

**Newark Community Art Club with Elaine Winter  
Autumn Term 2020 Session 6:**

## **Drawing for Wellbeing – Focus on a Fractal**

**Materials needed:**

Pencil, rubber, sharpener

White paper to draw on (any size you like to work on and whatever you have at hand)

Time to look for an object with a fractal pattern in nature

**Introduction:** First of all what is a fractal? It is an irregular geometric structure that cannot be described by classical geometry. This is because it is made up of repeated patterns of similarly regular but progressively smaller dimensions. Nature is full of great examples of fractals such as leaves, snowflakes, flowers, snail shells, crystals, tree bark, or even the path of lightning. Why draw them? Because studies have shown that exposure to fractal patterns in nature reduce people's stress levels by up to 60%. So spending some time looking at one and drawing it is good for you too!

**Activity 1:** Find your fractal in nature to draw. If you are still unsure what a fractal is look it up on line and get some examples. Once you know for sure what you are looking for this will possibly involve getting outside for a short time to look for something like leaves or alternatively if it is dark or bad weather looking around your home for something like a houseplant or another natural indoor object that may have fractal patterns.

**Activity 2:** Once you have found your object to draw, set it up so that you can observe the patterns closely. So, if it is quite a small object make sure you have it close enough to observe and is lit well enough to see the patterns. Take your time to look at your chosen fractal. Look for where the pattern is largest scale and then let your eye move along to where it is smallest, observing the pattern's characteristics as you go along.

**Activity 3:** Only when you have spent some time looking at the pattern, then start to draw and enjoy your drawing experience, knowing that looking at this pattern is doing you good. Isn't nature amazing?!

