

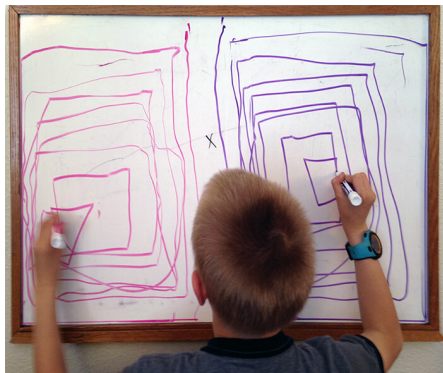
THE DOUBLE DOODLE

The Double Doodle involves drawing or "doodling" with a marker in each hand at the same time. The drawing may be of simple shapes, faces, letters, or any type of random design.

We begin with large motor movements followed by smaller and smaller movements in both the vertical plane, such as on a white board, and in the horizontal plane, as on a table. Each step in the process exercises the brain in slightly different ways.

STEP ONE

Stand in front of a white board or tape paper to the wall to draw a "Double Doodle" pattern with large movements. The pattern can be random circles, squiggles, or a picture.



Hold a marker in each hand and place the tips side by side at the center of the white board. If using a blank wall, simply use your fingers rather than a marker.

Begin drawing with both hands at the same time to create a symmetrical, mirror image pattern - when the left hand goes to the left, the right hand goes to the right. And when one hand comes toward the center, the other also comes toward the center.

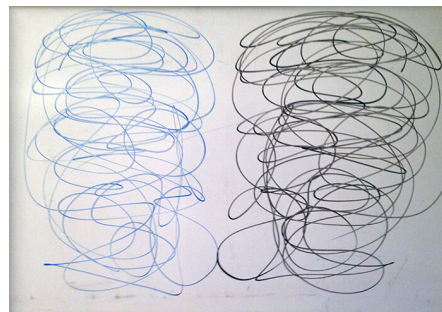
Practice holding your eyes at the center of the paper as you draw, noticing what you are able to see out of the corners of your eyes. This widens your visual span - your peripheral vision - helping to orient you in space.

STEP TWO

Once you have experienced The Double Doodle on the white board or wall, sit at a table with a piece of paper placed squarely in front of you. Double Doodles on a table develop coordinated movement in the horizontal plane. This is helpful for writing and other academic tasks.

Begin with a piece of paper larger than 8 ½" by 11" to encourage large movements. It may be helpful to tape the paper to the table to allow greater freedom of movement.

As you did on the white board, hold a marker (or crayon, pen, or pencil) in each hand and place the tips side by side at the center of the paper. Begin drawing with both hands at the same time to create your mirrored images. Remember to focus your eyes in the center. Notice the difference you feel when working in the horizontal plane on the table vs. the vertical plane on the white board or wall.



STEP THREE

Place an 8 ½" by 11" piece of paper on the table and repeat the exercise with smaller movements. You can even practice this exercise holding a pencil (or pen) as if you are going to write or print something: place your wrists on the paper and using only the movements of your fingers draw your Double Doodles - very small indeed!

**That's it - enjoy this fun and creative exercise,
and the freedom of working with both sides of your brain!**

The Double Doodle is a movement trademarked by Brain Gym® International.

