

Blind Contour Drawing

What is Blind Contour Drawing? Blind Contour Drawing is when you are focused on the object you chose and not your hand. This helps train the eye to draw what it sees and not what it thinks it sees.

WHAT YOU NEED:

- Pencils
- Paper
- Everyday Objects (shoes, plants, desks, pencils, people, etc.)

WHAT YOU DO:

1. Choose an object to draw (a door, a book, shoes, window, plant etc.).
2. Pick a point on the object where the eye can begin its slow journey around the contour or edge of the object. Remember, the eye is like a snail, barely crawling as it begins its journey.
3. When the eye begins to move, so should the hand that's holding the pencil. At no time should you look at your hand as it draws. Try drawing the entire contour of the object without lifting your pencil from the paper.
4. Your drawing may seem funny at first but it will get better with practice.
5. Enjoy and have fun.

You can choose any object to draw: a book, a stuffed animal, a cup, a portrait, a car etc. Be creative and have fun.