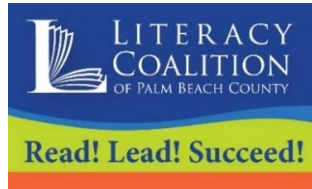


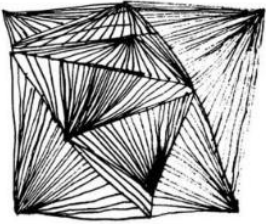
READ and THINK before you ACT.



## Leading through Reading

### READ

## Relaxing with Art: Doodle and Draw (6-8)



The Square by Richard M. Nixon



Football Star by Ronald Reagan

Doodling and spontaneous drawing are not just ways to occupy the hands and mind. They have benefits beyond distraction. They improve concentration and reduce tension.

Doodling has been an activity used by some of our presidents when they have been making stressful decisions. Theodore Roosevelt doodled animals and children. Ronald Reagan doodled cowboys and football players. John F. Kennedy doodled dominos.

Doodling has many benefits, especially during difficult times.

Maybe drawing and doodling can help you? Try it for a few weeks.

See if doodling can help you to:

- Concentrate and be a better learner.
- Enjoy creativity and help you start a creative project.
- Process emotions.
- Alleviate stress.
- Give you “Big Picture” thinking.

“Big Picture” thinking is the ability to come up with ideas, solutions and opportunities. Big thinkers see possibilities and jump on opportunities. They are willing to take risks because they see the chance to make big gains.

Read more about doodles from US Presidents in this [Readers Digest](#) article.

Other Sources: [Seven Benefits](#) of Doodling by Marelisa Fabrega and The [Thinking Benefits](#) of Doodling from Harvard Med

### THINK

Are there times where you find yourself doodling? How might doodling benefit you?

### ACT

**Double Doodle Art-** Put a pencil, pen or marker in each one of your hands. Secure the paper with a small piece of scotch tape. Put the points of both pens together, side by side in the top center of the paper. Slowly start to draw a curve with your dominant hand but make your non-dominant hand copy what your other hand is drawing. Do not draw anything with your dominant hand without copying it with your other hand.

### Collaborative Doodling

- Gather the family around a table.
- Each person should have a sheet of paper and markers.  
(If you wish, give each person only one color so that later, you can tell what each person drew)
- One person should be the timekeeper and be able to use a kitchen timer or the timer feature on a cell phone.
- The timekeeper should set the timer for one minute.
- When the timer starts, each person should start a drawing on their piece of paper.
- When the timer dings, everyone must stop drawing and pass their drawing to the right.
- Repeat until the drawings comes back to the original illustrator.



**Bonus!** Pass around again, but this time create a silly story, one sentence at a time, to go with each picture!



Double Doodle Art



Collaborative Doodle

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to [nbirardi@literacypbc.org](mailto:nbirardi@literacypbc.org)