

Drawing Exercises

DRAWING EXERCISES | SUITABLE FOR ANY AGE GROUP

Warm up exercises. These drawing exercises help you mentally prepare to begin drawing. For each exercise, start with 15 seconds and work your way up to 1-2 minutes of drawing.

Time to activate the right side of your brain !

CONTOUR LINE DRAWING

EXERCISE : Study the Object! Do NOT lift your pencil. Go back over lines to emphasize or move across the page. NO erasing. NO coloring. NO shading.



BLIND CONTOUR LINE DRAWING

EXERCISE : You may NOT look down at your paper. Study the Object! To help your child do this activity, you could put a blind fold on them. That way they won't be able to see anything if their eyes are covered. ..the same rules as Contour Line Drawing.



GESTURE DRAWING

EXERCISE : Get as much information down as possible in a short amount of time! Forget about mistakes. Make your drawing bold. Study your object.



DRAW THE NEGATIVE SPACE

EXERCISE : Draw the space around the object, but do not draw the actual object. Study the area around and behind the object.



NON-DOMINANT HAND

EXERCISE : Draw with your "bad" hand. You may look at the object as well as your paper, but your focus should be primarily on the object!



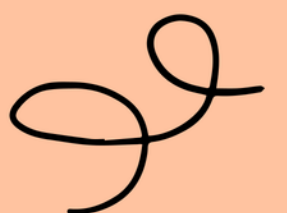
SCRIBBLE DRAWING

EXERCISE : Similar to contour drawing, but you will use a "scribble" line. You may add shading.



LOOP DRAWING

EXERCISE : Start drawing a series of loops! Continue for 3min.



DOODLING

EXERCISE : To draw absentmindedly. Don't overthink, just draw.

