

Session 1: Garden Doodles



Take a walk with a sketchbook around your garden and create a visual diary of what you notice.

Materials

These are just suggestions and you won't need everything or you can substitute for what you have available.

- Sketchbook, notebook, any kind of paper you can draw on inc. envelopes etc.
- Pencils, drawing pens, biros.
- Water-brush pen, felt pens, coloured pencils.



Link to demonstration video: <https://youtu.be/5mP1FK-g8kY>

Getting started

You don't need a lot of specialist equipment for this session and it can be adapted to suit your preferences and what you have available.

The focus is upon taking some time out to stop and take notice of your surroundings therefore if possible sit outside or look outside through a window or doorway.

You don't need to be able to draw realistically or accurately as the emphasis is on creating doodles and patterns based on what you observe.



Focus in closely on one object. This works best with a simple easily recognisable shape like a flower, pot or leaf. Make a very simple drawing of this object – it doesn't have to be accurate, treat it as being inspired by it rather than copying exactly what you see.

Using a black permanent pen or biro is a good option as it stops you being tentative with your drawing and creates a strong bold outline.



Doodle Design

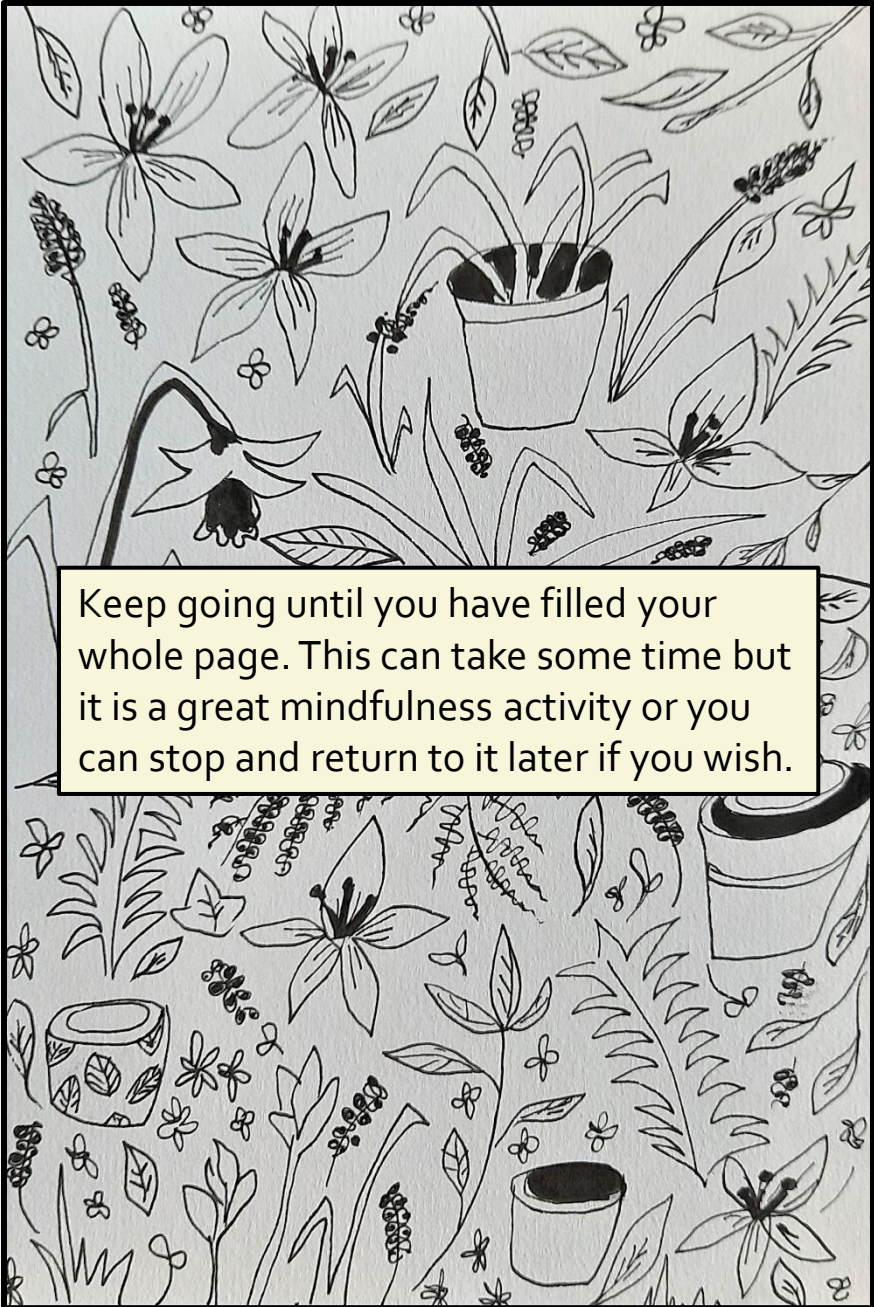
Design Tips

- Draw each object singularly without overlapping it with your other drawings.
- Use differing thicknesses of pens and block in some areas to create a strong contrast.
- Each design can be repeated a number of times across the page which creates a continuity and connection.
- Variety adds interest! Alter the scale of your drawings by making the same design larger or smaller.
- Draw slowly and carefully rather than quick rough sketches.
- Take time to look at your inspiration. By focusing on observation you will also improve your drawing skills.
- Gaps between drawings can be filled with small doodles of ladybirds, seed heads or even just circles.



Doodle design

These doodles can be kept as just simple black and white outline drawings. They make effective greetings card designs too!



Keep going until you have filled your whole page. This can take some time but it is a great mindfulness activity or you can stop and return to it later if you wish.

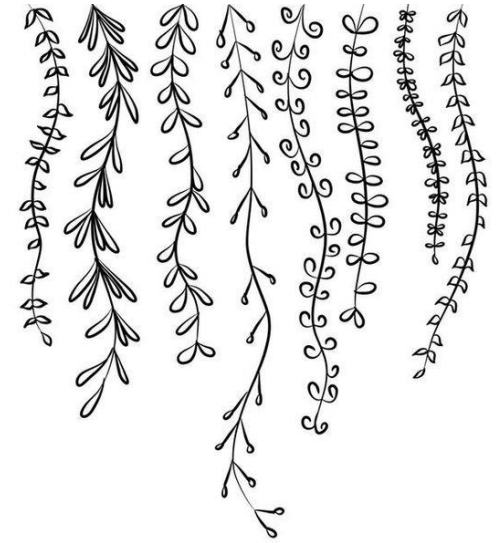


Doodle design

If you draw in permanent pen you could also add a hint out colour with coloured pencils, water-brush pens or felt pens.



I used water-brush pens which are an easy way to add paint-like effects and blend different colours together.



You could develop the idea further by adding words or phrases like this artwork by Megan Schreurs.



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