

Stratford Arts Social: At Home

With artist Louisa Tock



Small Objects, Small Drawings

Watch Louisa's instructional video here: <https://youtu.be/w0hUd7q3sQM>

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

Aim of activity

Collect a variety of small objects from your home, your room, or even your pocket, and have a go at drawing them to scale.

You will need

- Pen/pencil – Biro, standard pencil, felt tip pen, or any drawing equipment you can find, can be multiple colours.
- Paper of any colour – copy paper, recycled, tissue paper, anything you find lying around.
- A selection of small objects – they can be anything you like: food items, jewellery, lego, a drawing pin, a paper clip, dice etc.

Activity length

2 - 4 minutes per drawing

Introduction to Small Objects, Small Drawings

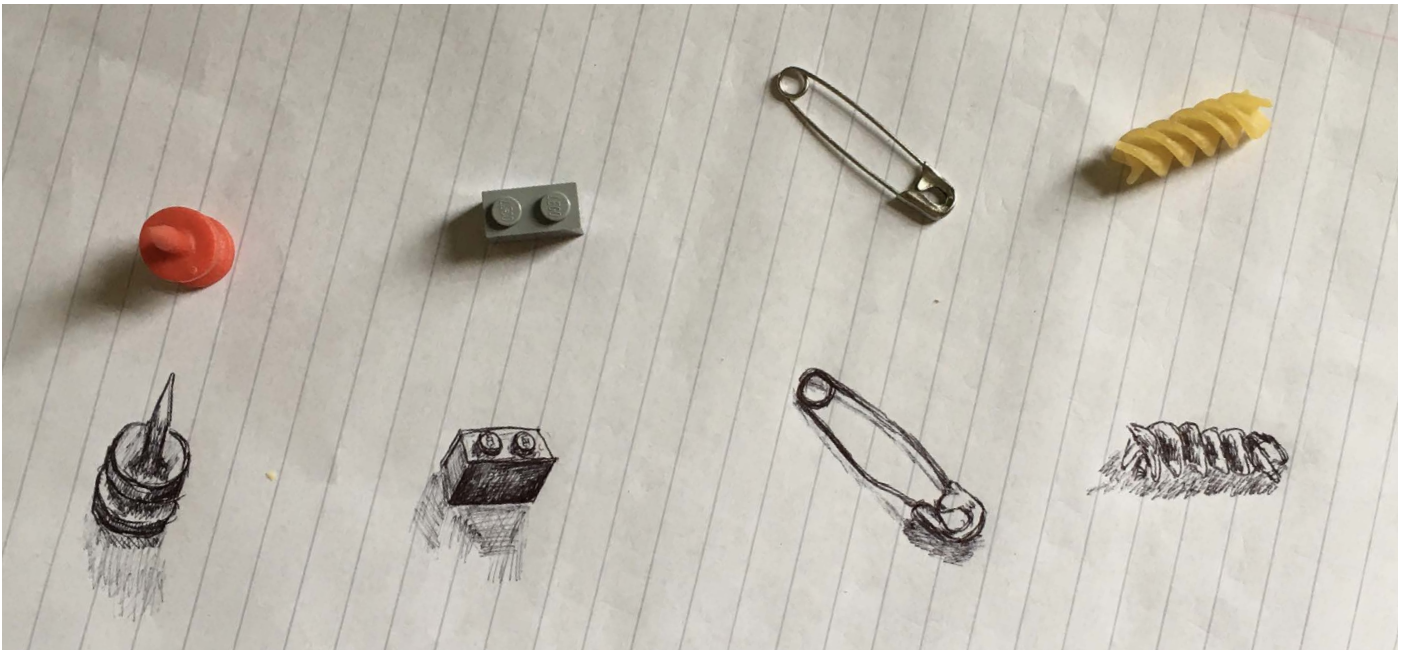
As well as being a fun and fast drawing exercise, Small Objects, Small Drawings is also good for concentration, hand eye coordination and relaxation. It's a great little exercise you can do on days when you need a mindfulness activity to take your mind off things. You can take as long or as little as you like by choosing the amount of objects you want to draw.

Instructions

1. Scatter your small objects onto a page.
2. Once arranged on the page, take the time to look closely at the objects and start to draw them exactly as you see them. Each drawing should take about 2-4 minutes.
3. Take a few seconds just looking at the object then a few seconds at your drawing. Let your eyes flit between the object and the drawing.
4. This activity is the sort you can repeat again and again and after a few efforts you will see that your drawing skills will improve rapidly.

Reflection

- Was this a relaxing exercise?
- Did you see any improvements in your drawing ability?
- Do you think the choice of object had any effect on the success of the drawing?



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