

# Drawing With Two Hands

By [Joe Gamble](#)

*This experimental drawing activity is formed of 8 drawing exercises, all focused on drawing using both the dominant and non-dominant hand, challenging learners to explore dexterity and control (or lack thereof).*

*These exercises can be split up to form part of a longer session, or they can be used individually as [warm-ups](#).*

*Learners will explore how both hands and drawing materials interact with each other to create fluid and rich drawings that challenge preconceptions of what makes a 'good' drawing.*

*The video is appropriate for viewers aged 14 and over, but can be used in a guided session with younger learners.*

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*AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.*

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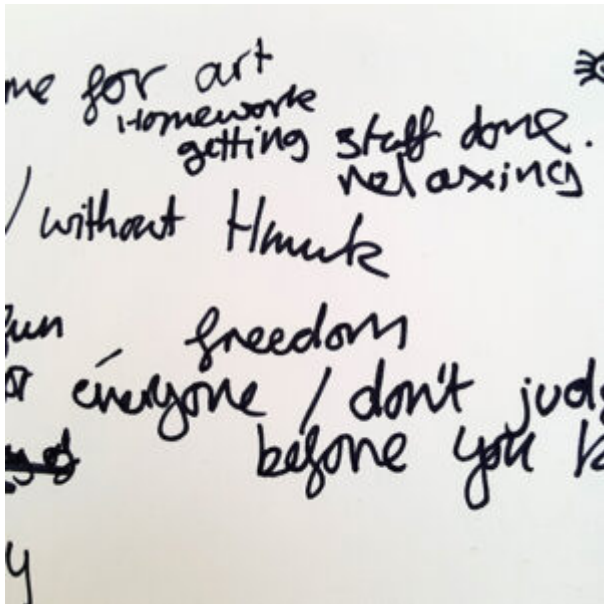
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## What We Like About This Resource...

*"I really like how this playful resource helps us to make a creative response inspired by a stimulus, ensuring that the stimulus is only an entry point into an outcome that will look totally different. Exploring the themes of colour, texture and composition through the lens of different artists also helps us see how we can interpret (and re-interpret) colours and materials in a meaningful way. Viewfinders and collage are also great tools for those who experience 'fear of the white page' and will allow learners to make conscious creative decisions as they go."* – Tobi, AccessArt

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