BOOKCHOWK / THE CREATIVITY COLLECTION

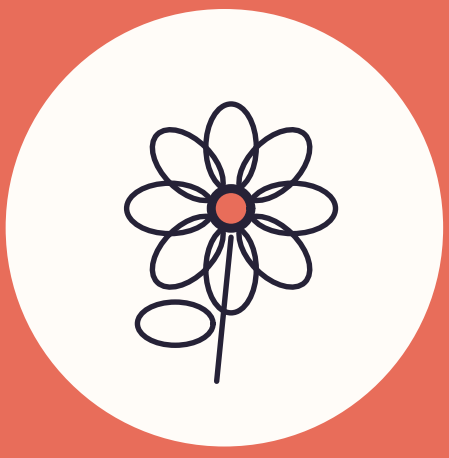
Draw, Doodle & Unwind

A 21-Day Creative Workbook

Small drawing exercises. Original visual examples. Room to make something of your own.

MAKE A LITTLE SPACE TO CREATE.

- 21 guided exercises
- 21 practice pages
- 3 weekly reviews
- No special art supplies needed



SanjAI Matta

Books for life, learning & creativity.

A little space for your ideas.

First edition | October 2026 | English

Created for everyday beginners

Written and designed by SanjAI Matta for BookChowk. This workbook contains original exercises and simplified vector examples. It is suitable for adults and older teens who want a manageable introduction to drawing and doodling.

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What this book promises

A guided way to practise simple creative skills, with small tasks and room to experiment. The exercises give you a starting point; your decisions about shapes, spacing, details and colour make each page your own. Enjoy the process at a pace that suits you.

A note about the examples

The illustrations are stylised demonstrations. They are not botanical, anatomical, geographic or technical diagrams. Your drawings may differ from the examples; observation and personal choices are part of the activity.

Reader support

Questions about the book or your files? Contact support.bookchowk@gmail.com. Store: www.bookchowk.com. Author name: SanjAI Matta. Legal seller: Sanjay Gulshankumar Matta.

You can start with one line.

No experience required. No perfect pages expected.

Why a short daily exercise?

A small task is easier to begin than an open-ended instruction to be creative. Each day offers one main skill, four guided steps and a place to practise. Most sessions can fit into about 10-20 minutes, but take longer if you enjoy the process.

Your three-part session

Look at the example and read the steps. Try the smaller practice prompts. Then use the main drawing area for your own version. Finish by writing one sentence about something you noticed; this keeps the focus on decisions rather than judging talent.

Your pace is your choice

The 21 days are a sequence, not a deadline. Repeat a favourite page, skip a day or work through one exercise each weekend. If a task feels too large, draw one object or one small panel and stop there.

Three useful permissions

You may use a ruler or a cup as a guide. You may simplify the example. You may leave a drawing unfinished. Tools, shortcuts and pauses are ordinary parts of making something.

Keep the first attempt

Before you change a drawing, keep a quick photo or leave the first version on the page. Comparing two attempts can show how you changed spacing, proportion or detail. It does not have to become a competition with your earlier self.

Use what you already have.

A pencil, paper and a few spare minutes are enough.

The basic kit

A pencil or pen, this workbook or plain paper, and an eraser if you prefer to sketch lightly. A comfortable seat and a clear patch of table help. Rest your hand if it feels tired; change your grip or stop if drawing becomes uncomfortable.

Optional colour

Two or three coloured pencils, crayons or markers are plenty. A simple colour pair can make a page feel coherent. Test markers on scrap paper first because they may show through a thin printed page.

Printing the workbook

The pages are A4 portrait. Print at Actual size or 100%; use Fit if your printer clips an edge. Single-sided printing gives the most comfortable writing surface. The white-space layouts also work in black and white. For fewer pages, use the separate printable practice pack.

If you do not want to print

Read each lesson on a screen and draw in a notebook or on loose paper. The workbook is not a fillable form. If you use a drawing app, save your own copy and use its pen or annotation tools; software support varies.

A simple session setup

Put away anything that will smudge the page. Choose one tool and start with a light mark. Date your page if you want to track the sequence. Keep a small scrap nearby to test a line or a colour before adding it to the main drawing.

One skill at a time.

Read in order, or return to a favourite exercise.

WEEK 1 / MARKS & EVERYDAY SHAPES

01 A page of playful lines
02 Shapes become little characters
03 Patterns from three marks
04 Leaves with a centre line
05 Flowers around a centre
06 Your everyday mug
07 A tiny shelf of books

WEEK 2 / OBJECTS & SMALL SCENES

08 Friendly lettering
09 Fruit in a little bowl
10 A bird from a rounded body
11 Fish with patterned fins
12 A house with small details
13 A view through a window
14 A small landscape postcard

WEEK 3 / PATTERNS & YOUR OWN PROJECT

15 A circular pattern
16 Tiles with one shared rule
17 Borders for a note or page
18 Observe one small object
19 A greeting card you can make
20 An imaginary place map
21 Your own finished mini-project

A five-minute warm-up.

Try a small page before Day 1. Keep it to compare later.

Draw three lines, three shapes and one everyday object. Use the space below. Do not erase everything you dislike: choose one mark you would like to try again.

My favourite mark today:

A small intention for my practice:

A page of playful lines

DAY 01 / Line variety / About 10-20 minutes

A drawing does not have to begin with an object. Lines alone can make a page feel lively, quiet, soft or bold. Today you will practise moving your hand in different ways and choosing marks you enjoy. Wobbles are welcome: this is a mark-making exercise, not a test of accuracy.

1. Divide a scrap page into four loose sections. Label them straight, curved, zigzag and looped. You do not need a ruler.
2. Fill each section with its named line. Change the spacing from close together to far apart. Keep your grip comfortable.
3. Choose two line families and alternate them in a strip. Notice how repetition turns individual marks into a pattern.
4. Draw a large circle and fill it with your favourite marks. Leave some white space so each line is easy to see.

LOOK AT THE EXAMPLE

The example adds a straight line, a curve, a zigzag and a row of loops. Compare their shapes, then use them as ingredients for your own repeated strip.

TRY A SMALL VARIATION

Make a second strip using only one line family. Create variety by changing its size and direction.

ONE QUESTION TO TAKE TO YOUR PRACTICE PAGE

Which mark felt easiest to repeat? Circle one you would like to use again.

Make it your own.

DAY 01 / A page of playful lines

Date: _____ Tool or colour: _____

Try four line families

Build a repeated strip

Fill one shape with your favourite marks

Something I noticed / a choice I made: