



WELCOME TO DOODLING 101

By Doodling Jorge

About Me!

- Doodling since kids
- Professional Tech Guy
- Mother was a quilter
- Father is an artist
- Wife is my center
 - She told me to put doodles in cards
- Covid happened
- Love BW Lines
- Here we are!

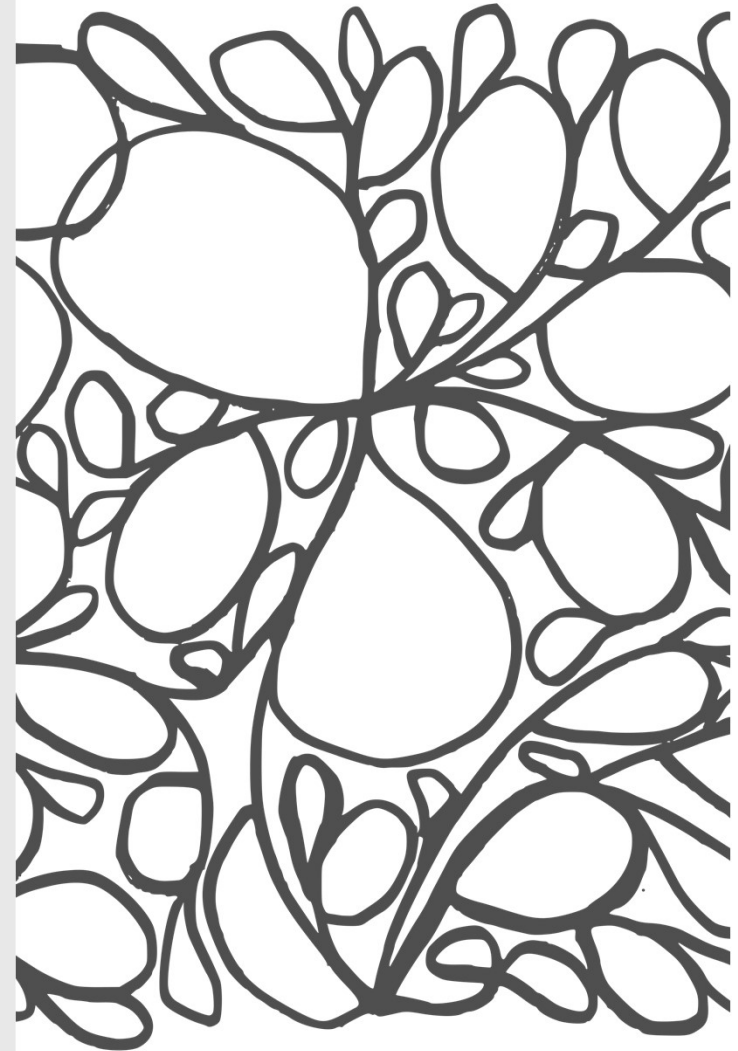


ORIGINAL DRAWINGS & DOODLE ART BY JORGE PEREIRA



What is Doodling

- Doodling is the act of creating drawings in an **unconscious or unfocused manner**
- **A doodle is a drawing made while a person's attention is otherwise occupied.** Doodles are simple drawings that can have concrete representational meaning or may just be composed of random and abstract lines, generally without ever lifting the drawing device from the paper, in which case it is usually called a scribble.





May be Distracting, but...

01

Helps as a
Stress
Relieving
Technique

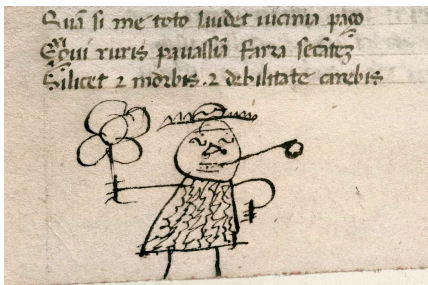
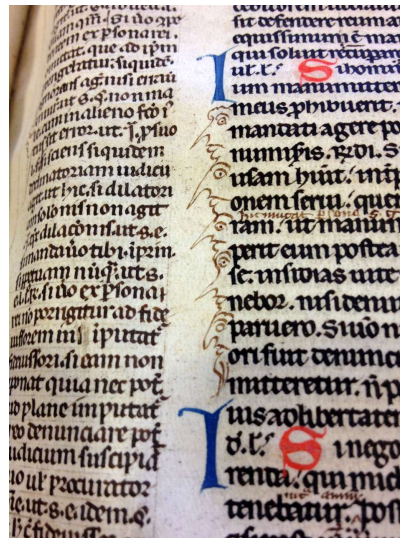
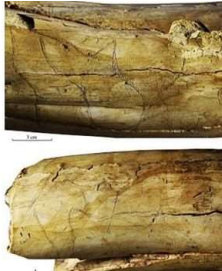
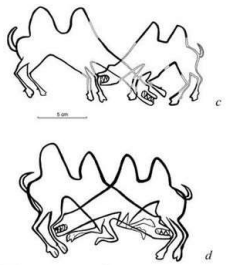
02

Proven to
Help Focus and
Information
Retention

03

Is used as an
effective study
tool and memory
device.

Only Needs Surface & something to draw with
Paper & Pen or Pencil



Doodling History

Most ignored art form

First one known appeared in the early 17th century t

It is everyone!

Rome 2022 - Doodles of the Masters Exhibition ([link](#))

<https://www.thisiscolossal.com/2014/10/the-worlds-oldest-doodles/>

Patterns & Frameworks

Mandala is a Sanskrit word that means "circle," which represents wholeness. ([ref](#))

A mandala is an artistic representation of higher thought and deeper meaning given as a geometric symbol used in spiritual, emotional, or psychological work to focus one's attention.

The **Mandala** first appears in the Rig **Veda** of **Hindu** scripture during the Vedic Period.



The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles.

<https://zentangle.com/>

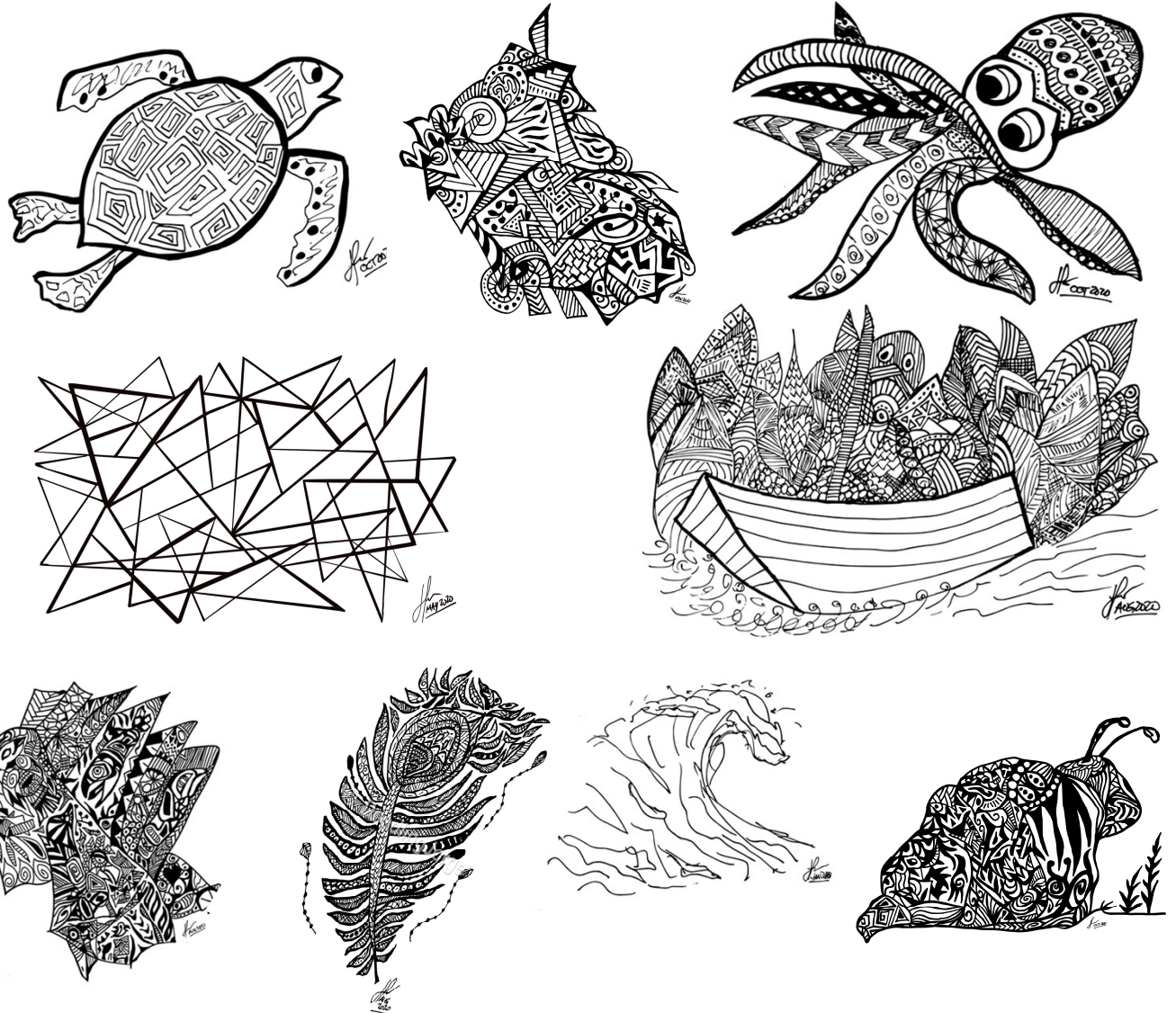
ANYTHING GOES

Unlimited:

- Options
- Patters
- Techniques

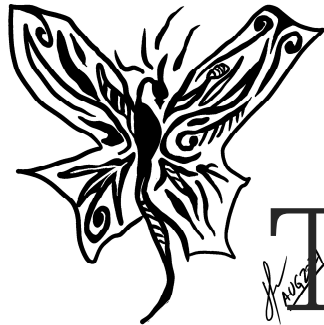
Bottom line:

- Line shape / direction
- Line Thickness
- Reoccurrence





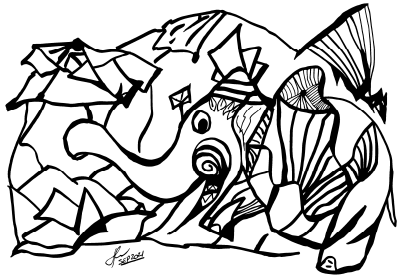
Rule #1



THERE ARE NO MISTAKES

The beautiful thing is in the imperfections!

Rule #2



RELAX AND HAVE FUN

The beautiful thing is in the imperfections!

Rule #2.5

WHEN I DOODLE, IT'S A DOODLE
WHEN HE DOODLES IT'S ART ...

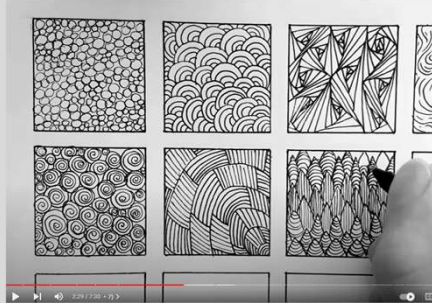
Who cares!

You are relaxing and you enjoyed it!

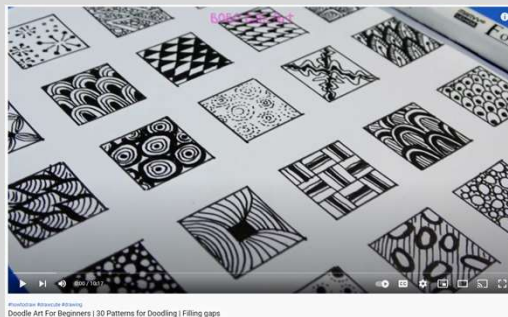
Resources

<https://theartofeducation.edu/2016/07/22/power-purpose-doodling/>

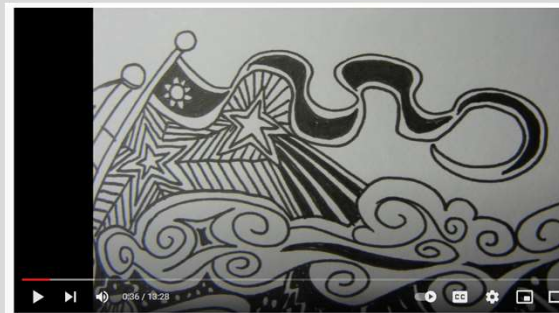
<https://www.youtube.com/watch?v=SW7-uVzhavs>



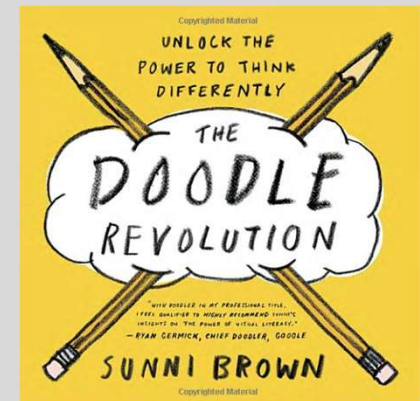
<https://www.youtube.com/watch?v=gfthMXqxFUA>



<https://www.youtube.com/watch?v=HRz5ZFD00hk>



Doodling How to get started



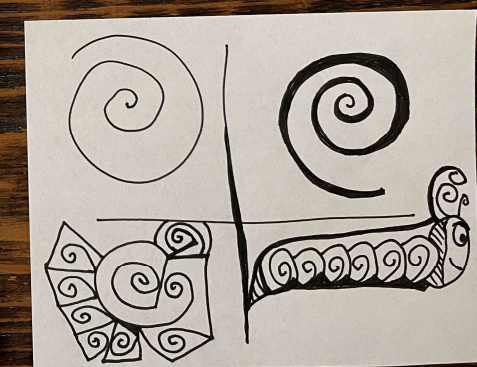
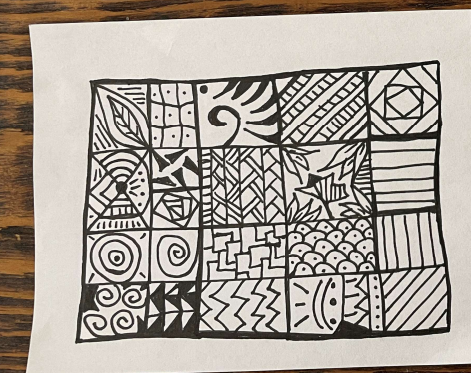
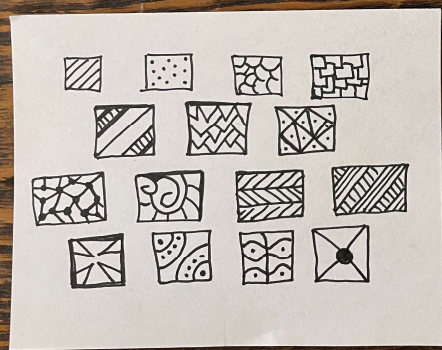
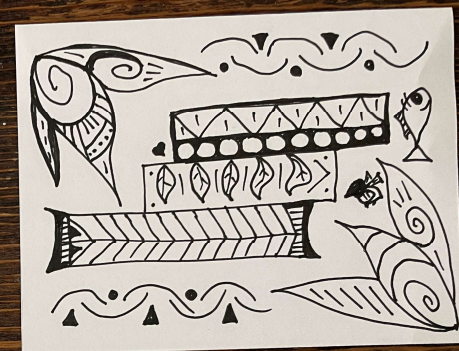
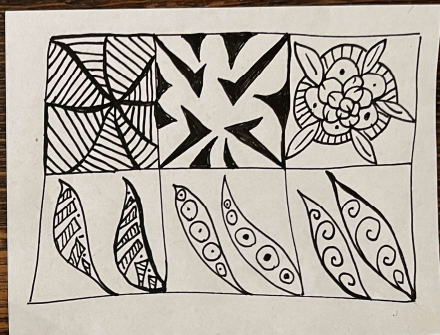
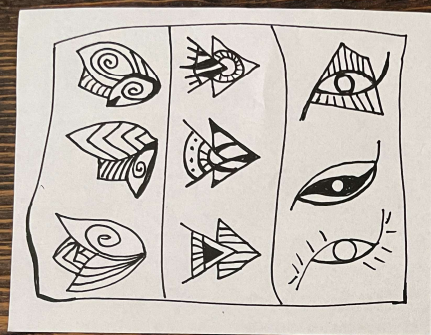
Resources – Inspiration

- DoodlingJorge.com
 - [Doodling Jorge - YouTube](#)
- Mr Doodle
 - [How To Doodle A Wall - YouTube](#)
 - [Mr Doodle - YouTube](#)
- Kerby Rosanes
 - [the illustrator who turned his love for doodling into a thriving career](#)
 - [He's the Master of DOODLING](#)
- The Doodle Man
 - [The Doodle Man - YouTube](#)

•For Fun:

•<https://youtu.be/kW0Fy88ilEs>

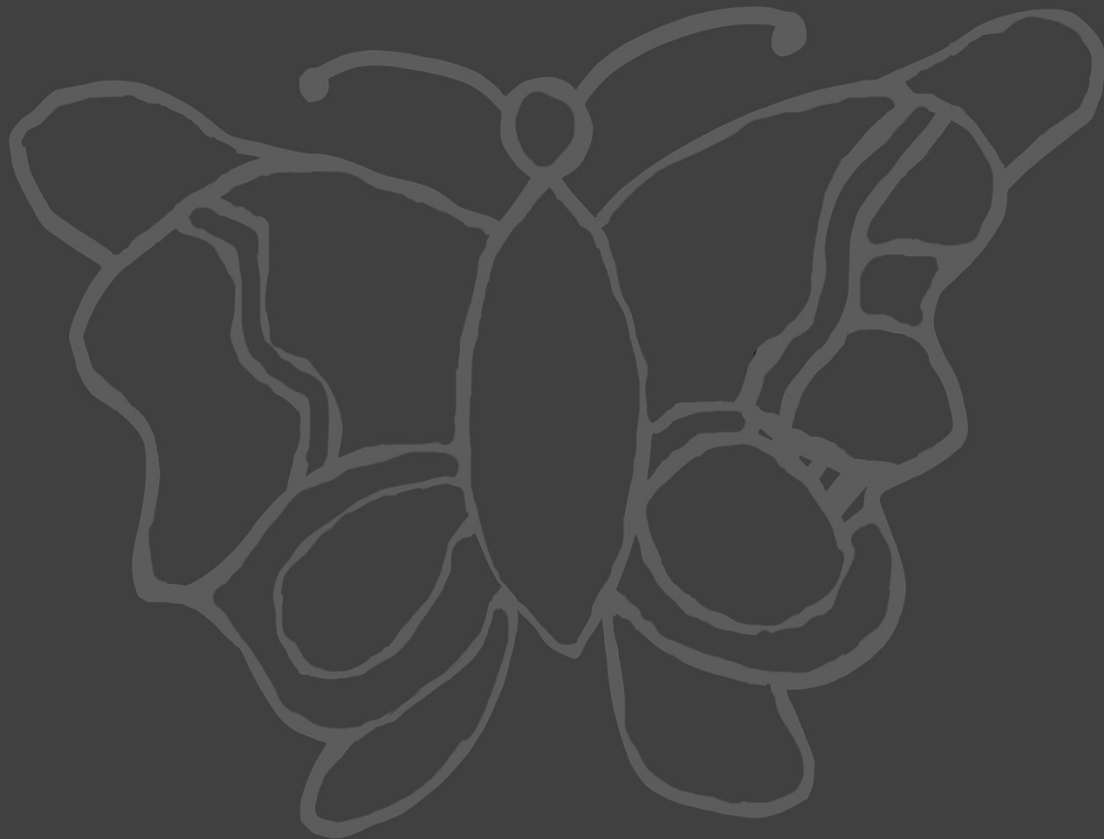




Patterns are up to your imagination!

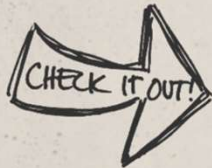


LET'S
PRACTICE!





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DoodlingJorge.com

LOOKING
FORWARD

TO
SEEING YOUR
DOODLES!