

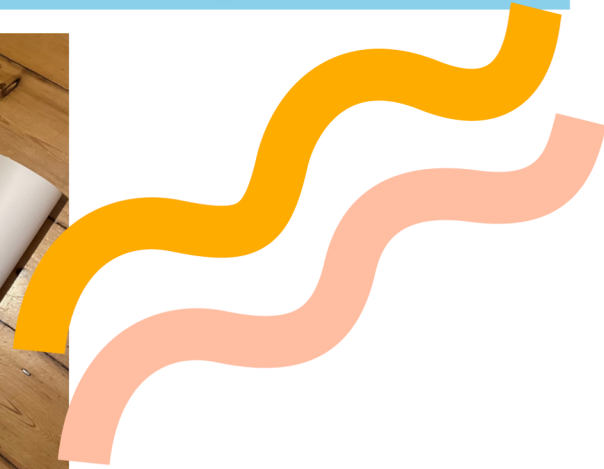
The Big Draw 2022: Come Back to Colour

'How To' draw using your body



You will need:

- Drawing paper
- Masking tape
- Black pen
- Coloured crayons



Step 1: Warm up your body

Breathe in to stretch your whole body and breathe out to relax.

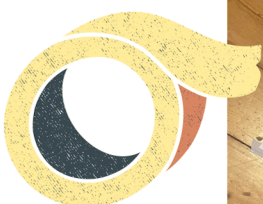
When you breathe in, can you stretch, expand or extend your body?

When you breathe out, can you relax all the joints and feel the weight of the body?



Step 2: Making a shape with your body

Explore making shapes with your body. What kind of shape can you make with your foot? How big can you stretch your hand and fingers? Can you make an unusual shape with your elbow?



Step 3: Prepare the drawing paper

Place the drawing paper on the desk or on the floor and tape down.

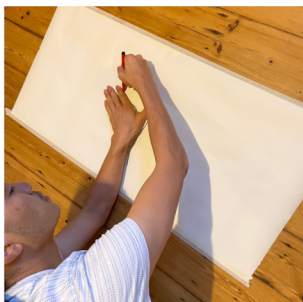
If you are using the floor, make sure the space around is free of obstacles.

Step 4: Place the body part on the paper

Make a shape with part of your body and place it onto the paper.

You can place it anywhere on the paper.

Close to the corner, right in the middle or across the paper.



Step 5: Trace the body part

Draw around the outer lines of the shape in black pen.

If you are working on your own, can you change the body part?

If you are working with others, can you swap?

Don't worry about lines overlapping, we want the lines to cross over and form lots of layers.

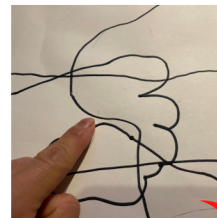
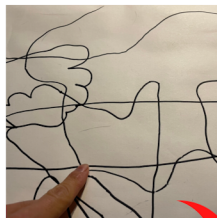
You can repeat as many times as you want.



Step 6: Discover new shapes

Look at the lines you have made.

Look carefully to discover where lines create new and interesting shapes.

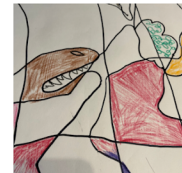
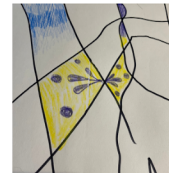
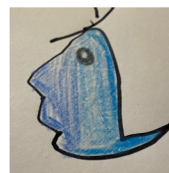
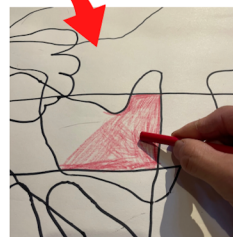


Step 7: Colour and draw in the shapes

Using your imagination and colour or draw inside the shapes to turn them into creatures, vehicles, landscapes, insects or food.

Keep finding new shapes to colour and draw in.

Have FUN!



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