

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

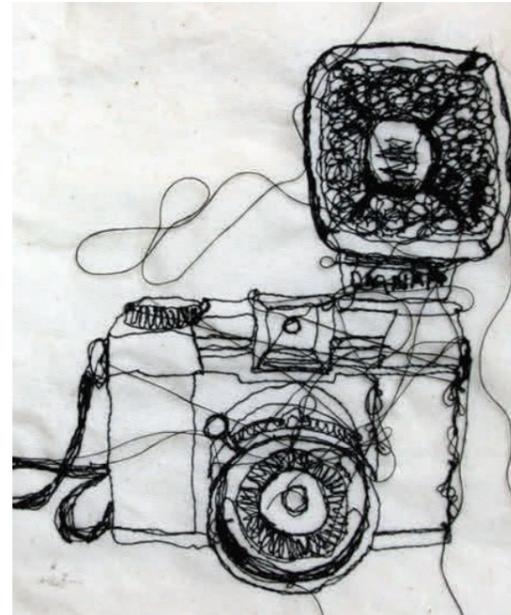
(even if you think you can't!)

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.

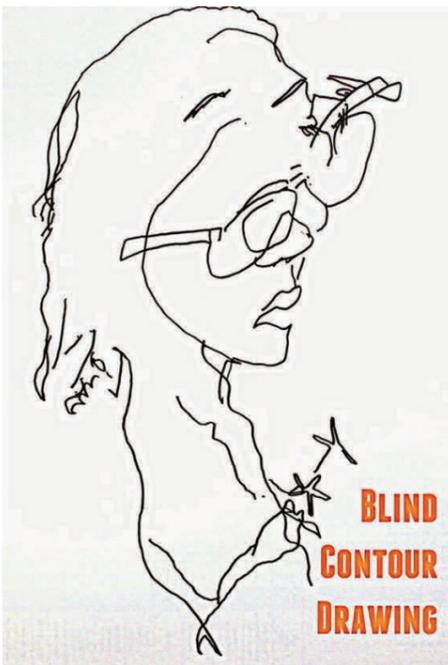
Benefits to your wellbeing: Drawing relieves stress-

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.



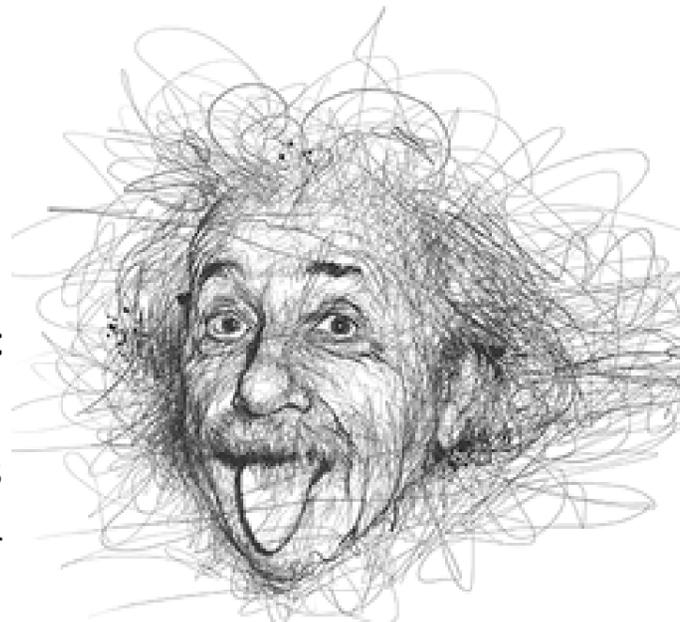
Key words-
Blind contour drawing
Scribble
Life Drawing
None Dominant
Observation
Wellbeing
Experimental

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-

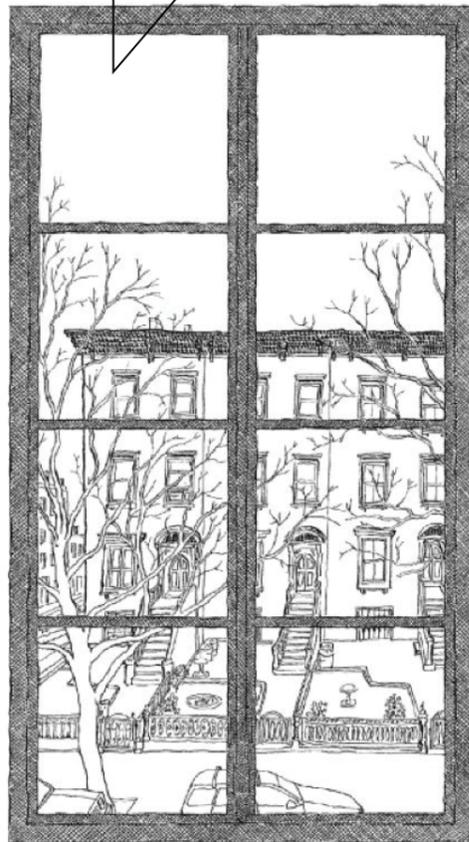
<https://artbyro.com/how-to-do-warm-up-sketches/>

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!

