

## Doodle, DRAW, Decorate & Think



**"Book of Fidgets"** Is full of doodling ideas to help just about any of us think about our relationship with God and our faith. The full name of the book is **"Book of Fidgets: a Jot & Doodle Journal for Christian Youth."** I think the name should be, **"The Book of Fidgets, Doodles, Circles, Squiggles, Hearts & Birds, Butterflies and Deep Thought for All Ages,"** but maybe that would take up too much room on the cover. While it is billed as a book for youth groups and Sunday school classes this book is so much more. Once you open its pages you may well be inspired to plan a multigenerational event just so you can use some of the ideas between its covers.

On one page we are asked to **DOODLE** with the hand we normally don't write with."(not so easy) 😞 You are given space to do just such a doodle then are asked to "list 5 things you like to do but often feel uncomfortable doing." What a great way to start a discussion with adults or any age group. For a youth or adult retreat or a multigenerational event think about how much fun it would be to have several sheets of newsprint taped to the wall with the directions: **DOODLE WHAT IS IN YOUR PURSE OR POCKETS** When it comes time for discussion you might talk about the importance of the small stuff in your life. Another activity is to "trace your hand and make it into a turkey." (We all did that in grade school, didn't we?) 🖐️ We are then asked to write or doodle things we are thankful for.

There are **doodle** activities for special days like Pentecost or patriotic holidays or Mother's Day. We are even given **doodle** ideas to help us consider big ideas like that the church isn't a building but is a collection of people. We get **doodles** for how to pray, how to be generous and how to respond to the needs of our community. I bet you are already thinking of ways to use this book, aren't you? If you would like to preview it come in to Your Resource Center and see just how it might inspire you. *(Only available for previewing)*

