



Drawing ideas to encourage and inspire

Year of Drawing is a project from Make Your Mark, an NHS arts and health programme supporting participation imagination and mental wellbeing.

We've created this booklet to promote and celebrate the power of drawing and to offer you inspiration and ideas.



Are you curious about where drawing can take you?

How will you make your mark?

What will happen once you begin?



#### Glue Stick, Charcoal & Masking Tape

Wrap a stick of charcoal in a rag and crush it to make charcoal dust.

Choose thick paper with a slightly textured surface. Use your fingers, or cotton buds or a rag to make marks with the charcoal dust and a rubber to make lines and smudges.

Try making lines with masking tape, rubbing charcoal dust over them and removing the tape, or drawing with glue stick then sprinkle the charcoal dust over.



#### Drawing Shadows

Place an object beneath a lamp so it makes a shadow.

Draw round the shadow. Move the object and draw round it again.

Keep going using different items, drawing more layers or using colour. Notice how the object casts different shadows and shapes.



#### 3D Drawing

Collect different shapes and sizes of paper.

Roll your paper into a tube and fix with tape to make a 3D surface to draw on.

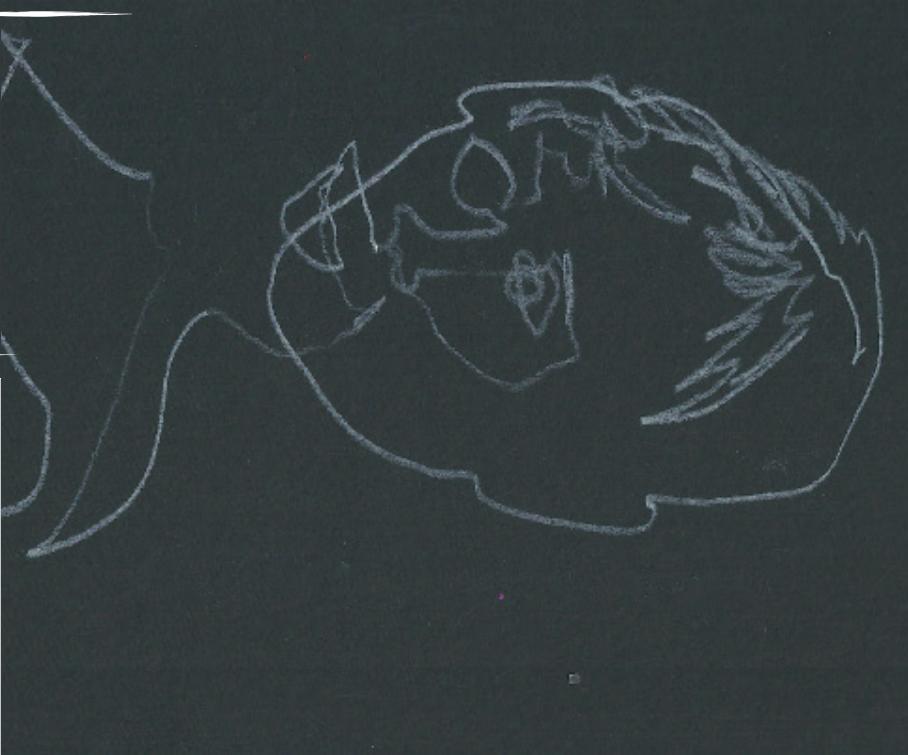
Using charcoal, pencil or pastels see how it feels to draw onto these and how it changes your mark making.



#### Invisible Drawing

Gather some thick paper, water, a brush and drawing inks. Use the brush and water to make a quick invisible drawing on the paper.

Drop some ink into the water on the page and watch it spread in magical and unpredictable ways. The ink will spread through the water to reveal your drawing. You can add more water and other colours. Let it dry and build it up in layers.



#### Continuous Line

Take a piece of paper and something you like drawing with like a pencil, pen or charcoal. Either sit in front of a mirror or find a friend and sit opposite them.

Slowly draw either your portrait or the person opposite you without taking your drawing tool off the page or looking down.

#### Drawing Into Collage

Take two pieces of paper. Draw different marks and patterns onto one piece.

Rip, cut or tear this into different shapes and sizes. Then glue these pieces onto your second sheet of paper to create a drawing collage.

You can build your drawing up layer by layer. Try doing this with other people and exchanging your torn pieces.



#### Rubbings Board

Create a rubbings board by gluing textured items e.g. paper doyleys, leaves, sand, rice etc. or by gluing or winding wire or string onto or around a piece of thick card.

Once it's dry, lay a thin sheet of paper over the board and rub the surface with a pencil, graphite stick or charcoal to reveal your drawing.



#### Make Your Own Drawing Tool

To make your tool you will need to find something to use as a handle (e.g. a stick), something to draw with (e.g. a piece of charcoal or a pencil or crayon) and some masking tape. Join these together using the tape.

If you would like to draw with ink or paint you could try attaching seaweed, feathers, leaves, foam, sponge, string, cardboard to your handle. Choose anything you think will hold liquid and create an interesting mark.



#### Drawing In Circles

Take your paper and a piece of charcoal. Make a mark. Press your fingers into the mark while rotating the paper.

Create a second mark, place your fingers on the mark and rotate the paper again in a different direction.

Repeat until you have filled your paper.



"I didn't know what I was going to do and then bam! I created an artwork!!"

Year of Drawing participant



Sussex Partnership  
NHS Foundation Trust



Supported using public funding by  
ARTS COUNCIL  
ENGLAND

Year of Drawing was funded by  
Heads On through generous  
grants from Arts Council England,  
John Horniman's Children's Trust,  
Dixie Rose Findley Charitable  
Trust, Rockinghorse Children's  
Charity and the Chalk Cliff Trust

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