

Warm-up exercises

Get the blood flowing in your fingers!

Squeeze and stretch your fingers a few times.



Draw about 10 each of:

- straight(-ish) lines in various directions
- squiggly-swirly-curly lines
- ellipses or circles(-ish) in various sizes

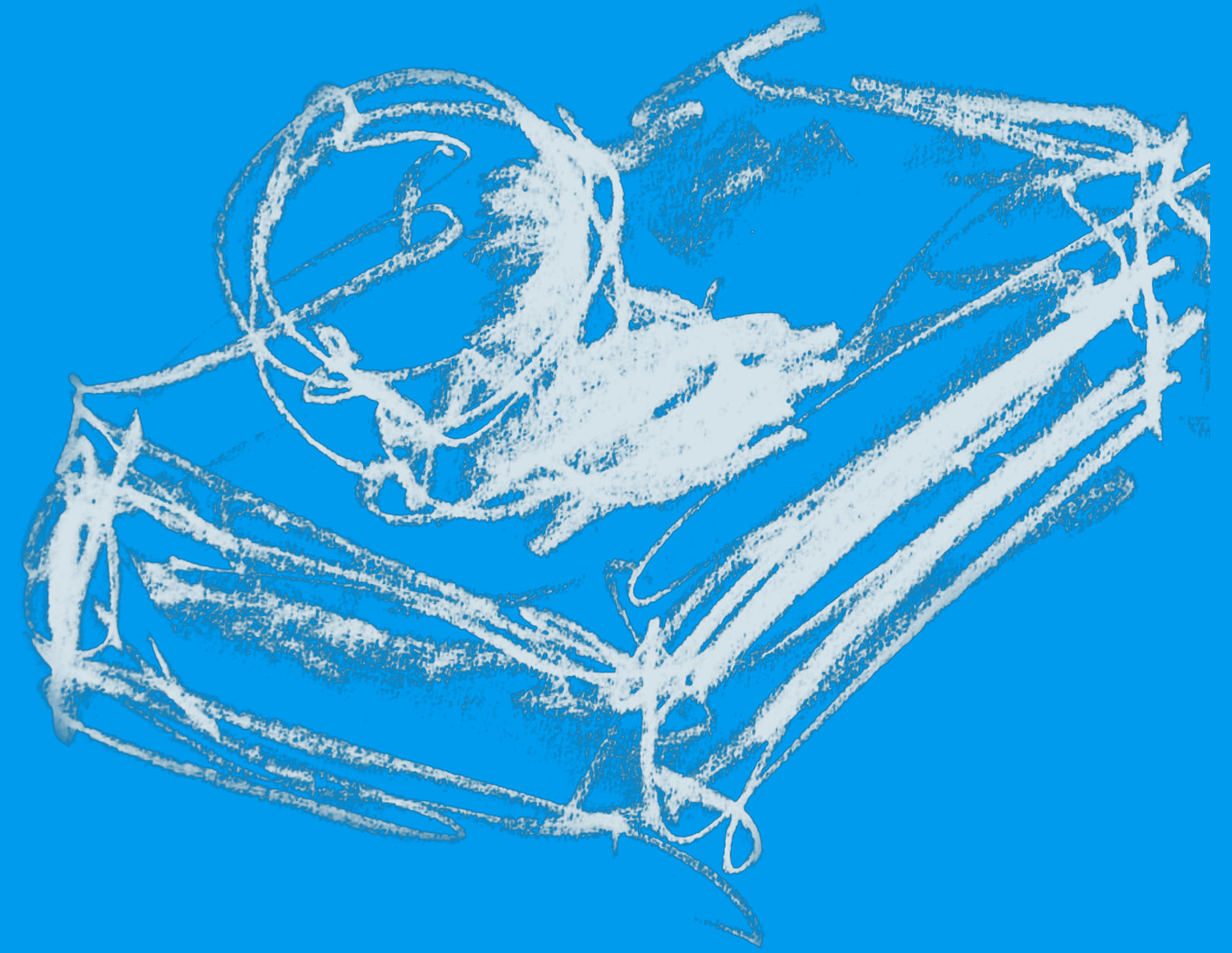
Re-frame exercises

Forget everything you think drawing is supposed to be...

Gesture drawing

Gesture represents the “essential character” of the subject.

- Hold your pencil with your non-dominant hand, at least 3 inches back from the writing end.
- Use loose, light, sketching marks to convey the feeling of your subject.
- Try to move from your shoulder and elbow more than from your wrist.



Contour drawing

Also known as “taking your pen for a walk.”

1. Use a pen here, and don't worry if your drawing doesn't match reality perfectly!
2. On top of your gesture sketch, draw the silhouette of your subject. Use your gesture under-drawing as a guide, but don't worry if they don't line up exactly!
3. Focus on the negative shapes formed by the background, rather than the features of your subject itself.
4. Add individual edges and details.

Communication exercises

Sketch to convey your basic
concept and intent.

Sandwich as self-ambassador

- Draw a sandwich that represents you
- Any type of sandwich will do: your favorite food based variety, or an impossible, theoretical one full of ingredients that stand in for all aspects of you.
- Use your imagination. :)

Word stacks

1. Choose one card each from the adjective, noun, and verb piles.
2. Draw a single concept representing all three terms together.
3. Don't worry about the execution so much as your interpretation and idea for conveying it.
4. Pull three more cards and keep going!

Divergence exercises

Draw to generate ideas with an emphasis on quantity over quality.

Ideate within a theme: *“things that move you”*

- *Lightning round!* Sketch as many answers to the prompt as you can.
- Interpret it in as many ways as you can.
- Invent new, non-currently existing ideas!

Draw a *vase*

- Any vase you want!

Ideate solutions: *ways to enjoy flowers in your home*

- Sketch as many answers to the prompt as you can.
- Interpret it in as many ways as you can.
- Invent new, non-currently existing ideas!