

Tyler Spratt

Thank you so much to the interviewees who sacrificed their time to make this project come to life: Fadda, Doralice. Stucker, Abby. Tracy, Josh. Spratt, Ryan. Spratt, Shelly. I'd also like to give a shout out to all of the Freestyle teachers who guided me through this massive project.

Thank you so much to the Freestyle staff "especially Greco J" for all of your grace, effort, and dedication. You inspired me to make a book that will get people to say, "I did not know about that!" Challenging projects like this always teach me something new that I will remember for the rest of my life. One of my most valuable experiences involved learning how to interview people, which pushed me out of my comfort zone. A massive thank you to the Freestyle faculty for helping me create my first documentary.

My initial idea for this project was to document a problem that everyone should worry about, like global warming or homelessness. Or maybe, why do we meditate? Or, why should you do yoga? Why should you socialize with a friend even if you are an extreme introvert? However, none of these topics allowed me to explore emotion and creativity like the topic I ultimately decided upon on doodling. There was no sensor satisfaction I experienced doing an activity other than doodling. The purpose behind my documentary is to impress upon readers like you the benefits of doodling, which include increased focus,

emotional health, and enhanced creativity. This documentary might not change your life forever, but it will teach you some interesting facts about a common habit.

I see your soul.



Mi gusta!!!



$2+2=5$
 $\sqrt{9}=3$

$2 \times 2 = 3$

$\frac{1}{2} \times \frac{1}{2} = \frac{2}{2}$

8716

Math
Hurt Me
Brain.

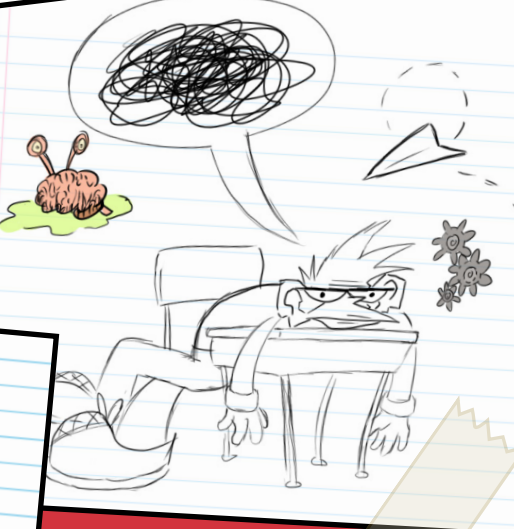
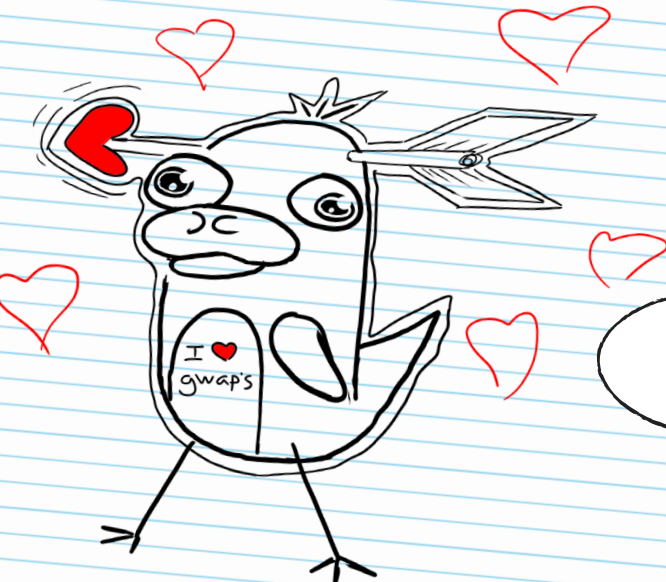
2x2

See me
after
school

$1+1=11$



2x2



Bwa...



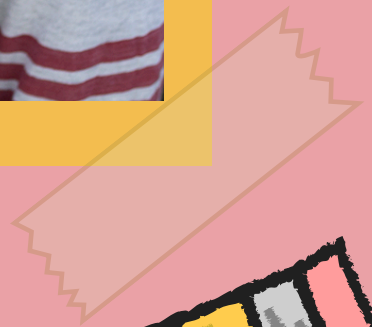
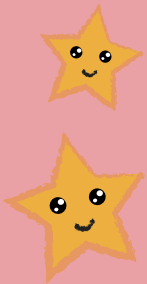
Have you ever found yourself sitting in an incredibly boring class, listening to a teacher's boring lecture? So bored, in fact, you eventually pick up your pencil and start sketching on your notebook, not knowing why? Don't worry, you're not alone.

Doodling is very common. So common that you will never find a school that will not have a kid who has little drawings in their notebook. Doodling is so common, in fact, that clients in meetings sometimes doodle. Even President Obama doodles (Petri). Doodling is such a prevalent phenomenon that, yet again, you're definitely not alone.

So, what's so great about doodling? If doodling is so common, why doesn't anyone talk about it? Many people would assume doodling is nothing special. They're just nothing but little drawings, right? Wrong. "In 2009, a psychologist named Jackie Andrade did a research on 40 people to monitor 2 minutes with a very dull voicemail. Half of the group doodled while the other half did not. They were not aware that their memories would be tested after the call. Surprisingly those that doodled recalled 29% of the information from the

voice mail!" ("The thinking benefits of doodling"). This significantly eliminates the idea of anyone who thinks doodling is nothing but a bunch of sketches. Referring to Andrade's research, those who didn't doodle possibly remembered very little from what the voicemail stated during those long 2 minutes. This suggests doodling is effective in retaining information. Therefore, one of the benefits that doodling can have is mental focus, which, in turn, can help you improve your stress level. In addition, there are many creative ways to use doodling, making it much more meaningful than a simple habit; it is an art style and a way of navigating a highway of ideas.





Author BIO

Tyler Spratt is a student at Mountain View High School in California. He is one of the design students at Freestyle Academy. He is pretty skilled with character designing, Storytelling, and world building. But he always knows that there's always more room to grow. He lives with a family of four. Outside of school, he loves to create graphic novels for fun. He always has bright story ideas. He wants to study storytelling for adults when in college. Therefore he wants to become a graphic novel artist when he grows up.

My website

