

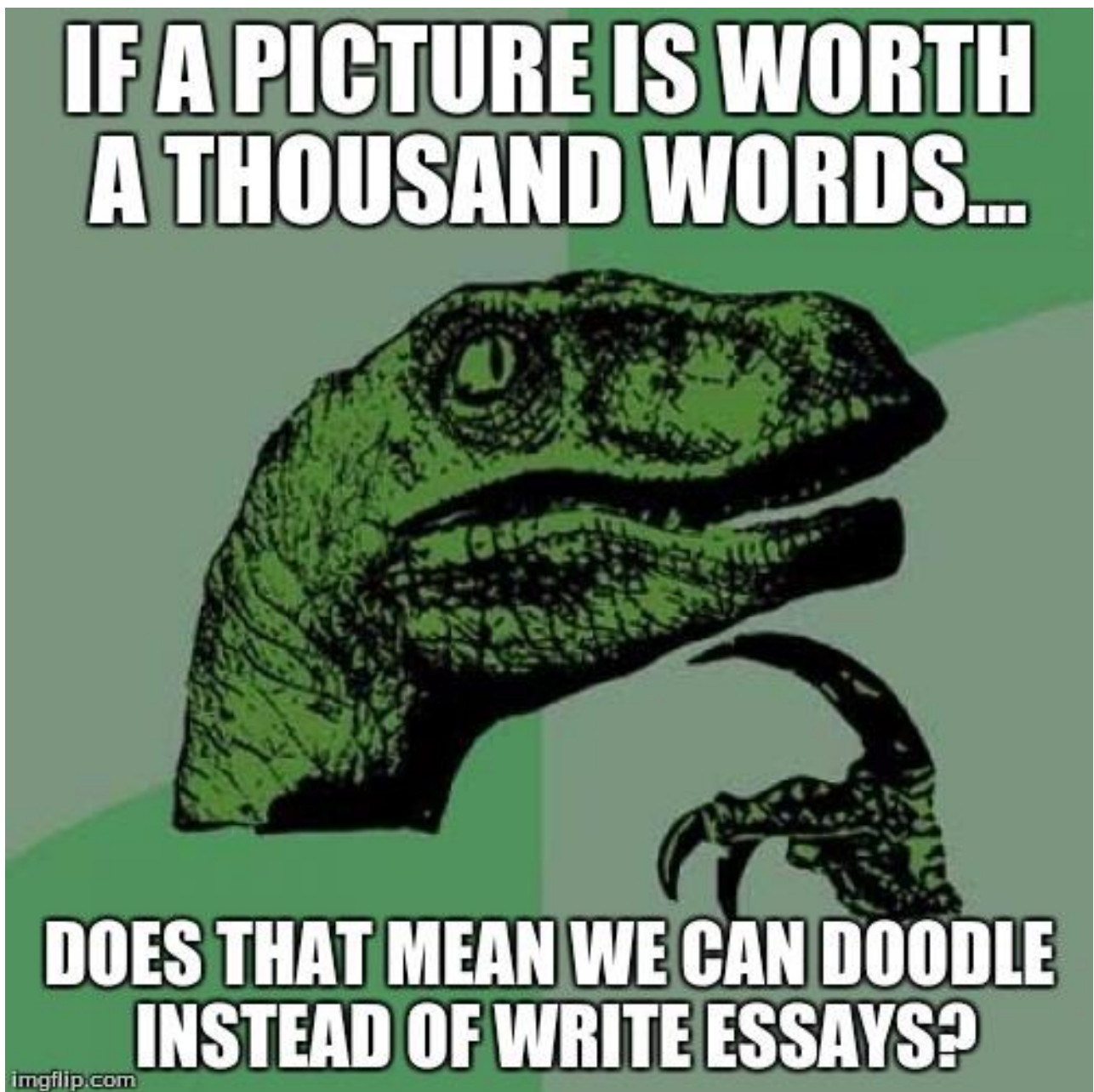
**TEXT 1****Why Our Brains Need Storytelling and Doodling**

- 1 Since the moment ancient humans began communicating with one another in meaningful ways, we (as humans) have been storytellers. For our entire history, we have been trying to understand who we are as a species and what our role is in the greater narrative of our existence. Our ability to tell stories has been central to this process. Our very survival has depended on it.
- 2 As social creatures, we rely on our ability to tell stories in order to help us convey our experiences to others. We can use them to examine our lives from different perspectives and imagine possible explanations for situations we don't understand. They also help us understand the motivations of other people and explain their reactions. Human culture, in general, is one massively elaborate, millennia-long narrative about how we relate to one another, to nature, and to the unknown. It shouldn't come as a surprise then that our brains crave narrative, and that effective use of our storytelling abilities are key to success in all aspects of our lives.
- 3 Storytelling is not only essential to our psychology, but it is also woven into the very fabric of our brains. Over the course of evolution, specific neurons developed, along with other structures that allow us to effectively share experiences and learned wisdom with others. These structures are at the root of empathy, a uniquely human trait that allows us to experience other people's stories in compelling and emotionally gratifying ways.
- 4 Recent studies have found mirror neurons in human brains, and since then study after study, using advanced brain-imaging techniques, have confirmed that human brains react to situations happening to other people as if they were happening to themselves. This is the reason we gasp in horror when someone else suffers an injury. Mirror neurons create empathy and shared experiences, and they are central to the power of storytelling. Because when someone relates a story to another person, their brain experiences it, on some level, as if it happened to them.
- 5 Storytelling connects us. A powerful story can spread from brain to brain, each time linking the teller to the listener in a remarkable way. Two brains, synced as one, are now sharing direct experiences through verbal transmission.
- 6 Doodling<sup>1</sup>, it turns out, is of great help in storytelling. According to an article in a Monash University journal: 'Doodling allows the unconscious mind to communicate in symbolic expressions; these can have universal as well as personal meanings. When one is stuck on an answer to a problem or looking for a creative idea, doodling will often release the hidden symbolic abilities of the unconscious mind.'
- 7 A study performed at the Israel Institute of Technology found that a doodle can spark a 'dialogue between the mind and the hand holding a pencil and the eyes that perceive the marks on paper'.
- 8 Now is your chance to experience the power of doodling for yourself. Doodling is a great way to foster your own inner storyteller and to train your brain to form new neural pathways and build bridges of communication to the outside world. You have the power to alter the narrative of your life and the lives of the people around you for the betterment of all.

[Adapted from: <<https://www.thedoodlechallenge.com/article-why-storytelling>>]

<sup>1</sup> Doodling: to scribble absent-mindedly  
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TEXT 2



[<<https://imgflip.com/tag/doodle?sort=latest&after=26f53g>>]

**TEXT 3**

## **Benefits of Doodling**

Doodles are spontaneous uncensored marks that are made quickly and can take many forms: from abstract patterns or designs to images of concrete objects.

Those who doodled remembered more information than the non-doodlers after a lecture or a meeting. Theories suggest that doodling helps you to concentrate because it requires enough cognitive effort to keep you from daydreaming, and yet not enough to prevent you from paying attention to what is going on around you.

Doodling is thinking in pictures. The next time you're stuck on a problem, try expressing the problem as a doodle and notice what ideas pop up in your mind.

While journaling is a great way to get in touch with your thoughts and feelings, you can get even better results if you add doodles to your journal entries. After all, doodles can help you to recognise and express your emotions.

Doodling might be even better than colouring books for getting stress under control because of its simplicity. Draw a continuous line across the page that curves and crosses itself many times as a technique to help you unwind.

After a while of focusing intently on a subject that you're trying to learn, sit back with a pen and paper and relax your mind – that is, enter the diffused mode of thinking – by doodling. You'll learn better.

[Adapted from: <<https://daringtolivefully.com/doodling-benefits>>]

**TEXT 4****i thank You God for most this amazing by E. E. Cummings**

- 1 i thank You God for most this amazing  
2 day:for the leaping greenly spirits of trees  
3 and a blue true dream of sky;and for everything  
4 which is natural which is infinite which is yes
- 5 (i who have died am alive again today,  
6 and this is the sun's birthday;this is the birth  
7 day of life and of love and wings:and of the gay  
8 great happening illimitably earth)
- 9 how should tasting touching hearing seeing  
10 breathing any – lifted from the no  
11 of all nothing – human merely being  
12 doubt unimaginable You?
- 13 (now the ears of my ears awake and  
14 now the eyes of my eyes are opened)

**TEXT 5****Refugee Mother and Child by Chinua Achebe**

- 1 No Madonna and Child could touch  
2 that picture of a mother's tenderness  
3 for a son she soon would have to forget.
- 4 The air was heavy with odours  
5 of diarrhoea of unwashed children  
6 with washed-out ribs and dried-up  
7 bottoms struggling in laboured  
8 steps behind blown empty bellies. Most
- 9 mothers there had long ceased  
10 to care but not this one; she held  
11 a ghost smile between her teeth  
12 and in her eyes the ghost of a mother's  
13 pride as she combed the rust-coloured  
14 hair left on his skull then –
- 15 singing in her eyes – began carefully  
16 to part it ... In another life this  
17 would have been a little daily  
18 act of no consequence before his  
19 breakfast and school; now she  
20 did it like putting flowers  
21 on a tiny grave.

**TEXT 6**

## Scribbles and doodles by Jeremy Willson

1 Sometimes on my schoolwork or homework I'll scribble  
2 'Cause when I'm bored I like to doodle  
3 Crappy pictures of stick figures and landscapes  
4 The figures are friends and the scenes are near lakes  
5 They'll be playing some music from a car radio  
6 In the parched desert or in the freezing snow  
7 Maybe we're laughing and playing in the pouring rain  
8 Or fighting off aliens that look like a giant brain  
9 I don't know why I doodle it's probably just 'cause  
10 But if the teacher sees I know they'll make a big fuss  
11 So before I erase them I take a picture  
12 Of the figure riding atop a strange creature  
13 That sort of looks like a large flamingo  
14 At that point anything's better even looking out the window  
15 My classes are simple and dull  
16 However, if I paid no mind at all I'd get an earful  
17 From my parents when they'd check my report card  
18 They'd see a bunch of Fs and a doodle of me getting buried in the backyard  
19 Doodling is fun but not when you're dead  
20 Guess it's not a bad thing that I just ran out of lead

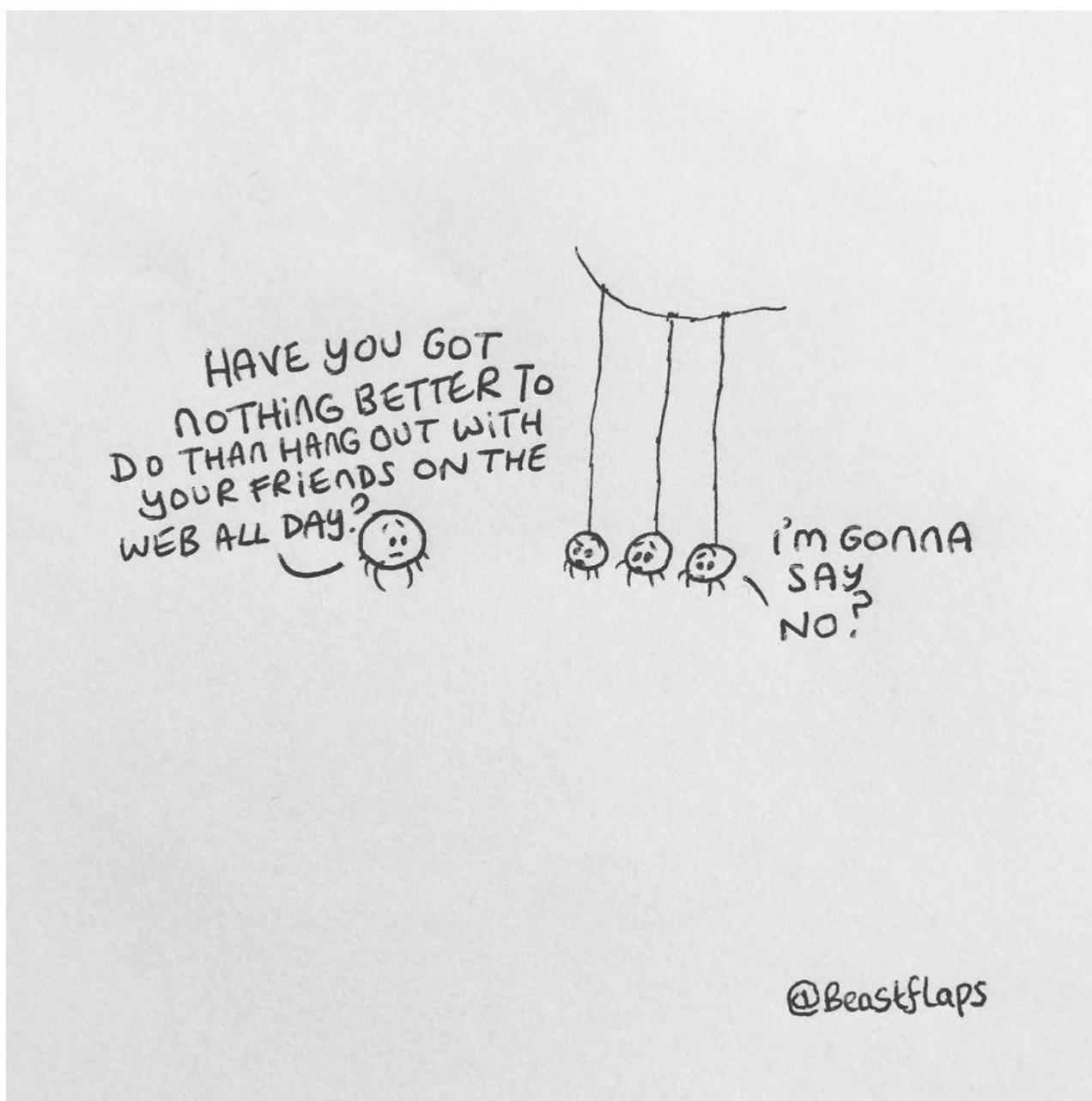


TEXT 7



[<<https://za.pinterest.com/pin/631700285226441311/>>]

## TEXT 8



[<[https://www.boredpanda.com/doodles-during-meeting-book-beastflaps/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=organic](https://www.boredpanda.com/doodles-during-meeting-book-beastflaps/?utm_source=google&utm_medium=organic&utm_campaign=organic)>]

**TEXT 9**

**There are deliberate errors contained in the passage.**

**Poodle Doodle: What is a Doodle dog?**

- 1 A Doodle is any kind of mixed-breed dog that has a Poodle in his ancestors. The suffix '-doodle' is added to any breed that is crossed with a Poodle. A Labrador crossed with a Poodle is a Labradoodle. A Boxer crossed with a Poodle is a Boxerdoodle. A Schnauzer crossed with a Poodle is a Schnoodle, et cetera.
- 2 Poodles are water-retrievers. They were bred to tire assist in bringing ducks to there owners. Their webbed feet, curly coat and athletic stamina equip them perfectly for swimming.
- 3 The two main factors that draw people to Doodles is their low-shedding, often hypoallergenic coat as well as their goofy and adorable looks and personality.
- 4 Can a Doodle be a great family dog? Absolutely! But only if the family is committed to exercising, socialising and training their Doodle, as well as providing daily enrichment for him.
- 5 Ms Tasmin Bernard told a reporter: 'In my work as a dog trainer last year I have been called to many Doodle homes. Usually these are larger Poodle crosses that a family acquired for their children. They are cute and fluffy puppies – until they are not. I usually meet the Doodles that are 5–10 months old and have become large and somewhat unruly. Nearly all adolescent Doodle owners struggle with leash pulling, intense jumping up and mouthing.'

[Adapted from: <<https://spiritdogtraining.com/breeds/doodle-dogs-poodle-mixes>>]

