

Patterns in Nature

Let your hand lead!

Fractal Pattern Doodles

Patterns In Nature offers several different experiences. Most involve some form of mark-making.

One particular activity is a doodle experience to be completed while engulfed by the natural scenes in Dublin's beautiful parks. Here are three articles that underscore the value of doodling for personal well-being.

- Research shows that doodling lowers stress without compromising concentration (<https://www.psychologytoday.com/us/blog/minding-the-body/201110/doodle-mind-body-wellness>).
- Doodling can improve memory and concentration in those who regularly doodle. (<https://www.psychologytoday.com/us/blog/arts-and-health/201401/doodling-your-way-more-mindful-life>)
- A simple 30 minute doodle is likely to improve mood, especially if doodling while immersed in the sounds, sights and smells of nature. (<https://www.health.harvard.edu/blog/the-thinking-benefits-of-doodling-2016121510844>)