



MINDFUL DRAWING

Have you ever tried to work but just couldn't concentrate? Some artists use mindful drawing to focus on the present moment and use their full concentration to create works of art. Try mindful drawing before starting your homework or a class project.

MATERIALS

Four sheets of white paper, a marker or pencil, an object you would like to draw, and a timer.

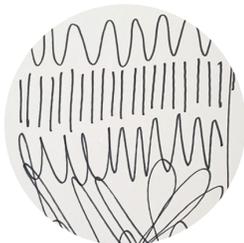
SETTING UP

Gather your materials and find an object you'd like to draw. This object can be something that you feel a personal connection to or just something that you like to look at. Choose a comfortable space to work where you won't be distracted.



WARM-UP DRAWING (5 MINUTES)

Set your timer for five minutes. On your first piece of paper, make different kinds of marks (big or small, curved or straight, heavy or very light) using a marker or pencil. You don't need to look at your object right now.



Just pay attention to how it feels to hold the marker and to draw on the page.

NON-DOMINANT HAND DRAWING (5 MINUTES)

Set your timer for five minutes. On your second piece of paper, draw the object you chose using your "opposite" hand—if you're right-handed, use your left hand; if you're left-handed, use your right hand. While drawing, try not to take your pencil off the paper so that your drawing is a single, continuous line. After five minutes, no matter how complete or incomplete your work is, stop drawing and put it aside.

THE BLIND CONTOUR (5 MINUTES)

Set your timer for five minutes. On your third piece of paper, draw your object with the hand you feel more comfortable using. However, only look at the object you are drawing—don't look at your paper. Again, try keep your pencil on the paper. After five minutes, stop drawing and put it aside.

QUICK DRAWING (2 MINUTES)

Set your timer for two minutes. For the final drawing, there is just one rule: finish drawing your object in two minutes.

When you're done, look at all of your drawings together with an adult or family member. What differences and similarities do you see?

Now you're ready to tackle that homework assignment!



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We'd love to see your work! Snap a picture of your final creation and share with us on Facebook, Instagram, or Twitter using the hashtag #ArtBMAFromHome for a chance to be featured.

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