Mindful Doodles

Taking inspiration from Islamic metalwork

Take inspiration from the patterns in these beautiful Islamic metalwork pieces
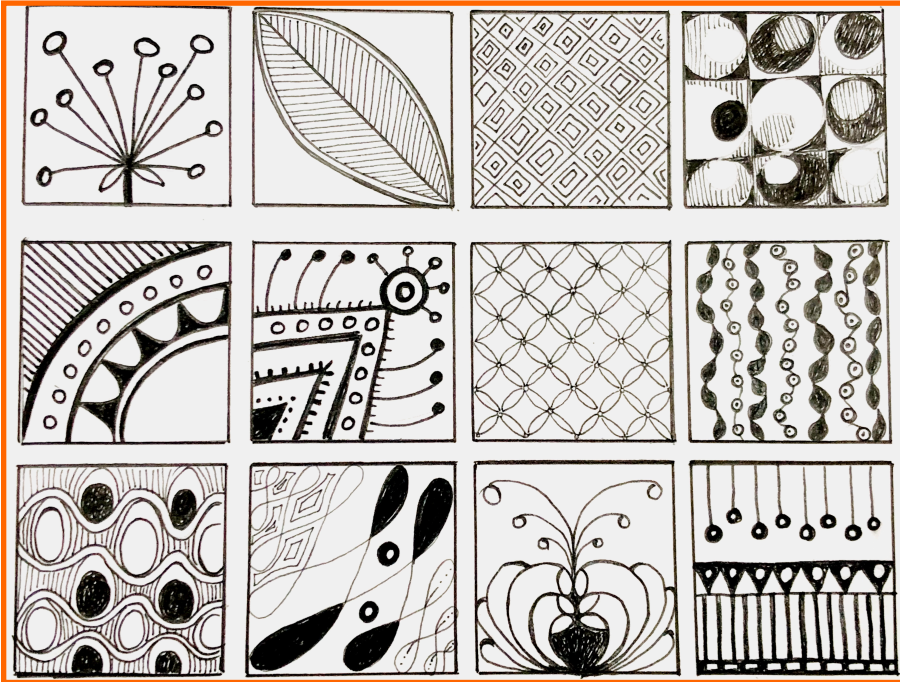
Zen doodles for fun and relaxation

Doodles are a wonderful way to explore patterns and symmetry as well as helping us to relax and stay present in the moment.

Meditative drawing is easier than you think. Try some of the patterns illustrated or create your own. Fill small squares with calming patterns and follow the simple step by step illustrations below to get you started in creating your own unique patterns. Begin by drawing a frame 4cm x 4cm and then let your inner doodle out!

You will need;

Paper, pen & ruler

Pencil & rubber

Cardboard & craft knife (optional)

1

KEEP IT SIMPLE

Begin with really simple shapes or lines adding shading for contrast

2

HAVE FUN

Remember these are doddles. Don't worry about how it looks!

3

RELAX

Relax and enjoy the process. Focus on the sensation of the pen moving across the paper

MAKE A TEMPLATE OF SQUARES

Use a ruler to draw a series of small squares measuring 4cm x 4cm to frame your doodles. Each box frames your doddle and keeps them bitesized. If you have a craft knife you can make a template of squares using a pice of cardboard (a cereal box is ideal) This makes it easier to draw your squares onto your paper and can be reused multiple times.
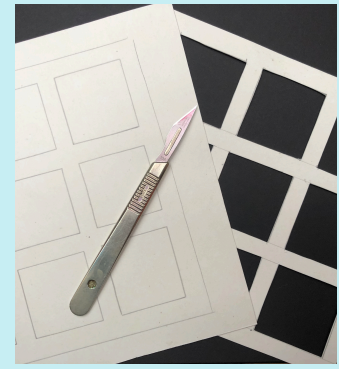
When playing with geometric shapes it helps to divide the square into 4 small squares and diagonally from corner to corner. Use a pencil and ruler to draw the guide lines and once the design is inked in you can rub them out
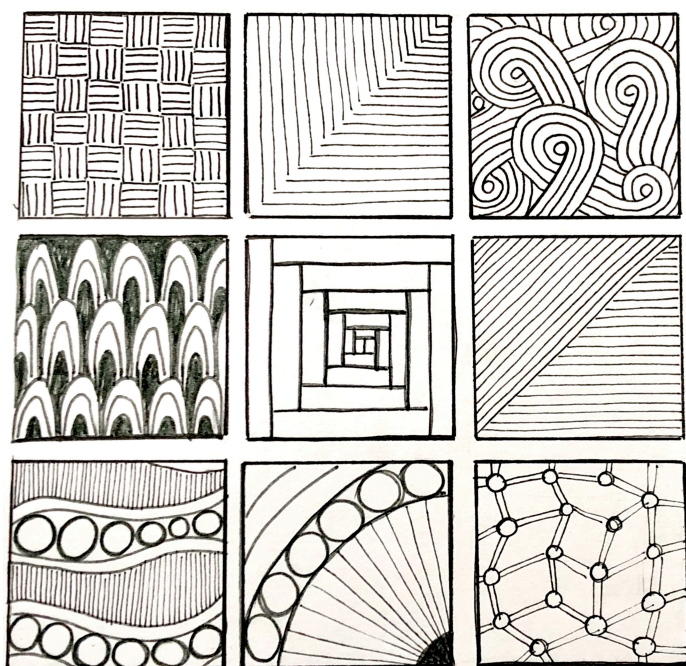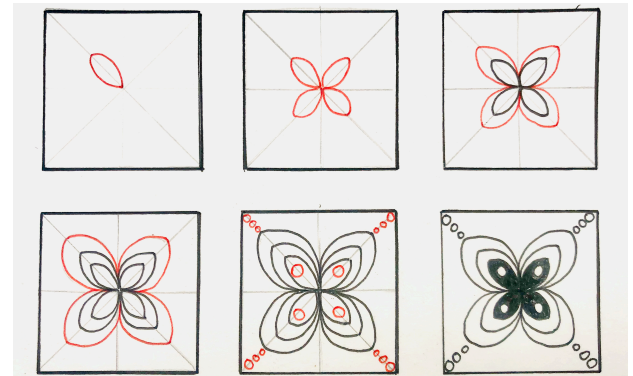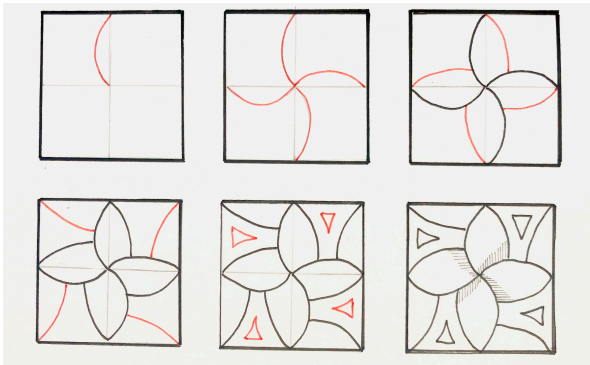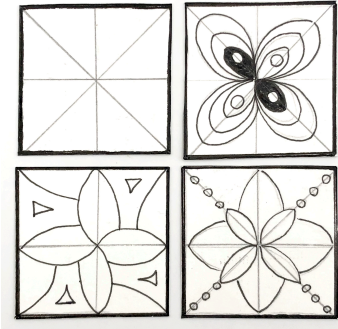
The Mosul Bag
Early 14th century, Iraq, Mosul
Brass; hammered, engraved and inlaid with
silver and gold
From the Courtauld Institute

Bowl-shaped box with blank shields
Late 15th-early 16th century
Syria, Damascus?
Courtauld Institute