

**Newark Community Art Club with Elaine Winter**  
**Autumn Term 2020 Session 9:**

## **Drawing for Wellbeing – Mindful drawings**

**Materials needed:**

Pencil, rubber, sharpener

White paper to draw on (any size you like to work on and whatever you have at hand) but ideally several sheets if you plan to do several drawings

Something to draw which will be your subject – can be a person (if they will sit for you), or something like a pot plant or an interesting ornament etc

**Introduction:** Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, and it is used as a therapeutic technique. This week's session might sound like it will take ages to do but it needn't. Mindful drawings can actually be done pretty quickly and can also be fun.

**Activity 1:** Get yourself set up. Choose something interesting to draw, or perhaps a person to draw, if you can persuade someone in your household to sit for you. Either way this is your subject and it is something you are going to draw more than once so make sure it something of interest to you. Get your paper and pencil, you probably won't need a rubber for these exercises. Ideally get several sheets of paper. Crucially, now is the time to put other distractions away so even if you only spend 10 minutes doing these exercises, put your phone down somewhere out of sight while you do this. Don't have a laptop or tablet open and don't do this in front of the telly, and if you have music on turn that off too.

**Activity 2:** Below is a list of drawing prompts. Each prompt will result in a drawing. These may not be your best drawings but on the other hand you may surprise yourself. The main thing is that by doing any of these drawings you will have helped yourself to experience a mindful moment. So, here you go, choose as many or as few as you wish/have time for and enjoy. You don't have to do them all in one go and you can do just one of them and it will still be an interesting drawing exercise that not only helps you to improve your hand-eye co-ordination for drawing but is also a boost for your mental health.

### **Drawing Prompts:**

- Look and draw your subject in the time it takes to breathe in and breathe out. Don't hold your breath!
- Draw your subject with your non-dominant hand (so if you are left-handed draw with your right hand and if you are right-handed draw with your left hand).
- Do a continuous line drawing of your subject. By continuous line, we mean once your pencil has gone down on to the paper it has to stay on the paper without a break so your drawing will look like it is made of a continuous line of string.
- Draw your subject in 5 lines only
- Draw your subject in 3 lines only
- Hold your pencil lightly from the top (with all 5 fingers) and dangle it over the paper drawing your subject.
- Look at your subject and draw it without looking at your paper once – no cheating!
- Draw your subject in dots and specks only (no lines)
- Draw only the outline of your subject in one, strong gesture
- Draw your subject without blinking (you might need to be quite quick to do this!)
- Draw your subject's shadow only
- Draw your subject starting not on the outside edges but right in the middle and draw it using shading only (no outline or contour lines at all)