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# National All Rounder Championship

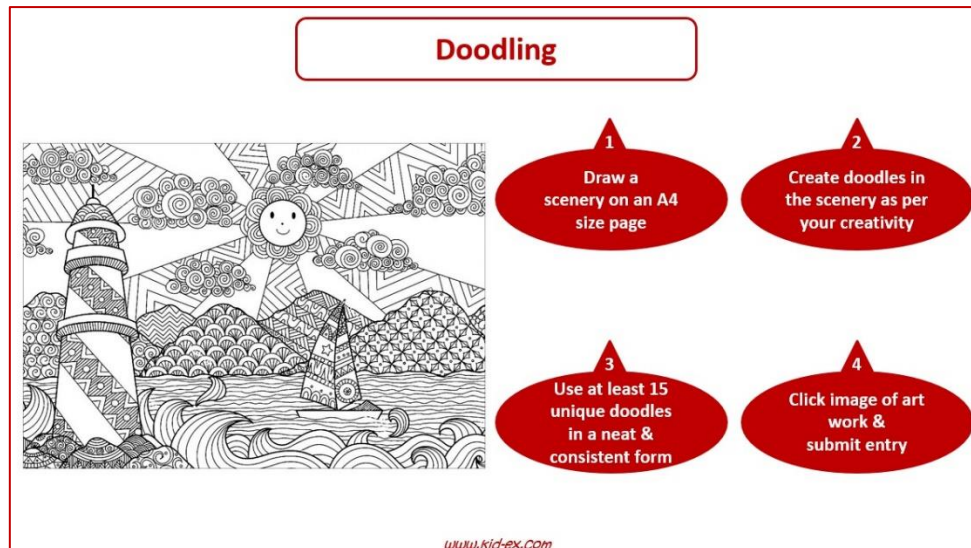
1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 01**

**Creativity and Imagination:**

**Doodling**

**Age: 9-11 years**



### **Expert coach speaks**

*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".*

*Typical examples of doodling are found in school notebooks, often in the margins, drawn by students daydreaming. Other common examples of doodling are produced during long telephone conversations if a pen and paper are available. Popular kinds of doodles include cartoon versions of teachers or companions in a school, famous TV or comic characters etc.*



### **Key benefits of this activity**

The activity benefits in many ways:

- Improves concentration
- Spurs creative insights
- Helps process emotions
- Alleviates stress
- Offers a creative outlet
- Improves learning & IQ scores
- Helps big picture thinking

#### **Common mistakes to avoid**

- *Do not hold the pencil (drawing device) very tightly*
- *Maintain consistent pressure on the pencil (drawing device) to ensure consistency in pencil strokes*
- *Ensure the spacing & similarity between doodle patterns is maintained*
- *Do not use erasers to modify the art work*

#### **Useful web resources**

- [Doodling video 1](#)
- [Doodling video 2](#)
- [Doodling video 3](#)
- [Doodling video 4](#)
- [Doodling scenery video 1](#)
- [Doodling scenery video 2](#)
- [Doodling scenery video 3](#)

Submissions start 11<sup>th</sup> May 2021. To submit your entry, visit our website ([www.kid-ex.com](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

**Keep learning! Keep growing! Stay happy! Be successful!**