



Drawing Mind Challenge #3

EXPRESS YOURSELF

Get your pencils ready we are going to draw to our EMOTIONS.

- 1. Have your tools and paper ready. For this you may want to get some larger paper.**
- 2. When you are done post your drawings in the FB Drawing Lab group and then look at each other's drawings. Share what you notice about each others drawings. Ask questions. Share ideas.**
- 3. Remember there are NO MISTAKES! Just have some fun and see what unfolds.**

EXPLORE EXPERIMENT

Draw Your FEELINGS

Part One: Drawing EMOTIONS

1. Gather 6-10 pieces of paper and an array of drawing tools.
2. Close your eyes and think of a time when you felt HAPPY. What does it feel like? Feel the energy of that feeling and draw that feeling of HAPPY. You can draw with your eyes closed or open. ONLY USE YOUR MARKS—lines, dots, dashes etc. (NO hearts, suns, smiley faces or anything representational or symbolic). What is the way that you can express HAPPY just using MARKS on the page?
3. Now draw the following emotions or feelings in the same way we drew HAPPY:

SAD

MAD

EXCITED

CALM

NERVOUS

LONELY

3. Draw one emotion per page.
4. Label each drawing with the emotion.
5. If you are drawing with other people in a group lay out the drawings together. Group the same emotions so that you can see all the “sad” drawings together, all the “happy” drawings together etc. What do you notice? What are the similarities? What are the differences?

Part Two: Draw your ABSTRACT Self Portrait



Write down four emotions that describe how you are feeling right now, in this moment.

Now using only your MARKS create an EMOTIONS self-portrait: an image of yourself of how you are feeling/who you are on the inside.

You can close your eyes and just let your emotions of how you are feeling right now come out on the page or you can be more methodical in how you express your self on the blank page. The choice is yours. But, this should be a portrait of your emotional self.

This is an exercise that you can do daily, weekly or monthly. You can close your eyes and for 3-5 minutes or more just let your emotions spill onto the page. If you don't have the words or you are not sure what to write down for your feelings then just tap into your intuitive self and let the marks come out onto the page. Once the marks are in the page you can look at them and then maybe you will sense what you are feeling or maybe it doesn't need to be named or categorized and you are purely expressing yourself and emotion onto the paper.

Remember there is no wrong way to do this or any of these drawing challenges. Experiment with the process, trust yourself and see how it unfolds before your eyes.

Look at your abstract portrait and do a 5 minute free write (you can do this right in your sketchbook if you are using one) about what you see and what this process was like for you. This can be private or you can share it.

Part Three: Drawing off

Responding to something that you have read, is another way to create drawings based on EMOTIONS.

Did you read something in the paper this morning that made you upset? Instead of sitting with the story inside of you, use drawing as a way to respond to the emotional content of the story (but not as a way to illustrate it).

Use only your marks to draw your response to it. Reading a piece of poetry, a journal entry, or any piece of writing that conveys an emotion works well. There can be more than one emotion embedded in a piece. Again, use only marks and abstract shapes to make your drawing.

Give it a try.

Share the passage and the drawing in the FB group.

