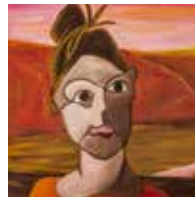
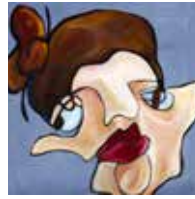


BLIND CONTOUR DRAWING



You are an artist. Making art is a pathway to connection and mutual understanding, as much with ourselves as with others. You cannot “make a mistake” in art when your expression is authentic. The key? Start simple. So let’s begin with ...

1 | SIMPLE MATERIALS

SOMETHING TO DRAW WITH | **Pencil** (HB to 6B) or **pen** (permanent Sharpie or Faber Castell Pitt, water-based Prang or washable Target/Crayola). Keep a **paintbrush** handy for later.

SOMETHING TO DRAW ON | **Paper** (80 or 90lb sulphite mixed media or watercolor), or **canvas** (board or stretched). When you get comfortable, try glass (with **wet/dry-erase markers**)!

2 | SIMPLE SUBJECT

SOMETHING TO DRAW | Draw what you know. Start with you!

You are beautiful. The shape of your face has contours forged by nature and nurture alike. You are not “supposed” to look like anything or anyone other than you. It is entirely your choice to see and accept yourself as you are, and it becomes easier the more you take time to observe and express. Try it daily!

3 | SIMPLE “RULES”

RULE #1 | DRAW WHAT YOU SEE.

Let your eye **slowly** trace the shape and features of your face, and ask your hand to gently follow. Take 5 minutes on your first try.

RULE #2 | DON'T LIFT UP YOUR PEN.

Use a single, unbroken line to outline the what you see. It's ok to backtrack to capture more features! Let the pen travel and leave a trail ...

RULE #3 | DON'T LOOK DOWN!

Enjoy working without a preconceived idea or judgment of your skills, and let your hand listen to your eye. Trust yourself. View the completed drawing as a journey, not a destination.

4 | VARIATIONS

SUBJECT | Try drawing a friend. A person across the room. An object. A landscape. An idea. A dream.

TIME | Slow down. Take 10 minutes. Speed up. Take 1 minute. 30 seconds. 10. But don't forget to look at your subject!

JUST ADD WATER | Use a brush to move water-based pigment around your favorite completed contour drawing to create shading effects. On canvas, you can add and blend more colors to create more depth and vibrancy. Apply a spray fixative, frame and hang!