustrated or tense because they hate doing nothing. To relieve their frustration, boredom or tense, they start to doodle. With doodling, people can reduce their stress in a creative and playful way.

## Why Should You Doodle? What are the Benefits?

Doodling improves your memory. Studies have shown that people who doodle may recall facts considerably better than nondoodlers. In 2009, Professor Jackie Andrade conducted a study where participants were asked to listen to a rather dull message about a birthday party and then to write down the names of all people coming to the party. Half of the participants were asked to shade printed shapes while listening to the message. The results were amazing. The doodlers performed much better on the task and were able to recall 29% more information than the nondoodling group.

*Resource:*

<http://onlinelibrary.wiley.com/doi/10.1002/acp.1561/abstract;jsessionid=E30C6867E1682CA6A02954923FAE7A89.f03t04>

Doodling helps improve your attention and focus better. People often put doodling on a level with daydreaming, but in fact, daydreaming demands a lot of the brain's processing power because you start to think about one thing and you end up thinking about several things. You actually get distracted and use a lot of your brain's executive functioning. Doodling, however, helps you stay more focused and pay attention because when you doodle, you don't daydream and thus save your brain's executive functioning for the really important things.

Doodling makes you feel good and relieves your stress. We tend to develop nervous habits like twirling our hair, biting our nails, nibbling on the ends of our pens and pencils ... when we are stressed. Some of these weird habits may calm us down, but they don't really make us feel better, some are even not good for our health. This is where doodling may help. Why not try to replace your nervous habits with doodling when you feel stressed? You will immediately notice the difference because you will feel better, have fun, feel relaxed and stress relieved.

Doodling can help you get unstuck and unlock your creativity. Every now and then, you may get stuck, run out of ideas or have a creative block. While there may be a lot of other ways to get unstuck and to unlock your creativity, doodling is the easiest one. Just take a piece of paper, some pens or pencils and start right away. It will surely help you get unstuck, give you more ideas and unlock your creativity.

Doodling requires no thinking, but it helps your brain working. Since doodling is a mindless and easy activity, it gives your brain time to work and think. You needn't make your doodles look perfect or beautiful, just go with the flow of your hand moving.

You think you can't draw? You are not an artist? It doesn't matter! Everyone can doodle, so you don't need to be an artist to do it. Doodling is instinctive and comes naturally. We all can doodle and we actually did it as a little child when we were given a crayon for the first time. Doodling is for everyone because it doesn't require a certain technique or style. Just as we tend to write a certain way, we automatically tend to doodle a certain way. We don't have to think about it. With doodling, there are no mistakes, no right or wrong. Just do whatever comes to your mind or whatever you feel. Don't compare your doodles with others. The focus is not on the outcome but on the process of doodling itself.

## Can Doodling Be Described as Art?

In its original form where doodling is just mindless scribbling, it can't be really described as an art form. Once you start to focus on what shapes, patterns and designs you create, doodling becomes a mindful artwork. Different doodle techniques have evolved like Zendoodle and Zentangle®. The latter is even a trademarked brand. Throughout this book, you will learn more about these doodle methods.

## Doodle Supplies

Actually, doodling doesn't require a lot of supplies. Just a piece of paper and a pen or pencil. If you want to create doodle art, you can add some more supplies.

### **1. Sketchbook, Drawing Book, Sketch Paper, Drawing Paper**

You don't need a specific medium to doodle on, but if you want to organize your work and look back at it from time to time, I would recommend a sketchbook or drawing book.

### **2. Pencil**

A pencil is great for creating the first sketch of your doodle which comes into your mind. I would recommend a light pencil (HB grade) so you can erase it easily if you want to make changes to your doodle.

### **3. Eraser**

For removing unnecessary outlines of your doodle art or making changes to your doodle work, you need an eraser. You can also make the edges softer using an eraser.

#### **4. Drawing Pen/Fine Liner**

A drawing pen/fine liner is used for drawing the outlines of your doodle sketch. You can use different thickness of the writing tip to your taste for refining and shading your doodle.

#### **5. Marker**

Markers serve to color in your doodle or to make the outer lines of your doodle thicker in order to create a contrast.

#### **6. Colored Pencil**

Instead of markers, you can also use colored pencils to color in your doodle, thicken the outer lines or shade your doodle work.

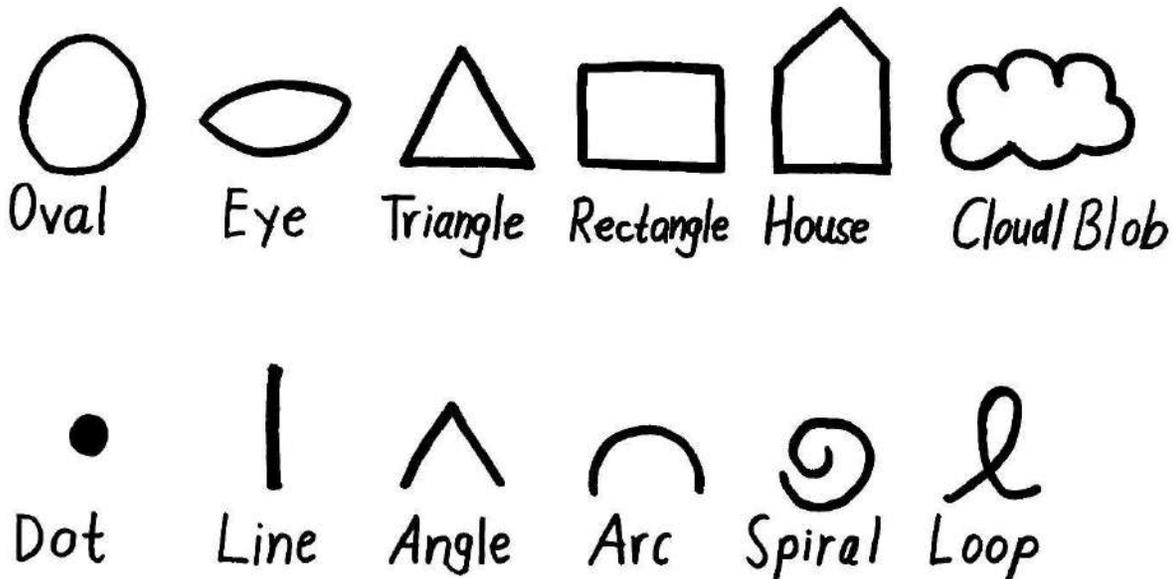
## Basic Doodle Shapes

As I already mentioned, everyone can doodle and it is an activity we don't have to think about. It just comes naturally and mindlessly. However, if you want to create doodle as an artwork, then you may consider to learn some basic doodle shapes to start with and later go on with some advanced methods like Zendoodle or Zentangle®.

### Start with Basic Doodle Shapes

#### 1. Visual Alphabet

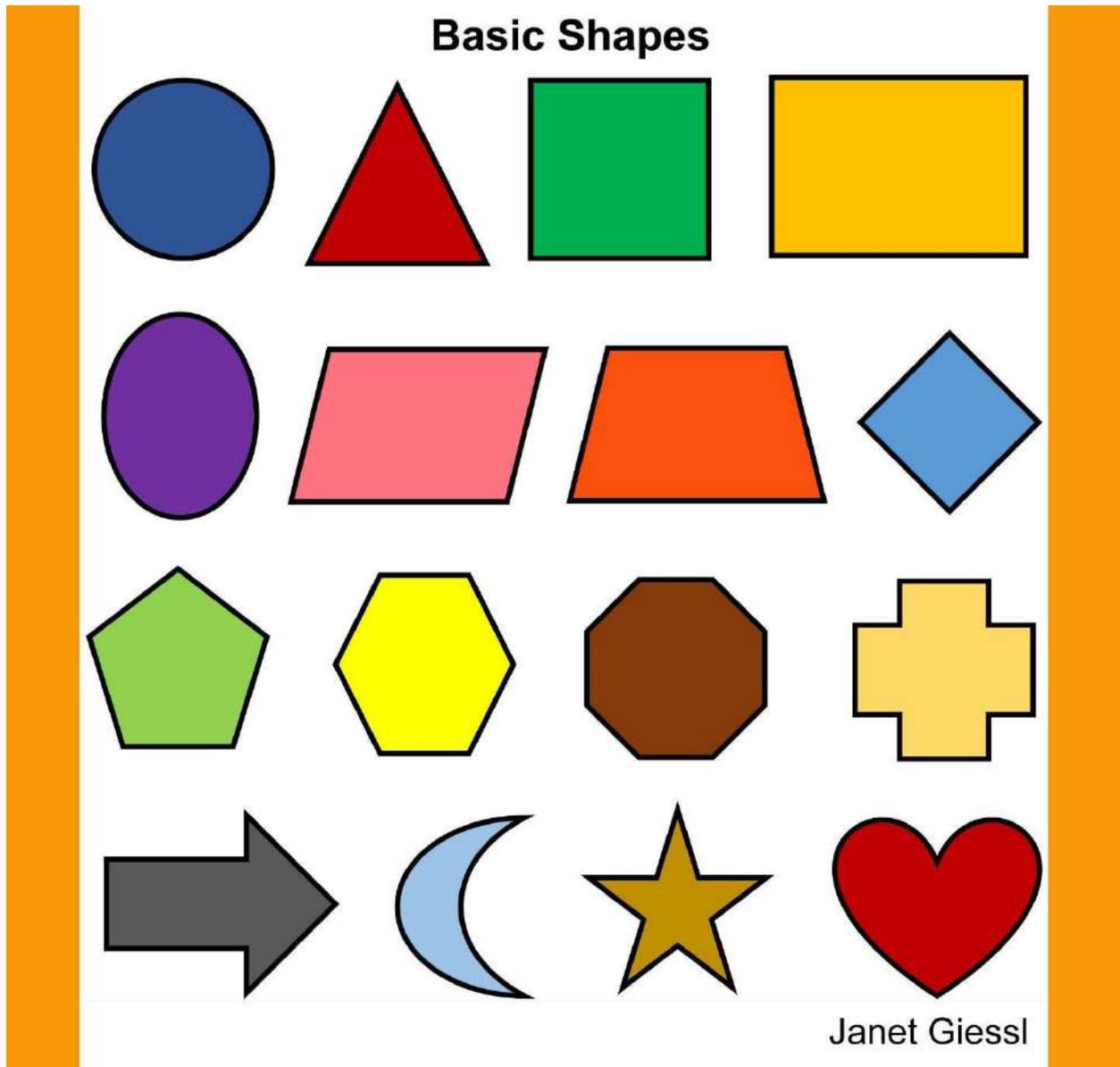
The visual alphabet is a great and easy way to start your doodling because you can create a lot of new and different forms using these basic shapes.



© Janet Giessl

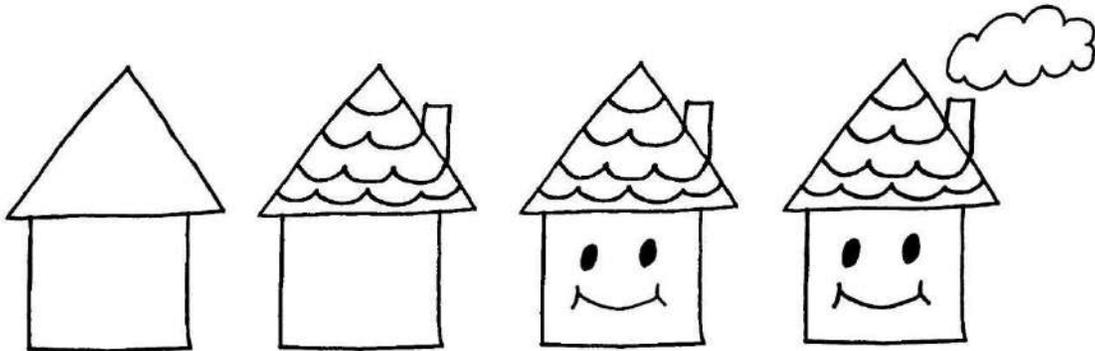
## 2. Basic Shapes

Apart from the visual alphabet, you can also use some basic shapes which you can see in the chart below.



## Doodle Example: Simple Doodle House

In the following example, you can see that and how I used the visual alphabet and the basic shapes to create a simple doodle house.



© Janet Giessl

### This is How You Do it:

1. Draw a square and put a triangle on top of it.
2. Then draw a series of arcs upside down for the roof tiles and an irregular trapezoid for the chimney.
3. Now draw two ovals and color them black for the eyes.
4. For the mouth, you may draw a flatter and a wider arc which has two other flat arcs at both ends. Add a cloud/blob on top of the chimney for the chimney fume.

That's it! Of course, you are free to use other shapes and play around with them to your liking. There are so many possibilities. Just use your creativity!

### **3. Letters and Numbers**

You may also use letters and numbers in your doodles.

### **4. Find Inspiration Everywhere**

Once you go beyond the basic shapes, you can find inspiration everywhere. Just look around you and you will find a lot of inspiration for creating your doodles: books, textiles, nature (flowers, trees, plants, stones etc.), magazines, artwork and craftwork like pottery, jewelry, cards, paintings, drawings, patterns, clip art, knitwear, crochet work and many more.

You can create a lot of different doodles easily using the visual alphabet, basic shapes, letters and figures as well as from inspiration you get from different sources around you I already mentioned above.

## Different Doodle Methods

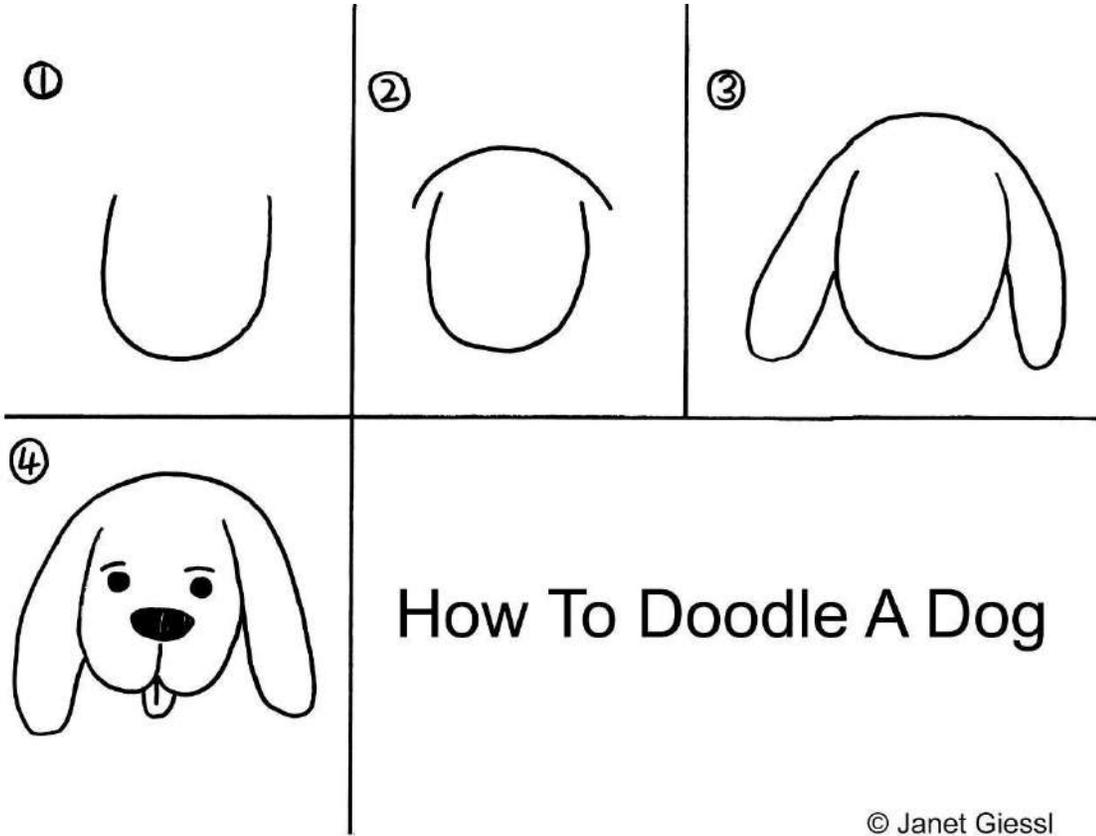
If you already know how to doodle the basics and would like to create real doodle art, you should learn more about different doodle methods. You will be amazed about the many possibilities you have for creating beautiful doodle artwork with the different doodle methods described on the following pages.

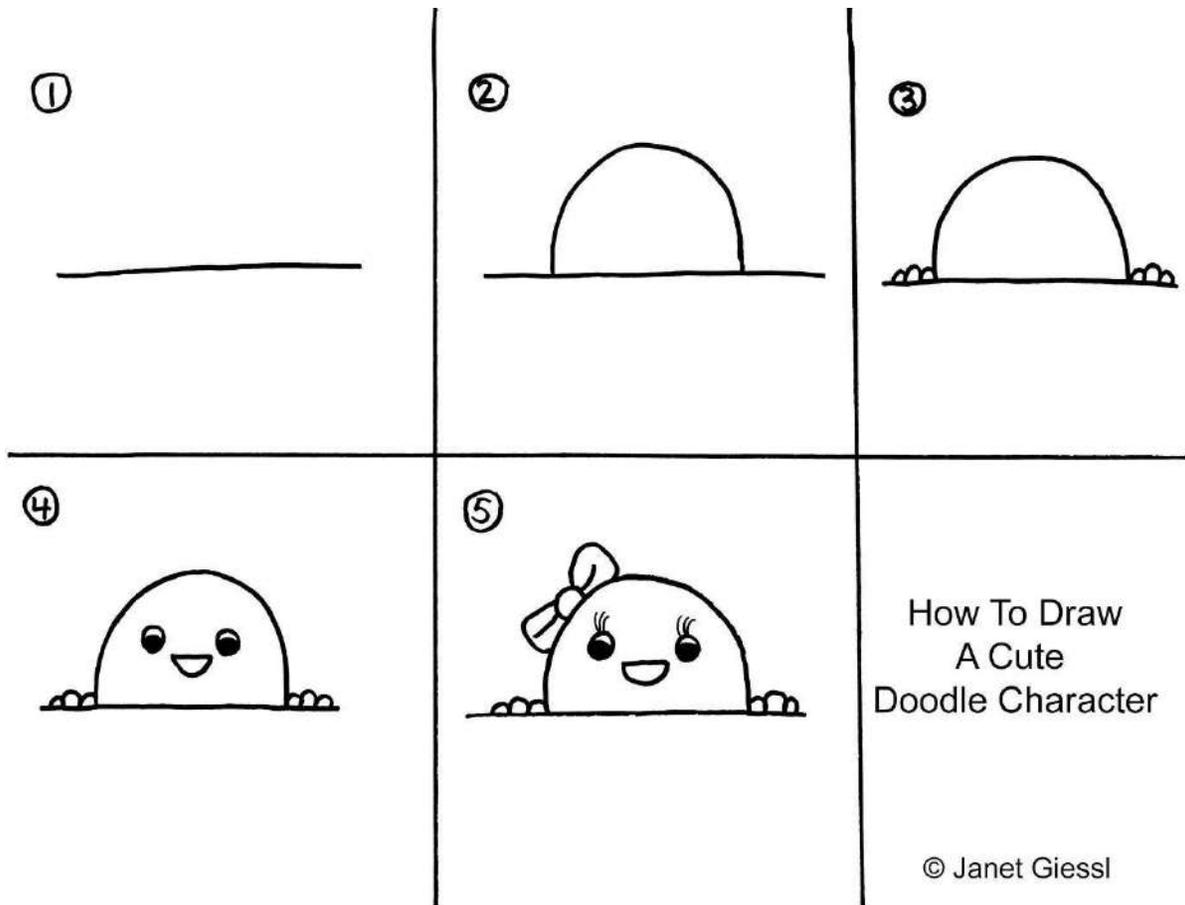
### Cartoon/Characters Doodling

Do you love cartoons and comics but think you can't draw? Then you should try cartoon doodling. Instead of "perfectly" drawing cartoon characters, you just doodle cartoons and characters. They don't have to look perfect. You could just draw a circle and add a cute or funny face to it and there you have your cartoon/character doodle!

In the following example, you can see different cartoons/characters. They don't look perfect and they are very simple, but doodling them is a lot of fun. Doodling should be fun, not perfect! Keep this in mind!

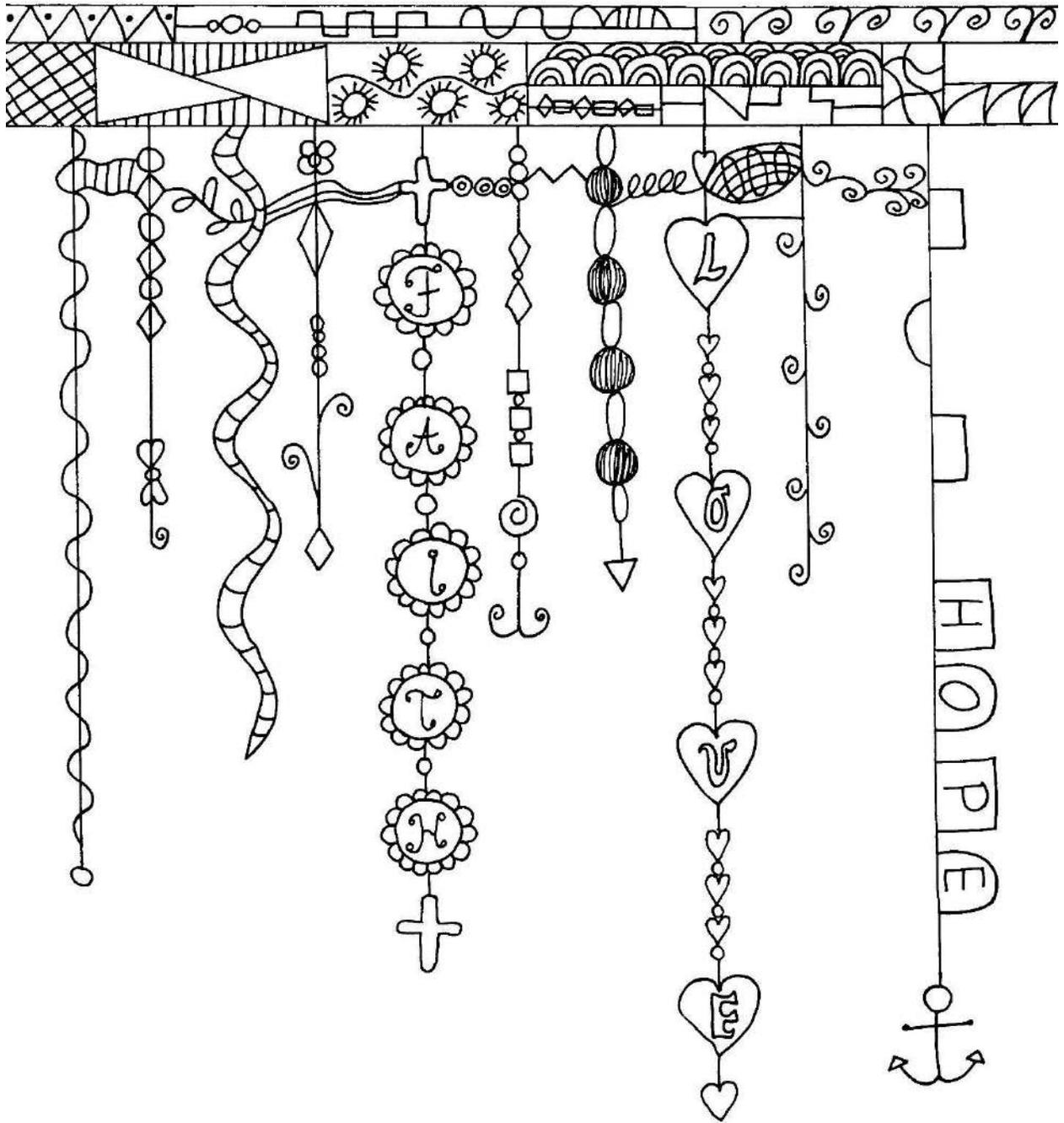






## Dangle Designs

You can add so called dangles to your doodles to make them look more interesting and give them more texture. Like the word “dangle” indicates, it is something that hangs down. Now can you see the doodles that are hanging down, the dangles, in the following illustration?

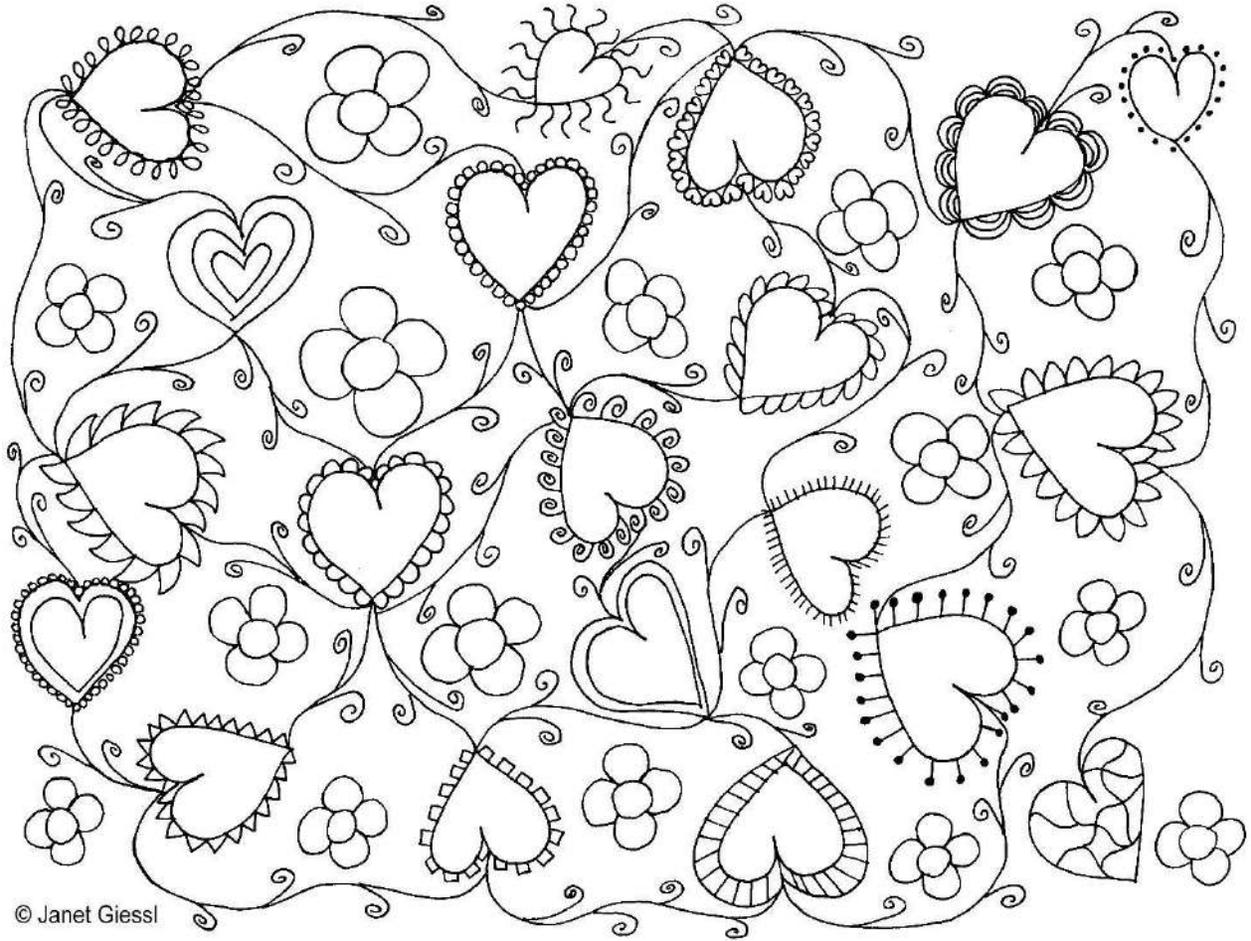


© Janet Giessl

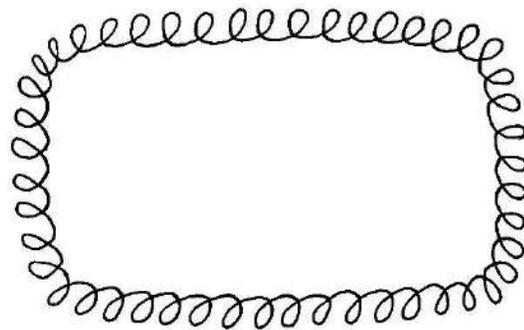
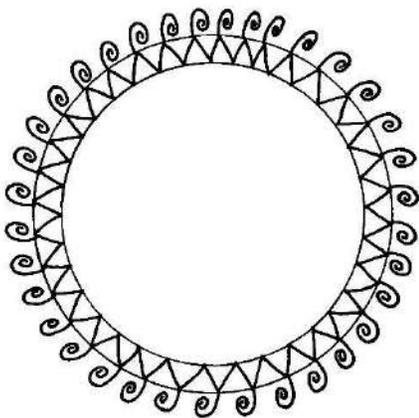
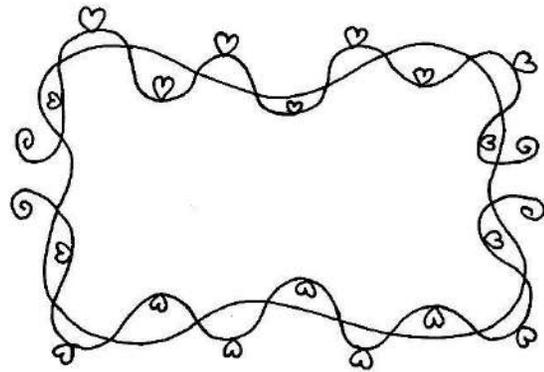
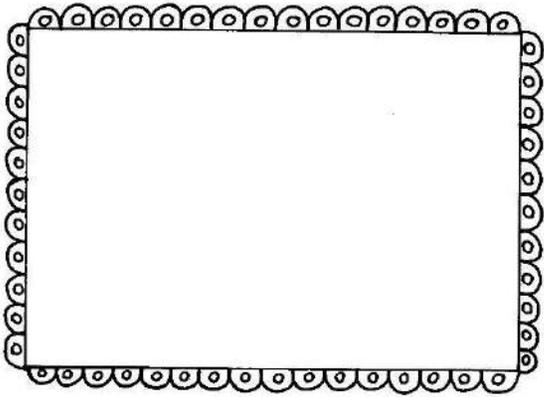
## Doodle Patterns, Borders and Frames

Did you know that you can create beautiful and interesting patterns, borders and frames with your doodles?

Just look at the following examples.



© Janet Giessl



© Janet Giessl

## Doodling in Art Journals

Are you an art journaler who also loves doodling? Then you can integrate doodles in your art journaling.

What is art journaling? It is keeping a journal in which you create art but you don't need to be an artist to do this, just let your creativity flow. Actually, there aren't any specific rules for art journaling. You can do with your art journal whatever you want. With art journaling you can use different artistic expressions like doodling, painting, drawing, images, collaging, stamping, stencils, lettering ... and many more. It is often a combination of different