

**Connect** with your surroundings

**Take notice** of the world around you

**Be Active** even if it's only around your house!

**Keep Learning**— Research some drawing techniques

**Give**— Give yourself some time out to draw and relax., you could also send what your draw to brighten someone's day!

# Let's draw

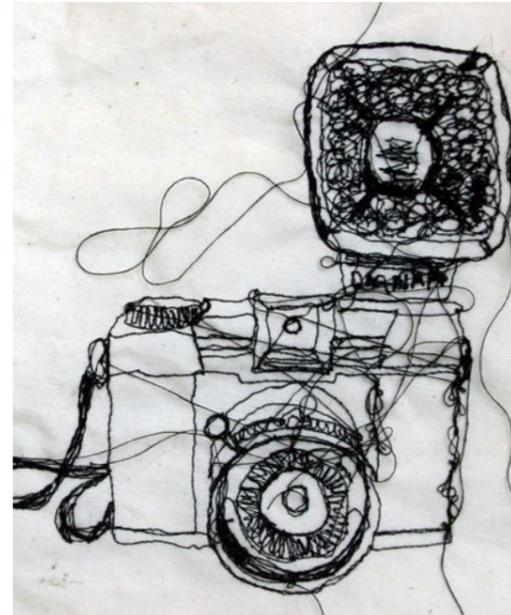
(even if you think you can't!)

**Aim**— Get you started with some experimental drawing techniques and inspire you to continue and develop these skills.

**Highlight the connections between drawing and wellbeing.**

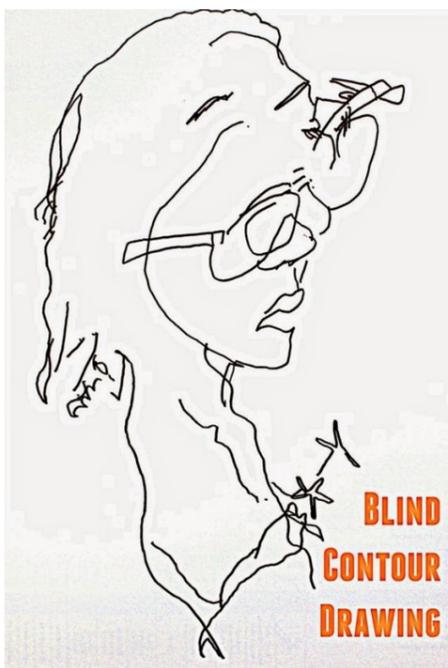
**Benefits to your wellbeing: Drawing relieves stress-**

Drawing brings us in "the zone". As we draw, we can concentrate on what we want to convey. On the other hand, it helps us to **distract from problematic or stressful situations.** Drawing puts a kind of cushion between you and what might bother you.



Key words-  
Blind contour drawing  
Scribble  
Life Drawing  
None Dominant  
Observation  
Wellbeing  
Experimental

Beautiful **ART** from a  
**Scribble**



**All just scribble?**

**Vince Low.** A young **artiste** barely 30 years old, **Vince LOW** comes from KUALA LUMPUR, capital of Malaysia. He presents his **art** works, a series of portraits whose technical specificity is particularly original. His strokes of pencils go in all directions, to give a scribbling effect.



**More research into the benefits of drawing-**

<https://steptohealth.com/5-benefits-of-drawing>

**Techniques in more detail-**

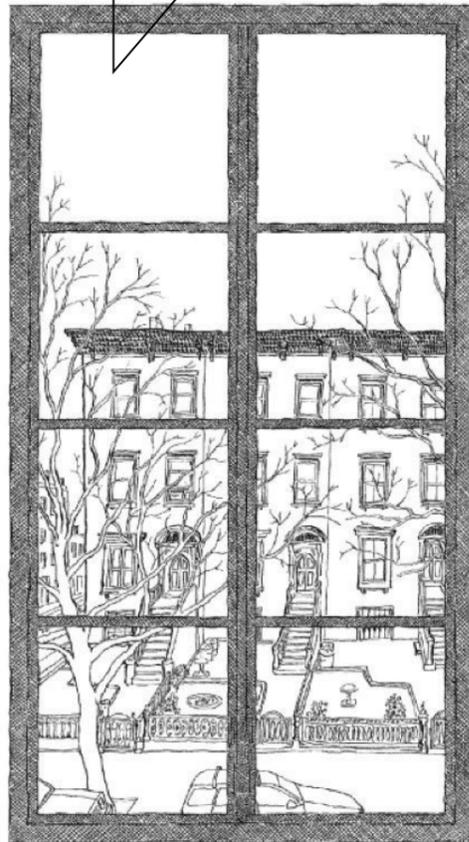
<https://artbyro.com/how-to-do-warm-up-sketches/>

**Artist Inspiration-**

<https://www.artistsnetwork.com/art-mediums/drawing/artful-scribble-art/>

**1.** Find a piece of paper, any piece of paper and something to draw with.

Wax crayon, biro, felt tip, anything will do.



**4.** Find a window, choose one thing (whatever catches your eye) Really carefully observe it.

Now looking at only your focus (e.g a tree, car) and not at your page. Have a go at drawing it!

How did this impact your focus?  
Did you notice anything you normally wouldn't?

## 2. Stand up

- Take 5-10 steps, choose an object.
- Take Notice of the object, look closely at the object, study its shape, texture, contours.
- Get comfy, set a 1 minute timer.
- Have a go at drawing your object, just focus on the basic shape and simple details.



**3.** Stick with the same option, or take a few more steps and find something else.

This time give yourself 2-5 minutes and draw the object with your non dominant hand (if you use your right hand to write then this is your dominant hand)

**Don't worry about accuracy and wobbly lines!**

