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Doodle Tangles

Instructions for drawing doodle tangles
and uniquely patterned pictures



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PRINT SETTINGS

Please use Acrobat Reader to print and make sure that the settings 'Actual size' and 'Auto portrait/landscape' are selected.

SAVE PAPER & TONER

Only print out the pages you need.

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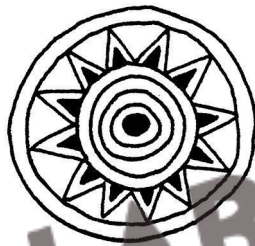
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INTRODUCTION

Doodle Tangles

'Doodling' is something you might do during a boring lecture or when talking on the phone. You pick up a pen and begin to scribble little pictures or patterns on a piece of paper. The 'doodler' often doesn't know themselves why or what they're doodling – they just do it. Without being aware of it, this multitasking gives your concentration a helping hand. While your mind is occupied with other things, your hand draws lines on paper, bypassing your intellect.



Contrary to popular belief, this sort of scribbling isn't a sign that you're not listening or paying attention. Doodling prevents your mind from wandering off and releases inner tension. Doodling can even be helpful for learning: When you look out the window, your mind wanders off, but doodling has the opposite effect – you take in more and can later remember important details better.

The verb 'to tangle' means to get jumbled up. So the made-up term 'doodle tangles' is simply a jumble of doodles, in which one little doodle is repeated over and over to form a bigger doodle pattern.



Learning the patterns requires concentration, which later becomes, to a certain extent, automatic: line by line a doodle tangle takes shape and while you're working on the drawing you lose sense of space and time. These materials will show you how to draw such patterns step-by-step.

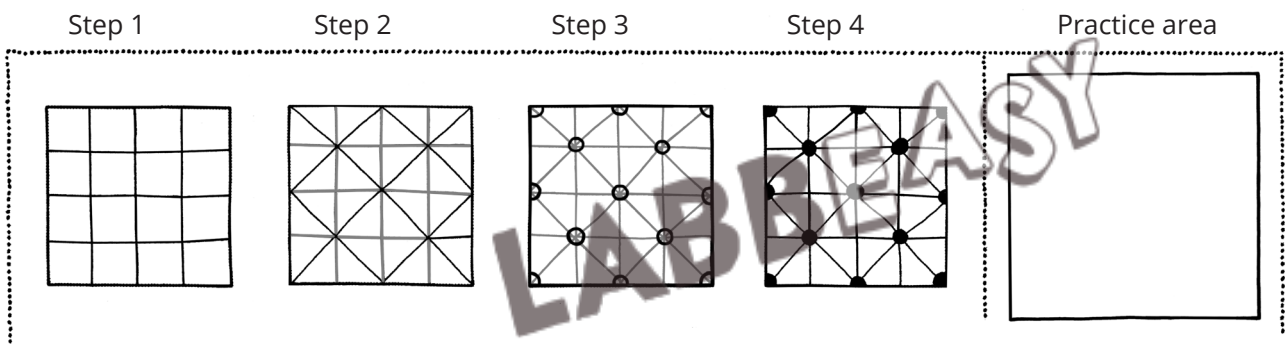
Drawing doodle tangles is a mental discipline that helps you relax. The results are fascinating, especially for those doodlers who otherwise can't or don't want to draw. Because with doodle tangles there's no pro or amateur, and you don't need any previous experience to do them. Doodle tangles always work out and are loads of fun!

Micha Labbé

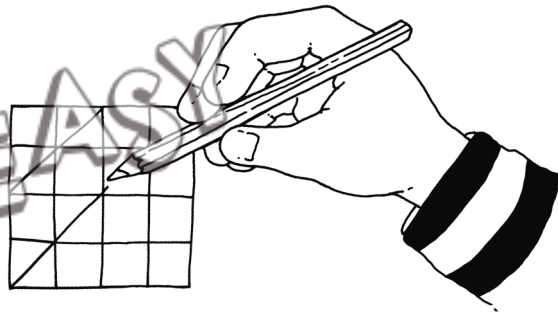
HOW TO DO IT

Doodle Tangles

Three pattern stages are explained step-by-step in the instruction sheets. The previous step is shown in gray and the step to be drawn next in black. You'll find the practice area to the right of the step-by-step instructions. You should only draw in this practice area.



After choosing your pattern, copy all the lines from step one to the practice area. One after the other, copy the pattern from the following steps - two to four - over in the practice area.



You can choose several different patterns for the large templates, whichever ones you like, and copy them into the different areas. You can also get creative of course, and come up with your own patterns.

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PATTERN 1

PATTERN 2

PATTERN 3

