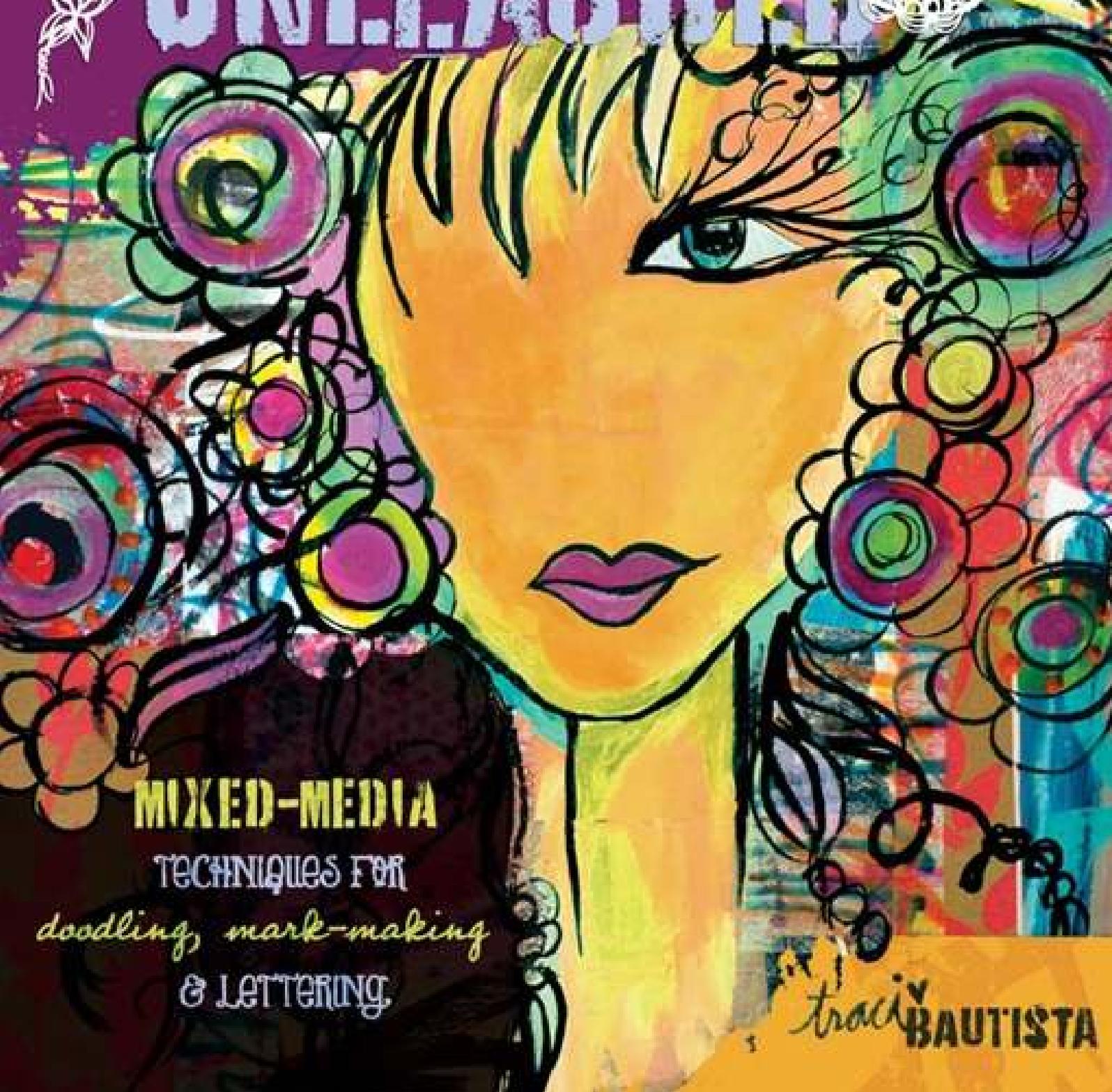


Doodles

UNLEASHED



MIXED-MEDIA

TECHNIQUES FOR

doodling, mark-making

& LETTERING.

traci BAUTISTA

DOODLES UNLEASHED

MIXED-MEDIA TECHNIQUES FOR DOODLING, MARK- MAKING & LETTERING



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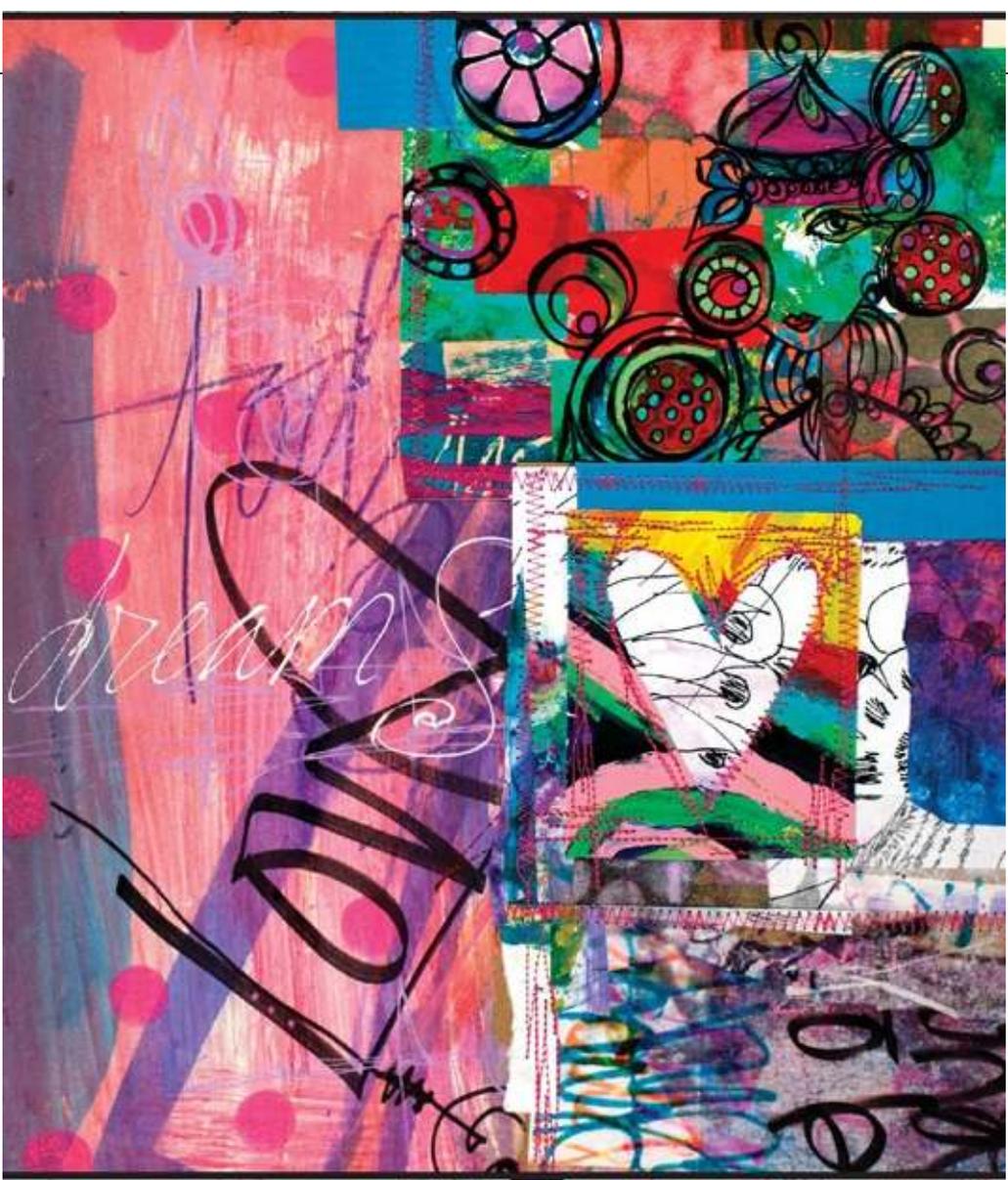
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INTRODUCTION

Doodling is an artform that many of us have practiced since we were young, whether intentionally or subconsciously. We all have our own artistic style, and it is displayed very clearly in the marks we make. For me, doodling is a time to make marks, experiment with lines and shapes and let them take over the page. Doodling is my form of meditation. As I work, it takes me to a place of relaxation and comfort. I don't plan out what I am drawing; the pen dances on the page as I let my intuition take over. Each mark leads to the next, and the result is never exactly what I expected. I never double-think or question the marks I'm making, but rather I let the marks spill onto the page. It's a fluid motion, unfolding over the canvas without a plan—total freedom.

My hope is to inspire you to create your own style of doodling, one that is completely distinct from anyone else's. It's easy to be influenced by other people's art, but making your own marks is essential to growing as an artist. I will provide you samples of my art and inspirational anecdotes to guide you toward creating your own signature style.

Throughout *Doodles Unleashed*, I share numerous photos, ideas, links to online content and images that will hopefully inspire you to find your own doodling style. The Creative Exercises and Jumpstarters are meant to be mixed in whatever fashion you'd like. There is no particular order to work in; skim through the book and open to a page that inspires you. Choose an exercise and be open to play!

I hope that through these exercises, you discover what doodling means to you and how to incorporate it into your art, life, journals and everyday creativity. Whether you devote ten minutes or an hour, doodling can be a great exercise to get your creative juices flowing. Grab some paint, paper, adhesive and pens and have fun with the exercises. Keep experimenting and striving to find your style. There is no right or wrong way to doodle; just pick up a pen and start making marks.

Visit my website, www.treicdesigns.com, for additional inspiration, digital downloads and online workshops.



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HANDMADE AND FOUND MATERIALS

My favorite supplies encompass a wide variety of store-bought, handmade and found materials.

I often experiment to discover unique ways to use everyday items in my artwork. I don't think you have to spend a fortune on supplies in order to make your own mark.

Handmade and found tools can be inexpensive and fun. It's the hunt for the objects that is part of the fun. Look at objects with different eyes; what can you use to make marks? Take a trip to the dollar store, hardware store or thrift shop, or look around your home. You'll be amazed by the simple tools you'll find and things that have alternative uses for stamping and printing. Train your eyes to see patterns and find textures in household items and found objects.



PAPER

I use a collection of found papers for my paintings and collages. I recycle brown grocery bags, construction paper, storybook newsprint, ledger and graph paper, manila folders, watercolor paper, and cardboard. I also use heavy drawing paper, copy paper, newsprint, maps, mailing envelopes, black paper and Asian newspapers for my journal pages. I bind most of these papers inside my art journals and stain and paint them with color. Even before I start doodling on the page, something is there—a mark, a color, a line—that inspires my doodles. I also use a lot of repurposed black-and-white photocopies of my original artwork.

STAMPS AND STENCILS

I make most of my stamps by either hand-carving them from rubber or cutting them from craft foam and inscribing them with a hot tool or a bamboo skewer. I also collect interesting items that I can use to make patterns, such as lasercut cardstock, paper diecuts, silk flowers and leaves, needlepoint canvas, textured wallpaper, sequin waste and drafting templates. I love letters and typography, so I

collect letter stencils and incorporate them into my painted pages. A recurring theme in my mark-making is circles, so I often use empty thread spools, circular needlepoint canvas, binder rings, buttons, bobbins, coasters, the tops and bottoms of paint bottles, jar caps and plastic water bottles as stamps.

Throughout my travels I'm on the hunt for cultural patterns I can use for stencils, like the shadow puppet I discovered in Bali or the straw flower shapes I found at a craft store in Mexico. Adhesive

ADHESIVE

My adhesive of choice is Collage Pauge. As for other adhesive tools, I use colored masking tape, washi tape, permanent roller adhesive and staples. I also create handmade stickers by printing my artwork on labels.

PAINTS AND PAINTBRUSHES

My paints of choice are acrylics and watercolors. My paintbrushes are simple. I mostly use 1 (2.5cm) foam brushes for background painting and to apply paint to stamps. For more detailed brush work, I use size 00 or 000 round paintbrushes, bamboo sumi brushes or inexpensive craft brushes. I also collect anything that can be dipped into ink to make marks with, such as bamboo skewers and coffee stirrers. I can't live without a soft rubber brayer; it's great for making prints, smoothing out collage elements and laying down large areas of color.



MARKERS AND PENS

I can't talk about doodling without mentioning markers and pens! I collect mark-making tools in all forms: from permanent paint pens and illustration markers to gel pens, colored pencils, oil pastels, soft pastels, calligraphy nibs and fabric markers. In my opinion, nothing is off limits when it comes to drawing!

UNUSUAL MARK-MAKING TOOLS

Besides paintbrushes, I use a variety of items to draw lines and make marks when I paint. I transform everyday objects, such as skewers, toothpicks, feathers and chopsticks, into painting tools. These are great to use with India ink, acrylic ink or watercolors. I also collect wooden items like toothpicks, coffee stir sticks, popsicle sticks and utensils and bind them together with rubber bands. Popsicle sticks can also be altered by cutting and shaping the tips with a file to different angles. I save all of my hotel room keys, as these make great tools for scraping through paint. Palette knives, calligraphy nibs, plastic pipettes, syringes and stamp moistener applicator pens are other great unusual tools that will make your marks unique.

DOLLAR STORE TOOLS

Dollar stores contain a myriad of interesting tools. I scour the aisles for multiple items that I can use to manipulate paint, such as hair combs, tooth brushes and crocheted doilies. I love rubberbands because they come in various shapes and are great for making organic, circular shapes. Another one of my favorite finds is foam hair rollers. The foam rollers print fun circles and the plastic closures create great backgrounds when paint is sprayed through them. Take a trip down each aisle to find more interesting tools like bubble wands and plastic spatulas.

THRIFT, ANTIQUE AND HARDWARE STORE FINDS

Spending an afternoon hunting for finds in a thrift store or flea market is sure to be a fun-filled day of discovering items that can double as painting tools. Seek out vintage plastic jewelry, woodtype letterpress alphabet stickers and sewing tools. All of these things can be used as stamps or stencils.



The hardware store is a treasure trove of goodies for painting and art making. From paintbrushes to PVC pipe to washers and rings, I find a plethora of items to inspire my mark-making. Hardware stores carry large canvas dropcloths that can be used to cover your work surface. Rosin paper is a great surface to paint on and can be found in the painting aisle. Painting rags are great for cleaning brushes or making fabric books.

HANDMADE DOODLE PRINTING PLATES

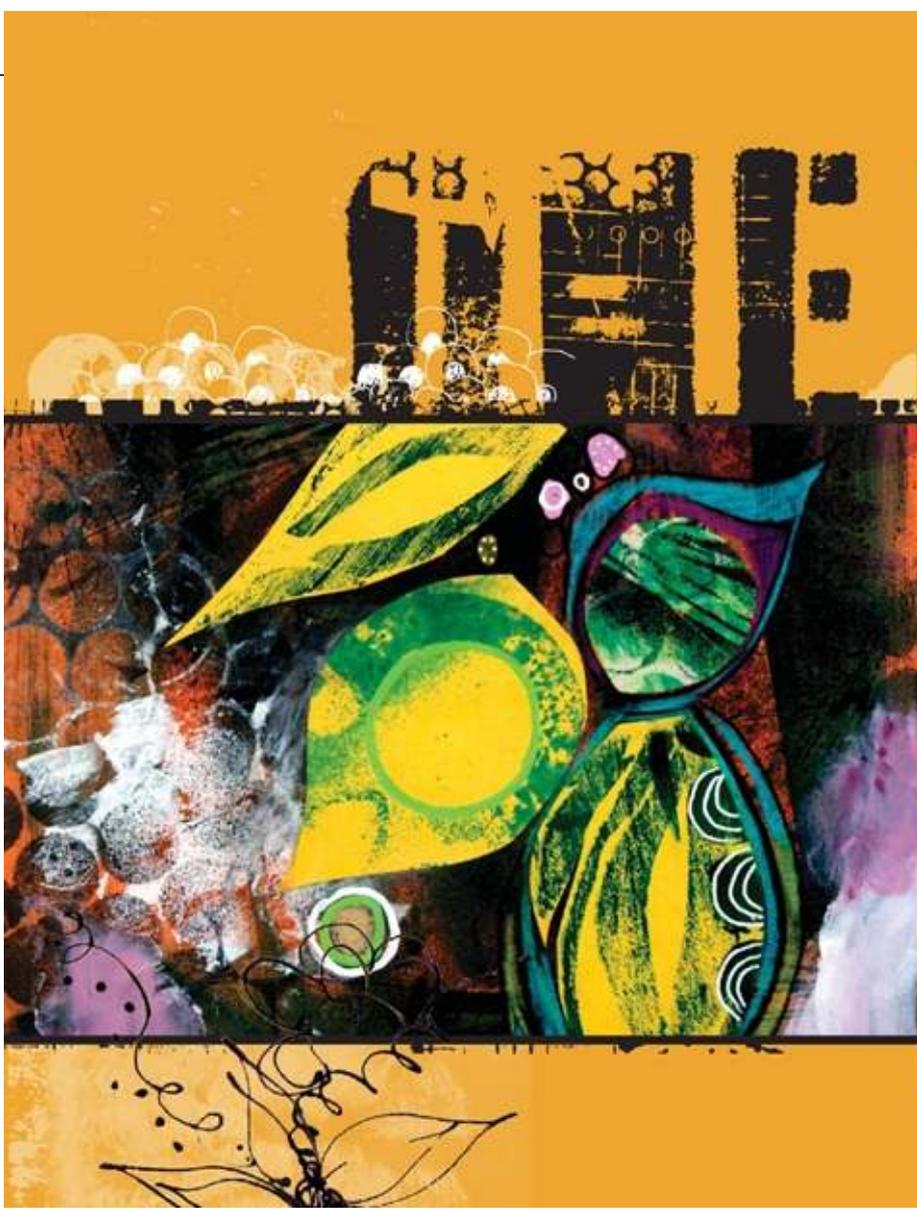
Create doodle printing plates by burning designs into craft foam with a hot tool that has various interchangeable nibs. Work in a well-ventilated area or wear a mask when creating the plates.

To use the plates, roll paint onto a piece of Plexiglass with a soft rubber brayer. Roll the paint onto the printing plate. Turn the plate over onto your chosen paper and press it to take an impression. This makes a great background paper to use for collage.

WATCH IT!

GO TO WWW.CREATEMIXEDMEDIA.COM/DOODLES-PLATES TO WATCH A VIDEO TUTORIAL ON HOW TO MAKE YOUR OWN DOODLE PRINTING PLATES.





DOODLE INSPIRATION

the reflection of the sky in the window ... a field of poppy pods ... a brushstroke of paint ... a drop of ink from a wooden skewer ... a photograph that captures the contrast of the tree shapes against the sunset ... a bouquet of tropical flora ... all of these things spark my imagination and inspire my creativity ...

Inspiration comes in many forms. You can discover it while traveling through an exotic land, inspecting the lines carved in cement sidewalks, having afternoon tea in your garden, looking at a colorful graffiti wall or rummaging through a reclaimed vintage store. Everyone's sources of inspiration are different. My inspiration is ignited by colorful patterns, letterforms, urban graffiti and the beauty of nature. Recording these inspirations helps guide my paintings.

Collecting inspiration in file folders and on boards creates a reference for my painted creations. I like to gather paint chips, photographs, fabric and paper swatches, magazine images, and embellishments to help jumpstart my projects. These inspiration collections are my guide through the creative process. Snippets of colors, text and lines are drawn from the pieces I collect.

Sometimes, my source of inspiration is a background that I have painted or collaged. I examine the painted page to seek out shapes, lines and colors I want to accentuate. Training your eyes to look at pages or paintings in different ways will help you find the doodle. What shapes do you see in the background? What lines can you draw to call out certain areas of the page? Is the marriage of colors and papers creating the shape of a bird? Putting pen to paper is the easy part, but deciding where to go next, and what movement of the pen or tool should come next, is a more challenging task. Using photographs, fabric patterns and typography as jumpstarts for inspiration will influence the shapes, lines and colors of your own marks.

In this chapter, we will find our sources of inspiration and use them to explore the process of painting intuitively and drawing freely. We will learn to look for shapes and imagine the art that can spring from them. What do you see when you turn the painting in different directions? A face? An animal? A flower? Let your imagination soar to reveal the doodles.

DOODLE JUMPSTARTS

FIVE-MINUTE DOODLE EXERCISES

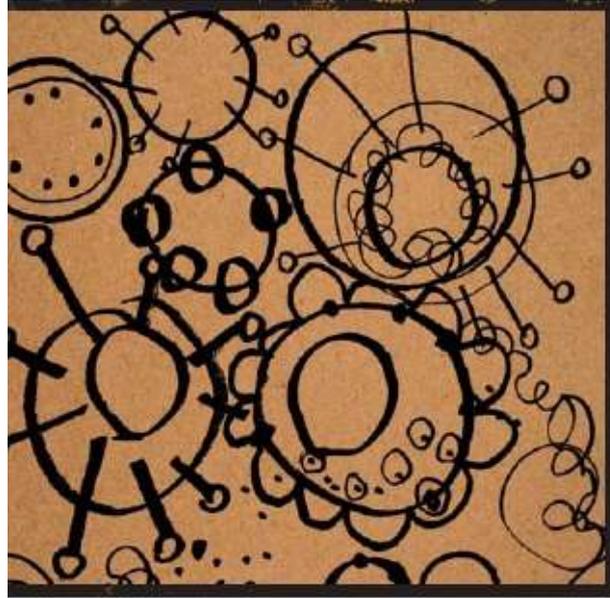
Take a few minutes to jumpstart your doodles with simple prompts. These exercises will help you overcome the blank page. Have fun and experiment!

DOODLE PROMPTS

Start with a few black markers in different weights. Use the following prompts to make a quick five-minute doodle:

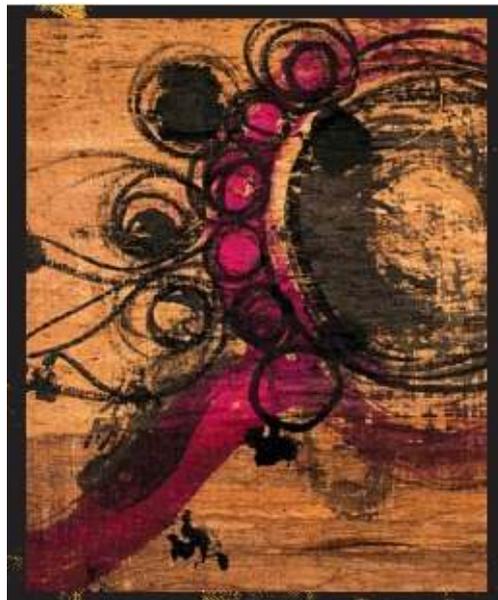
1. Draw circles.
2. Draw floral shapes.
3. Change pens.
4. Draw lines.
5. Draw dots.

6. Connect the dots.
 7. Fill shapes with patterns.
 8. Draw lines.
 9. Draw wavy lines.
 10. Draw squares.
-



CIRCLES WITH INK AND PAINT

Draw a circle on bark paper with a brush and fuchsia ink. Paint circles over the color with a brush dipped in India ink. Work quickly, without interruption.



LETTER DOODLES

Write thoughts or phrases onto the page without lifting your pen. Draw circles, swirls or wavy lines that extend from each letter. Write backwards. Alternate lowercase and uppercase letters.



OVERCOMING THE BLANK PAGE

Sometimes there are days when you face the blank page and ask, “What’s next?” When this happens, try jumpstarting your creativity with these quick exercises. You can also add them to your jumpstart jar (see [page 12](#)). Suddenly, your page isn’t blank anymore!

- Drizzle two to three colors of paint and scrape them across the surface.
- Paint random marks with a foam brush. Let them dry. Draw lines over the painted surface with a black chisel-tip permanent marker.
- Scribble phrases or words in crayon.
- Draw lines and doodles with a white correction fluid pen.
- Place letter stencils on your surface and spray paint on the page.
- Scan a picture or one of your paintings and print it out. Cut the scanned paper into random pieces and collage it onto the blank page.

CREATIVE EXERCISE DAILY DOODLE INSPIRATIONS

Create a daily log of inspirations using these easy exercises:

- Collect photos and cut out shapes. Paste these into your journal.
- Flip through magazines and look for interesting advertisements and typefaces that you like. Add these to your journal as well.
- Use www.flickr.com to create a photo gallery of inspirations. Collect an image a day from online image searches.
- Create an account on www.pinterest.com to share your collection of inspiration links.



DOODLE INSPIRATION RESEARCH

When starting a new project, create an adjective bank of interesting ideas, words and phrases about your chosen theme, such as the flora and fauna theme shown at right. Feel free to draw shapes and doodles from photos you've researched, as well as other sources of inspiration. You can use these doodles to create a piece of artwork.

For the piece below, I created a background on a piece of muslin printed with a dyed paper towel, chipboard letter stencils and painted washes. Then, using my flora and fauna themed doodles, I painted a flourish with a paintbrush and white acrylic paint thinned with a little water and stamped a circle pattern with foam building blocks and turquoise fabric paint.

Dye paper towels using Colorations Liquid Watercolor mixed with a little fluid acrylic paint or Tulip fabric sprays. You can dip dye them, paint them with a brush or spray through a stencil. (Learn about the dyed paper towel technique in *Collage Unleashed*.)



SPONTANEOUS MARKS

Spontaneous marks arise from a natural impulse: the movement of your paintbrush, a feeling or an emotion. I may be inspired by music, a photo, a color or a painting tool. These marks happen without thinking and are completely serendipitous. One mark leads to the next, and I keep going until the page is filled with color, never second-guessing my movements. Work rapidly and don't think too much. Create truly spontaneous marks by giving yourself permission to play!

Here are some ideas to try:

- Place various stencils on your chosen surface, then spray paint through them.
- Scribble marks and words as they come to you with dimensional paint.
- Paint through sequin waste and doodle over the resulting pattern.
- Call out areas of a painting with different pens and oil pastels, choosing your mediums at random.
- Stamp the entire alphabet onto a page and doodle about a word or theme that arises from each letter.
- Close your eyes and paint.

There is no right or wrong way to complete these exercises. Experiment with the ideas and mix and match the techniques to create your art. If you are ever stumped about what to do next, grab an idea from your jumpstart jar (see [page 12](#)). If you feel like you are adding too much to one page, it's time to move to the next one. Work on several pages at once to keep your ideas fresh. This will teach you to work spontaneously and freely.



IDEA: Make marks to music. Turn on your favorite music and paint or draw lines inspired by the

sounds you hear. If the music is fast and loud, translate that into your marks. Let the music be your muse.

FINGERPAINTING

Time to get messy and fingerprint! Stamp patterns onto a canvas with multiple acrylic paint colors. Then dip your fingers into different paint colors, as well as white paint, and blend them on the canvas.



TIP

To successfully build layers in your paintings, allow each layer of paint to dry before adding the next mark. I work on five to seven pieces at a time, which allows me to let layers dry completely.

TIP

Create spontaneous “cleanup” backgrounds by cleaning your tools on papers and cloths. Place a manila folder, a large sheet of butcher paper or a grocery bag on your work surface. When you’re finished with a paint color, wipe the paint from your brush onto the cleanup paper. Then, dip the brush into water and brush the excess paint onto the surface again, creating a wash. Repeat until all paint is removed from the brush. Clean your stamps and stencils on the cleanup paper, too. These make great doodling backgrounds!

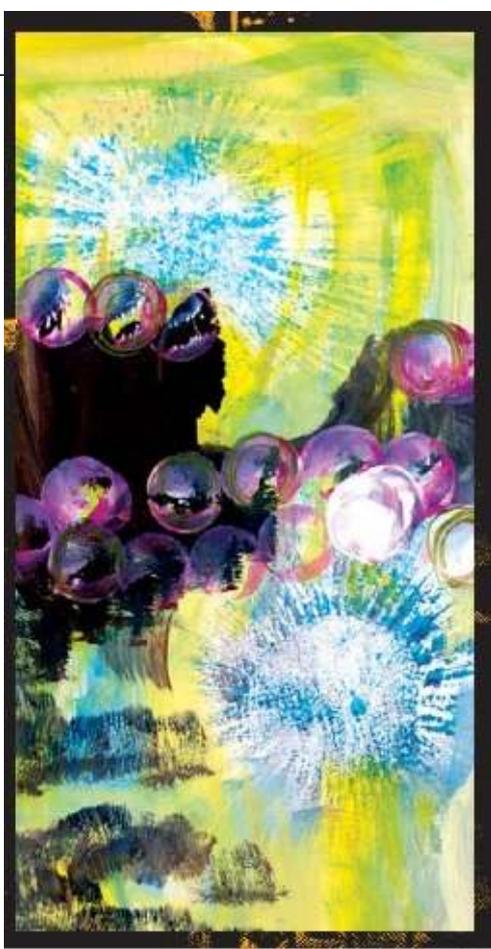
GRAFFITI ON CANVAS

Try painting on large pieces of muslin, drill cloth or canvas by spraying and painting the bottom layer, then gradually adding more spontaneous marks. Be sure to move the canvas as you work, turning it in different directions.



ORGANIC STAMPING

You can use all of your supplies to create unique pieces of art. Use a “cleanup” paper as your base. Stamp patterns with painted silk flowers and the bottom of a paint bottle to make large dots of paint.



RANDOM BRUSH MARKS

Paint random brush marks onto a surface. Then use a permanent marker to draw some shapes, such as circles and flowers. Continue to build marks and add color.



FINDING THE DOODLE

What do you see when you look at a painted background? It is so exciting to discover a doodle just waiting to be drawn. Study one of your painted backgrounds and try to see it with new eyes. I often see faces in my painted backgrounds, but there are so many other possibilities: flowers, birds, animals, trees and leaves. Your goal is to look at a page and visualize a doodle based on the colors, subtle lines and shapes suggested by paint or collage. Once you find the doodle, focus on pulling out interesting shapes and lines using a variety of mark-making tools.

CREATIVE EXERCISE FINDING THE DOODLE

Collage painted papers onto a surface. Let the colors and shapes on the page inspire your mark-making. What do you see? A face? An animal? A flower? Choose a few markers, pens and pencils and begin pulling out the shapes and lines that you see. Turn the page in a different direction, make a few marks, and then turn the page again. Define the shapes or objects with your lines and write words to describe the story.

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