

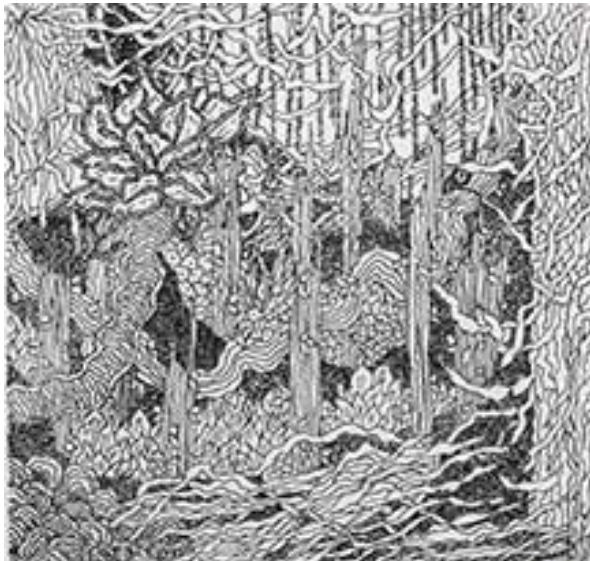
Drawing for Wellness through Creativity

Materials Included:

- Black Sharpie Marker
- Watercolor Paper 8 x 11 or card stock paper
- Optional :Colored Pencils Box of 12
- Card Stock Paper

Drawing Lines Activity

This activity is inspired by a past exhibition Tangled Nature, with the artist Carol Brown Goldberg.



Extravagant Eden 5, 2015, pen and ink, 6 x 6

Preparation:

- To create a relaxing environment tune into some *chill* sounds or *music to study*, something you enjoy.
- You can add an aromatherapy element if you have a diffuser or a candle.
- Find a comfortable place to sit and a table or surface you can place your paper on for an hour without interruptions.
- If you find that too challenging, then invite your friends or family to create with you.
- Once you have your materials ready, take a deep breath, exhale and now focus on making lines across the paper.

Steps

1. Take a blank piece of cardstock paper
2. Decide if you wish to work vertically or horizontally
3. Take a black sharpie marker and draw a line from one of the edges of the paper.
4. Let your hand move freely, don't think of any design. Let go.
5. Once you have several lines on the paper, connect them to each other.
6. Make thick and thin lines, curved, zig zag, curvy or straight it's up to you.
7. Continue making lines and connecting them until you have filled all of the blank spaces.
8. Turn your paper to look at the lines from a different perspective.
9. You have an option to fill in the white spaces with color if you wish.

Family Challenge:

If you allow each member of your family to create a page, you can put them together like a large mural and display them on a wall using push pins. You can return to the mural and work as a team.

Stay Well and thank you for all you do!

Frost Art Museum Team @ FIU