HOW DO YOU DOODLE?

DRAWING MY FEELINGS AND EMOTIONS

ELISE GRAVEL



Dear READER

Hey! Do you like games? What about doodle games?
Wait. What's a doodle, you ask? (Psst. Look at the bottom of this page.)

This is a book for you to doodle, scribble, and draw out your thoughts, emotions, and feelings. You can tell your parents that you are hard at work learning more about YOU. Tell them you are learning how to express yourself creatively and beginning to understand and recognize your emotions and feelings. Your parents will be so impressed and excited to know that. Don't forget to tell them, okay?

Inside, you'll find lots of pages with lots of doodle games. There are doodle games that let you explore **The Way You Feel.** These games want you to pay attention to the feelings in your body and doodle away!

There are doodle games that give you a chance to **Name Your Emotion** – they're a fun way to help you identify basic emotions you might have, like happy, sad, worried, or mad.

You will also find lots of doodle games that ask **How Do You Feel When?** These doodle games ask you to think about a pretend situation and then doodle how you might behave or feel or what your face might look like if it actually happened.

Try to start at the beginning and do the games in order. It is okay to skip over or not finish the ones you do not want to do. You can go back any time when you are ready. Some thoughts, emotions, and feelings may be hard to share, but lots of kids feel better after they doodle about these things. It's okay to talk to your parents or another adult you trust instead.

But here is the single most important thing about this book: You are the author and these are your doodles! You can doodle just about anything you want. It's YOUR book!

So grab a pencil or marker and doodle-doodle-do!

A doodle is a drawing, but it is a special kind of drawing. It is a drawing that just happens all on its own. In other words, it is completely spontaneous! It just flows from you, like when you're talking on the phone and not really paying attention and you start drawing spirals and circles and polka dots and bunnies. Or maybe it happens when you relax a little and find that you have scribbled all over your math homework! In fact, lots of people think a doodle is the opposite of a drawing—you're not supposed to be drawing something specific. Doodles come freely from the heart. They are expressions of your emotions and what you are feeling. Cool, huh?

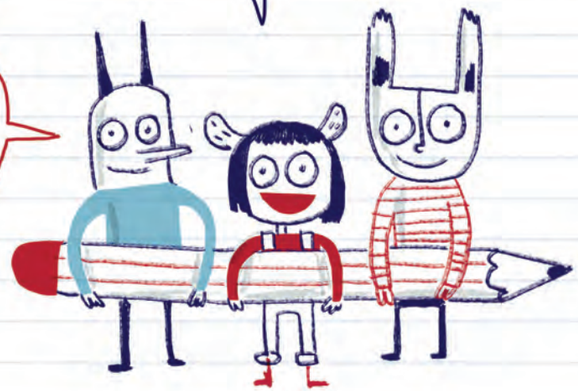
My name is Otti.

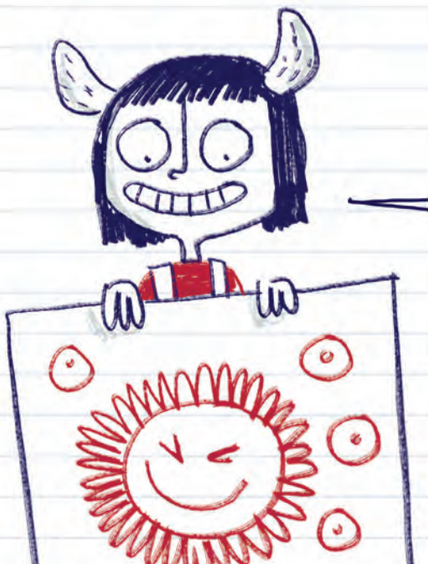
Mine is Ugga.

And I'm Flibb!

We like to doodle. We doodle all the time!

We doodle when we're mad,
we doodle when we're glad,
we doodle when we're sad.





We'll show you some of our doodles and you can show us your doodles.

First, draw yourself as a

WEIRD ALIEN:





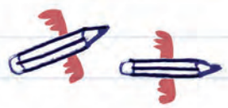
What's your funny alien name?

FREE PENCILS

Let's free our pencils!
Let them draw whatever they want and how they feel on this page.
Let your pencils go wild! Be free!







My pencil is excited today!







Mine is angry, I think.



How does your pencil feel today?



LOOK INSIDE YOURSELF



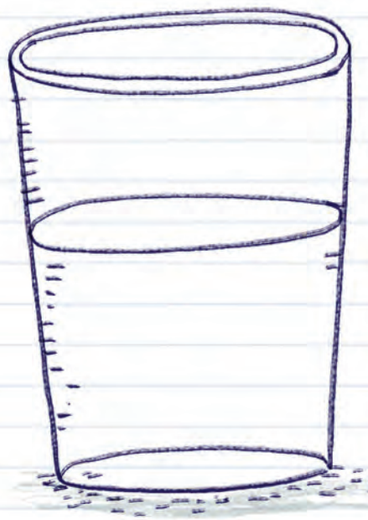
Let's pretend we're a big glass of water filled with emotions.



Huh?



When I'm calm and quiet, this is how my glass of water looks.



When I'm upset, very excited or angry, this is how my glass of water looks.





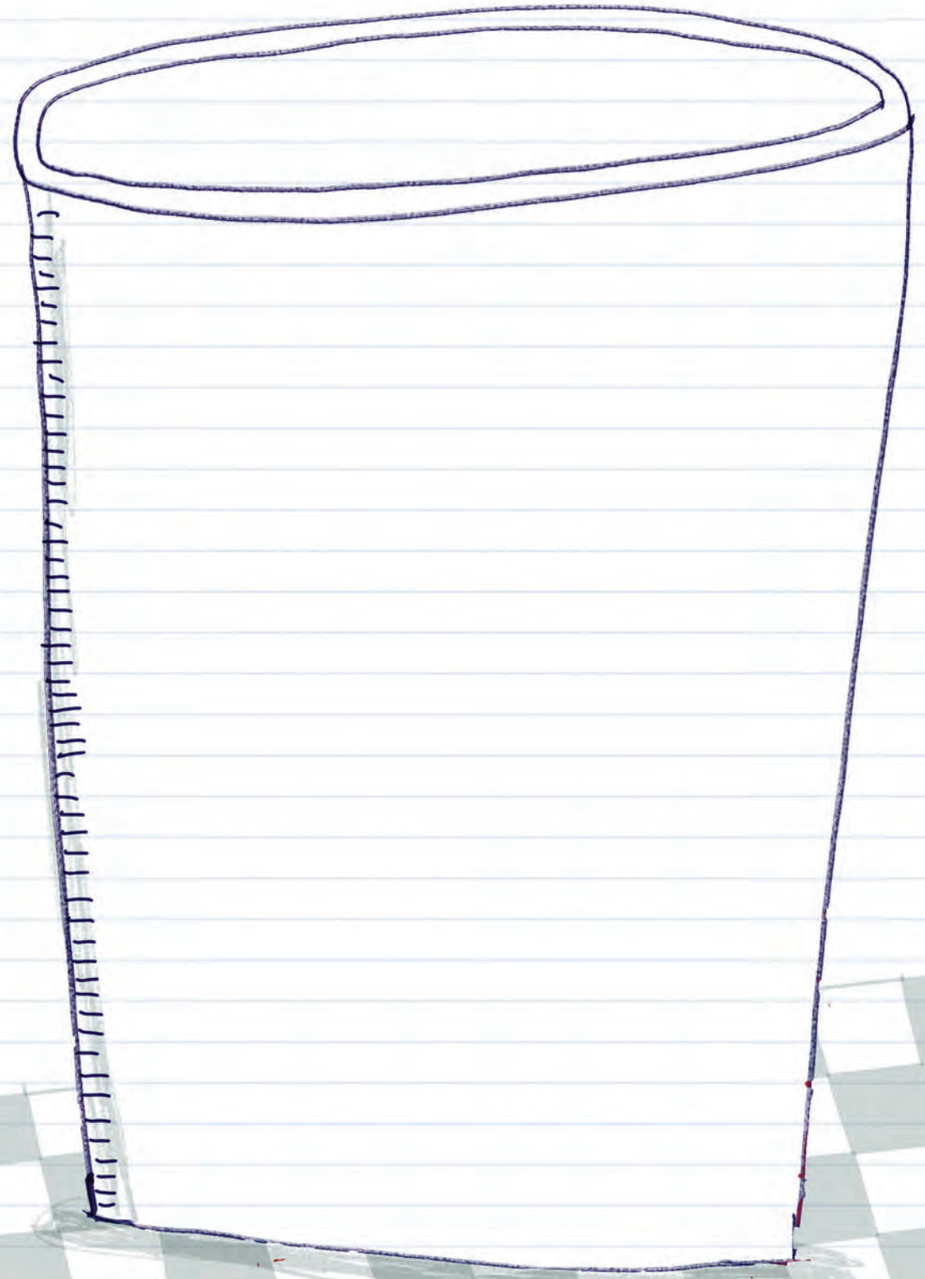


DRAW THE WATER

INSIDE YOUR GLASS

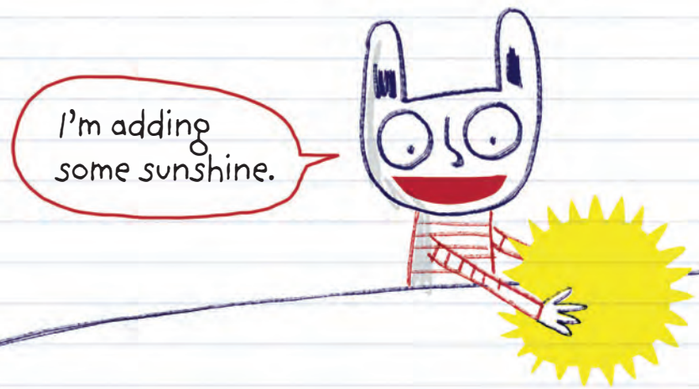
How is it today?
Is it calm and blue?

Is it all muddy and stormy?



RECIPE FOR A HAPPY DAY

What ingredients do you need to have a happy day?
Let's put them in this big bowl!





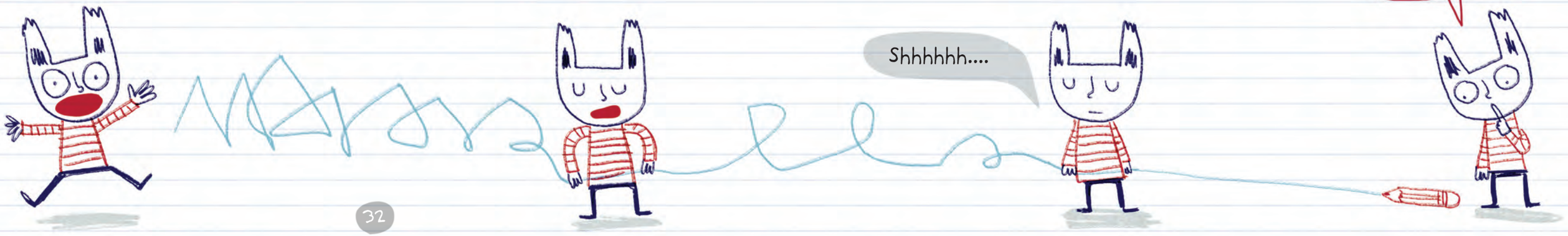


PENCIL, CALM DOWN!

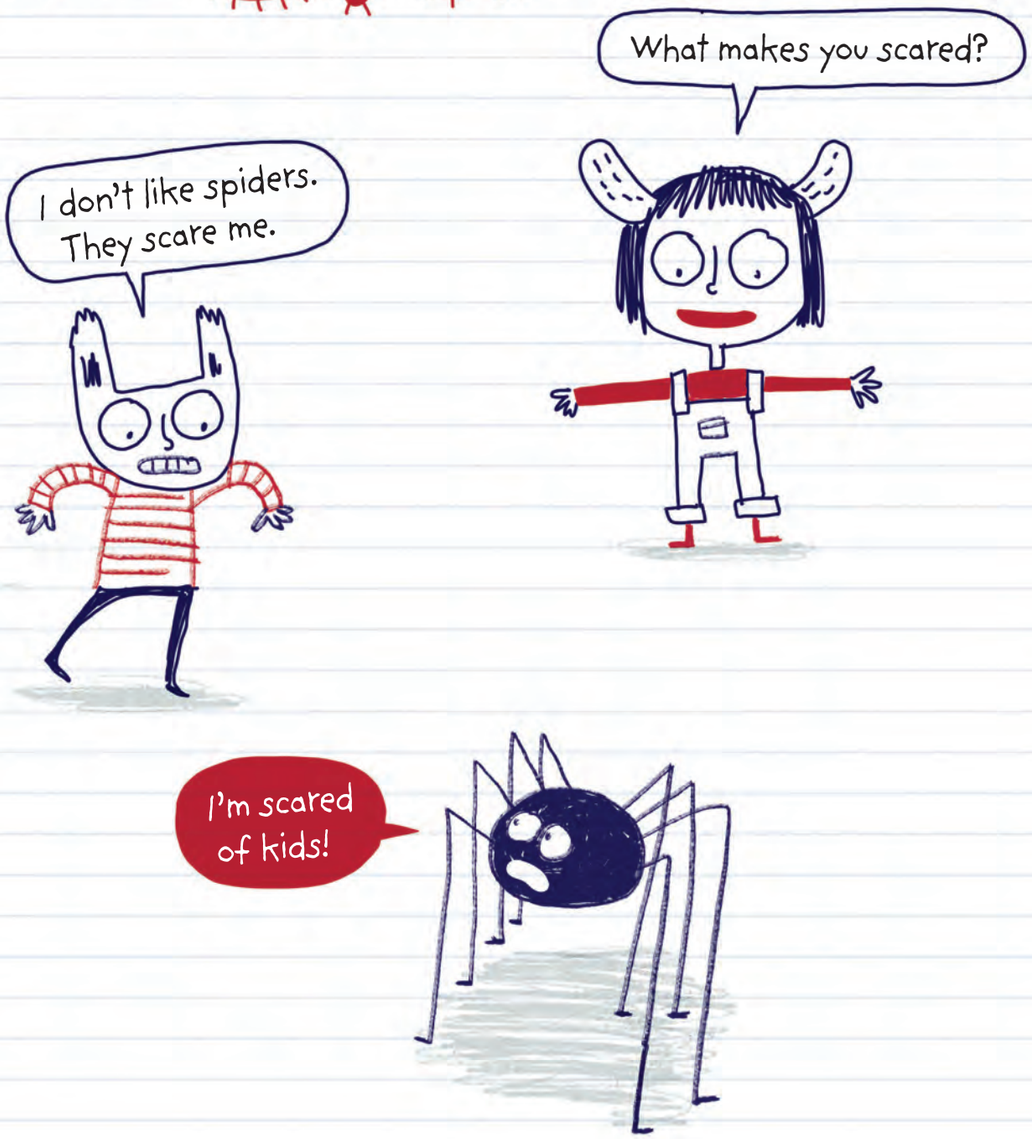


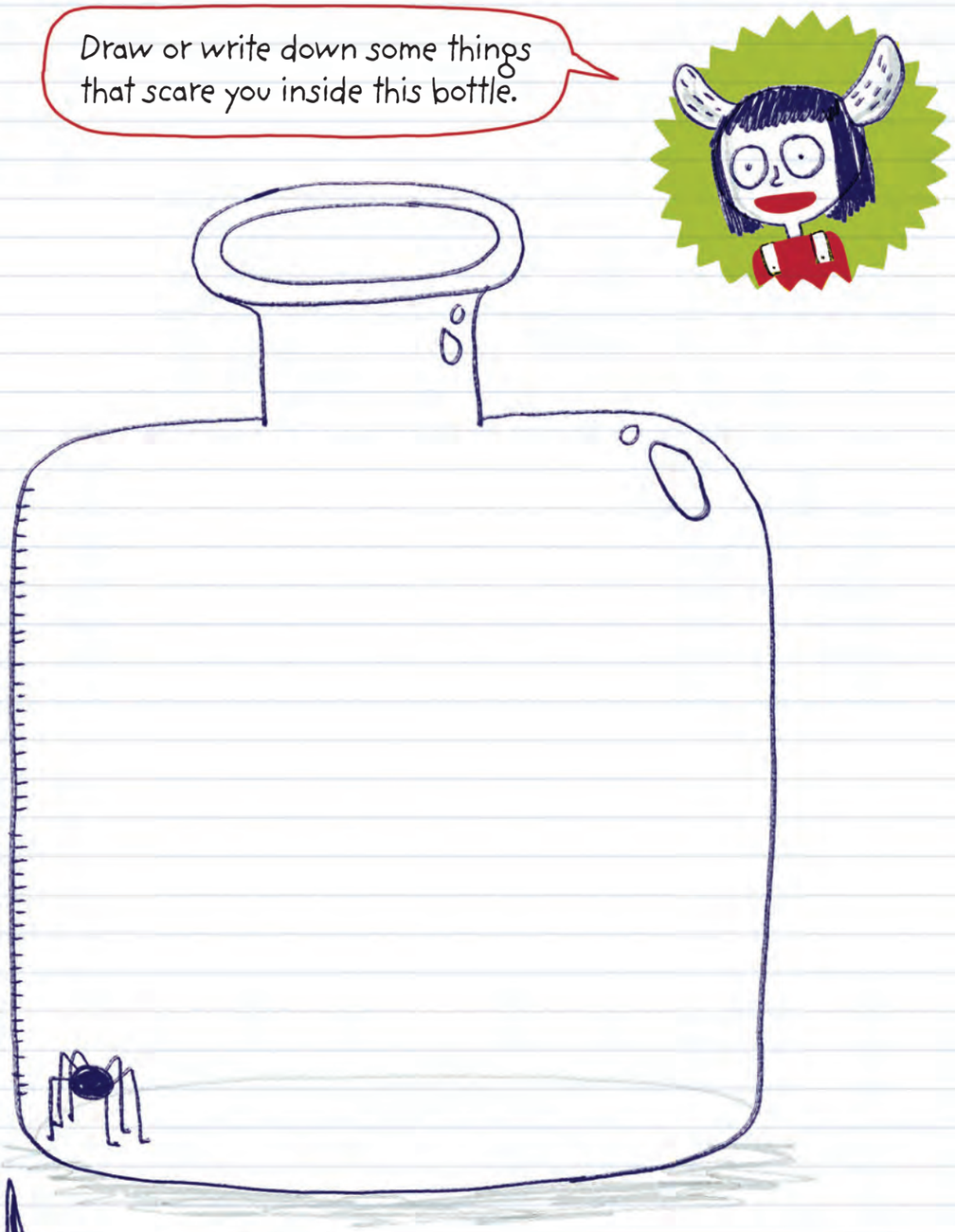
Is your pencil too excited?
Let's help it calm down.

Tell your pencil to draw a continuous line. Don't stop drawing your line.
As you draw, take long, deep breaths. Is your line calming down?



SCARED

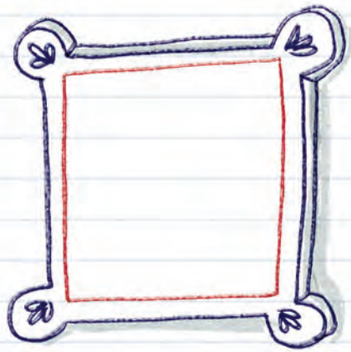

What makes you scared?
I don't like spiders. They scare me.
I'm scared of kids!

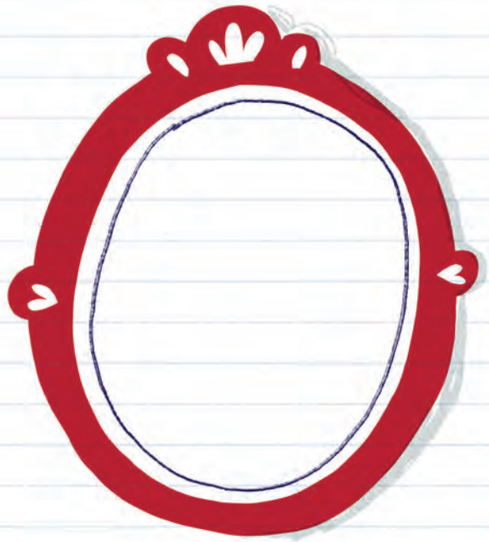

Draw or write down some things that scare you inside this bottle.
Then draw a big cork on the bottle. Haha, scary things! You're TRAPPED!

Joy

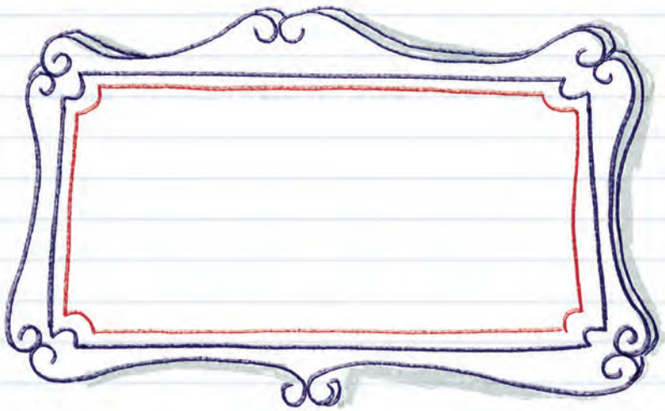
Yay for my puppy! I love him! When I hold him, I am filled with joy! I feel calm and warm inside.













In these picture frames, draw things and people that fill you with joy.

NiGHTMARE


Nooo!

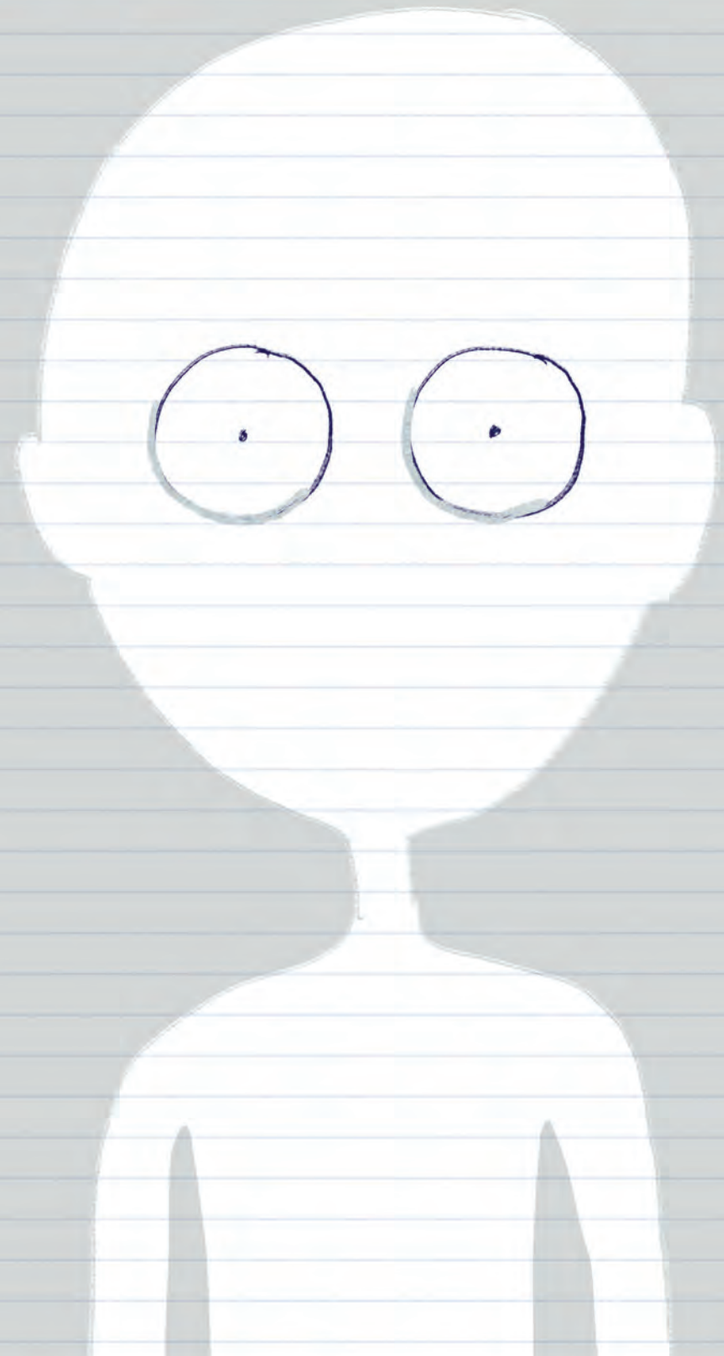

Otti is having a nightmare.
Do you ever have nightmares?
What scary thing was
happening? Draw it over there.


Aaaahhh! I dreamt that
I was out of PIZZA!

SAD



With a blue marker or pen, color the sadness filling up your body. If you feel like crying, draw blue tears around your eyes.



Proud

I can ride a bike! Look at me!
I can ride a bike!



Otti is PROUD of himself.

He's happy about what he can do.



Draw something that made you proud.



Juvenile/Emotions
Ages 6-10

HOW DO YOU DOODLE?



Meet Otti, Ugga, and Flibb—They like to doodle. They doodle all the time!

They doodle when they are mad, they doodle when they are glad, and they doodle when they are sad. They doodle just about anything they want!

What about you? Do you doodle, too?

How Do You Doodle? has over 40 doodle games for you to doodle, scribble, and draw out your thoughts, emotions, and feelings. You can draw or write whatever you want in this book—cute drawings, silly drawings, even ugly drawings. Be creative and express yourself! Your doodles will help you to understand and recognize your emotions and feelings.

Elise Gravel likes to doodle and thinks you will too! She has written and illustrated a dozen books for children. She won her first Governor General's Literary Award from the Canada Council for the Arts in 2012 for her book *La clé à molette*.



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