

Stratford Arts Social: At Home

With artist Louisa Tock



Non-Dominant Hand Drawing

Watch Louisa's instructional video here: <https://youtu.be/NVyc0cXUNf8>

Watch Louisa's introduction here: <https://youtu.be/oKMkrhJTn3c>

Aim of activity

Improve your drawing skills, hand eye coordination and observation skills with this simple yet deceptively challenging exercise.

You will need

- Pen/pencil – Biro, standard pencil, felt tip pen, or any drawing equipment you can find.
- Paper of any colour – copy paper, recycled, tissue paper, anything you find lying around.

Activity length

Minimum 5 – 10 minutes (longer if you feel like it!)

Introduction to Non-Dominant Hand Drawing

This means if you are right-handed, you should draw with your left hand, and if you are left-handed, you should draw with your right hand! This will feel very uncomfortable at first, and people sometimes get frustrated with the results. But if you accept the difficulties for what they are, you will find this a very liberating exercise.

As with last week's continuous line drawings, you will notice after you have done a few that they have a particular style about them. If you've not tried continuous line drawing yet, you can do so here: <https://stratford-circus.com/news/stratford-arts-social-at-home-continuous-line-drawing/>

Instructions

1. Choose an object to draw and set it down in front of you.
2. Using a piece of paper and drawing implement of your choice, use your non-dominant hand to carefully draw the object.

Reflection

- How did you feel while completing these exercises?
- Were there any elements which felt particularly challenging?
- What do you observe about the drawing you've completed?

We'd love to see what you have created! Tweet us your artwork @StratfordCircus, tag us on Instagram @stratford_circus or find us on Facebook.

If you'd like to share or discuss your reflections on these exercises, please do email your thoughts or images to Colette via colette@stratford-circus.com.

You can find more Stratford Arts Social: At Home videos at stratford-circus.com

