



Three Minutes to a creative Reset With Three different scribbles

We all need an excuse to have fun, take a break and hit the reset button. This is a necessary exercise to increase energy, balance our brain activity and increase creative flow.

Relax

Release

Renew

Why?

- To release stress while being actively creative
- To use the non-dominant hand and both hands at the same time thus integrating brain activity between hemispheres.
- Increase motor skills (children and seniors benefit greatly)
- Create beautiful textures and colors

Where?

- Work
- Home
- On Playdates
- Anywhere appropriate

When?

- Taking a break from routine tasks
- When thinking is rigid
- When you are with a child or senior
- Before you need to have an open mind

How?

- Scribbling
- Using both hands
- Standing or sitting

Create

Invigorate

A scribble is a contour (unbroken) line that travels in a random journey, going nowhere in particular. (doesn't that sound like fun!).

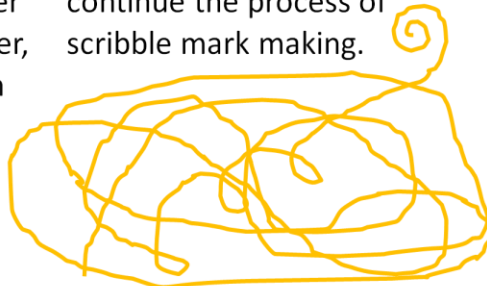
Grab a piece of paper and any writing tools you have. Try each exercise for one minute. Fill your paper. Enjoy, relax, create, release and renew.

One handed scribble

Begin with playing with pressure on the paper and letting the marker, crayon, pencil or pen glide around. You can use one or more mark making tools.

The Non-dominant scribble

Use your opposite hand to continue the process of scribble mark making.



The Two-Fisted Scribble

Use both hands. Play with symmetry: make both hands draw a circle or square. Change directions. Let your hands take their own journeys.



Now that you know scribbling can be a meaning filled activity, here are more scribble facts and fun things to do:

- Scribbles are marks and marks are the first things people do before learning to write.
- Drawn pictures were the first written language.
- Did you know art therapists use the scribble to help clients relax? It's called Scribble Art.
- Scribble art is based on a scribble that you do and then find something in it to draw.
- Using the computer does not give us the tactile brain, hand, heart connection we seek. Making actual contact with a surface as our hand feels it's way with the heart and mind, enriches our senses. Scribbling, drawing and writing on paper helps us be grounded in our memory of the experience.

Artists that Scribble

Cy Twombly took the scribble and made it into art. His work is very much about texture. In this article it shows the picture of and tells the story of a piece that sold for 70.5 million dollars <http://www.independent.co.uk/arts-entertainment/art/news/cy-twombly-blackboard-covered-in-scribbles-fetches-70-million-at-sotheby-s-a6731281.html>

Joan Mitchell painted lines that often looked like scribbles in paint. Her work is colorful and bright and you will enjoy looking at it. <http://joanmitchellfoundation.org/work>

Sol Lewitt's last pieces of art use apprentice artists to help creating scribbles. The video is fun to watch and you will appreciate the creativity of executing a work of art this way. https://www.youtube.com/watch?v=f_lh6K0zEOI

References and interesting reading:

Pen and Paper versus Laptop study

<http://www.medicaldaily.com/why-using-pen-and-paper-not-laptops-boosts-memory-writing-notes-helps-recall-concepts-ability-268770>

Using your Other hand benefits your brain

http://www.nwtimes.com/niche/shore/health/using-your-other-hand-benefits-your-brain/article_6da931ea-b64f-5cc2-9583-e78f179c2425.html

[Art Therapy reflections.blogspot.com](http://arttherapyreflections.blogspot.com)