

# 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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Ten minutes, five times a week



**CPD recording: drawing with two hands**



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### Drawing With Your Feet

### What We Like About This Resource

*"I love this resource because I can picture the energy in the classroom whilst students enjoy the process of mark-making using their feet. Creating drawings with parts of the body other than hands can be really freeing; students will hopefully look at their drawings in a less critical way, with the emphasis of the activity being more about the process than the outcome. It might be a nice addition to use a viewfinder to zoom in on areas where the marks collide in interesting ways" –*

Tobi, AccessArt.

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## **Drawing with Sticks**

### **What We Like About This Resource**

*“This is a great activity to get students to think about drawing in a different way. Extending reach and accepting a lack of control can lead to really exciting and energised mark-making. It’s great to see that this resource has also been used in SEND settings, demonstrating its accessibility.” – Tobi, AccessArt.*

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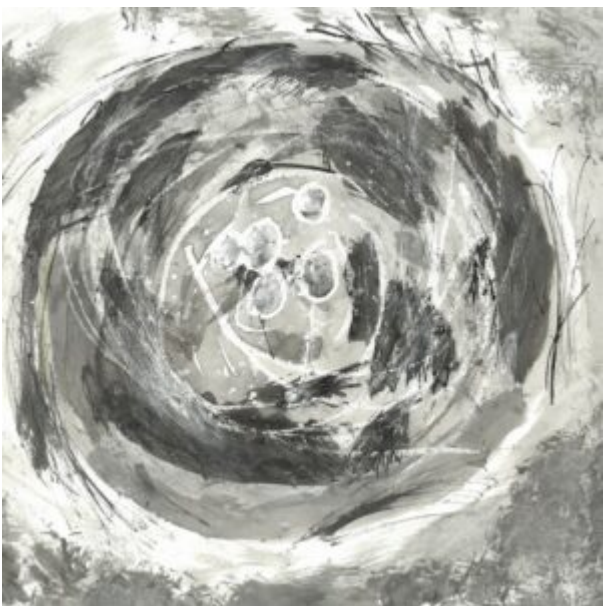
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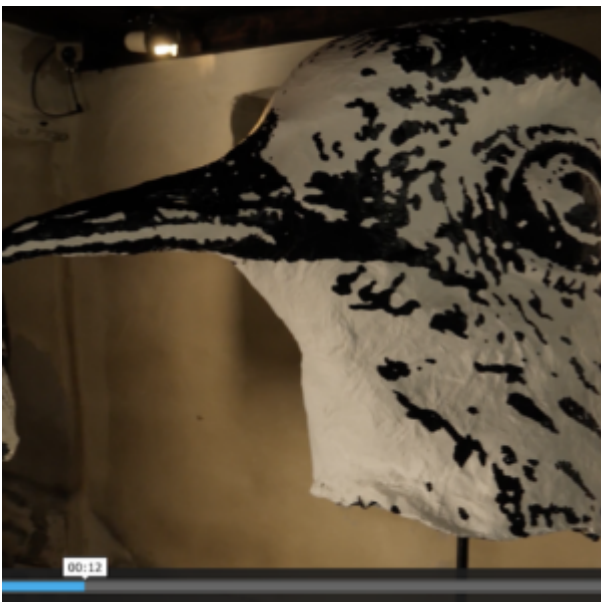
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## **Nests: Materials, Tools Testing and Sketchbooks**

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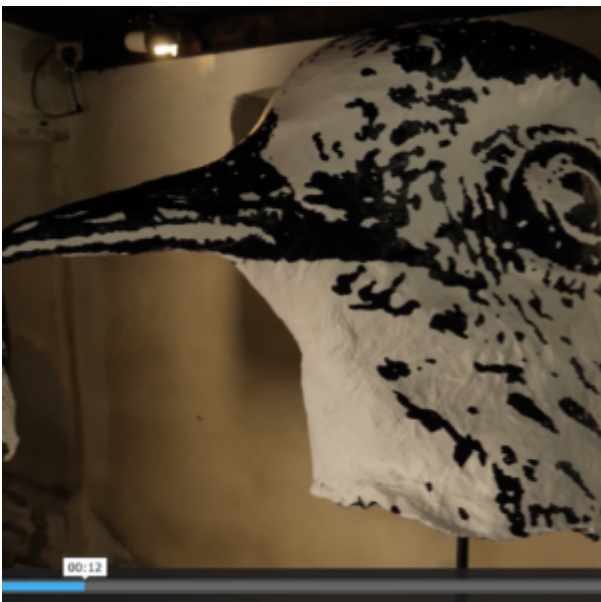
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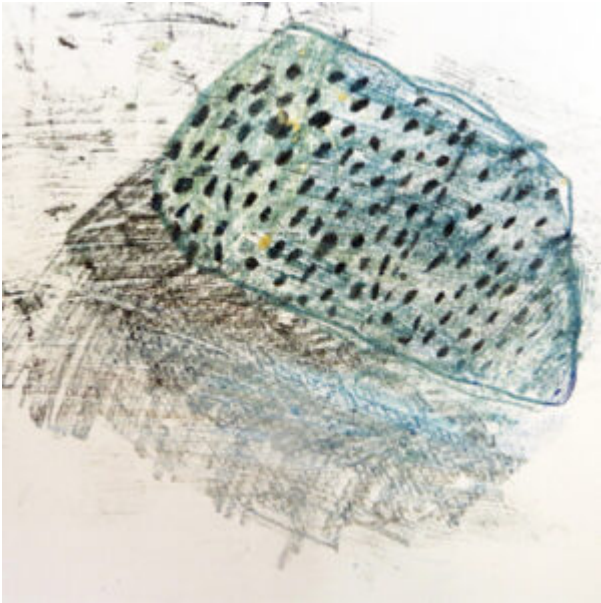
Use monoprint, paint and collage to create zines inspired by poetry.

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