

ANXIETY REDUCING DRAWING ACTIVITIES – ALEXANDRA MONTGOMERY

Line and Shape

Discussion Topic: How can we approach a drawing from both representation and abstract vantage points? How can there be various possible approaches to a drawing?

Why: *Students are provided with an opportunity to explore multiple approaches to a drawing.*

Activities

Create a drawing using repeating geometric shapes.

Create a drawing using repeating organic shapes.

Create a drawing using five different types of line.

Create a drawing using only straight lines.

Create a pattern using repeating shapes or lines.

Mandalas and Zentangles®

Discussion Topic: How can we draw intuitively using repetition of lines and shapes?

Why: *Students will explore drawing without having a preconceived idea.*

Activities

Create a mandala using the drawing material of your choice. Focus on your use of line and shape.

Create a zentangle® using the drawing material of your choice.

Create a zentangle® using the drawing material of your choice, using one continuous line.

Create a mandala that incorporates elements of nature (ie: leaves, flowers, drops of water, animal patterns, parts of animals, etc.).

Create a mandala inspired by contrasting emotions by dividing the circle of your mandala in half. Consider the shapes and colors that could be associated with the emotions you have chosen.

Drawing Sound

Discussion Topic: How can you visually interpret sound through drawing?

Why: *Students were told they could focus on drawing how the music made them feels, or that they could draw the sounds they were hearing. Students drew for approximately ten minutes each day.*

Activities

Approximately thirty seconds of a variety of popular culture songs were played while students drew.

Students drew to a pre-made playlist of meditative music, and listened to the entirety of each song on the playlist.

Students visually interpreted classical music, listening to the entirety of each song on the pre-made playlist.

Students listened to a pre-made playlist of various nature sounds, each of which varied in length.

Participants created drawings while listening to a pre-made playlist of sound effects. Students drew blindfolded.

*Students who were uncomfortable with wearing a blindfold were given the option to draw with their eyes closed.

Emotions

Discussion Topic: How can you portray emotions through drawing?

Why: *Students explore emotions, and ways to visually interpret them through an exploration of color, shape, and form.*

Activities

Make a list of five emotions. Think about the color and shaper associations of each of those emotions. Create a drawing using those colors or shapes with those emotions in mind.

Fold a piece of paper in half. Choose a positive emotion and illustrate it on one half of your paper. On the other side, draw an opposite emotion.

What makes you happy/content? Think about at what point in your day you feel most happy/content. Where are you at that moment? What are you doing at that moment? Who are you with, if anyone? Illustrate that place that comes to mind.

Students could choose between one of the following prompts. 1) Create a drawing that illustrates how you feel right now. 2) Consider how you feel when you are stressed or anxious. Illustrate that feeling.

Associations

Discussion Topic: How can you illustrate your associations with different words, objects, or people of importance to you?

Why: *Students explore their associations with different words, objects, and people of importance to them.*

Activities

What does the word “strength” mean to you? Illustrate your definition.

Imagine you have a key, and think about what that key would open. Illustrate your key and what it opens.

Think about someone or something that you care deeply for. Create a drawing using symbols that you associate with that person or thing.

Think about your culture. What symbols or associations do you have with that culture? Create a drawing based on an element of your culture.

Make a list of five animals, and the word associations you have with those animals. What are those animals a symbol of? What animal do you feel most resembles your personality? Create a drawing of the animal that you feel most relates to your personality.

Self-Reflection

Discussion Topic: What is important to you? How can we incorporate things that are important to you into a drawing?

Why: *Students will reflect on their personal lives and what is most important to them.*

Activities

Create a drawing inspired by what motivates or inspires you.

Illustrate something that you own that is really important to you.

What do you do in your free time? Create a drawing inspired by that activity.

Finish the phrase “I wish...” five different ways. Choose one of your statements to illustrate.

List your top three favorite memories. What about those moments is so memorable to you? How did you feel in those moments? Choose one of your memories and create a drawing inspired by that moment, or how you felt in that moment.

Aspirations and Desires

Discussion Topic: What are your desires for the future? What do you aspire to do, and where would you like to go?

Why: *Students reflect on their desires for the future.*

Activities

Create a drawing inspired by where you see yourself in ten years.

Think about a place you have always wanted to go. Why do you want to go there? How might you get to that place? Create a drawing that illustrates a place or type of place that you would like to visit.

If you could live anywhere, where would you live? What would your home look like? Create a drawing designing your future home.

List three goals you have for your future. These goals can be short-term or long-term. Choose one goal to inspire your drawing. As you are drawing, consider how you might achieve this goal, how you feel about this goal, or how you feel about the future.

What are three things that you wish people knew about you? Create a drawing inspired by one of those things.

Self-Portraits

Discussion Topic: How can you best represent yourself in a drawing, without observing yourself in a mirror? What are some alternative ways to draw a self-portrait?

Why: *Students reflect on themselves and how they can represent themselves.*

Activities

Create a drawing of your alter ego.

Create a drawing of your future self.

Create a self-portrait without drawing an image of yourself. Consider your likes and dislikes, things you like to do, and what is important to you as you draw.

Finish the phrase "I am..." five different ways. Choose one of your statements to illustrate.

What are your favorite things about yourself? Create a drawing inspired by one of your favorite things about yourself.

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