

# How I use my Sketchbook as a Painter, by Rachel Thompson

In the series '[How Artists Use Their Sketchbooks](#)', we are celebrating the different ways in which artists use their sketchbooks, spanning across a range of disciplines, to open up minds as to what a sketchbook is and can be, from the perspective of practicing artists.

In this video, painter and AccesArt team member [Rachel Thompson](#) shares with us how she uses sketchbooks, whether as a series of loose sheets or a simple concertina, to develop ideas for final paintings. In this video, you'll see how Rachel captures landscapes and objects, and is led by sketchbook experiments to explore her ideas and failures, and find clues to push forward.

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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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**elastic band sketchbook**



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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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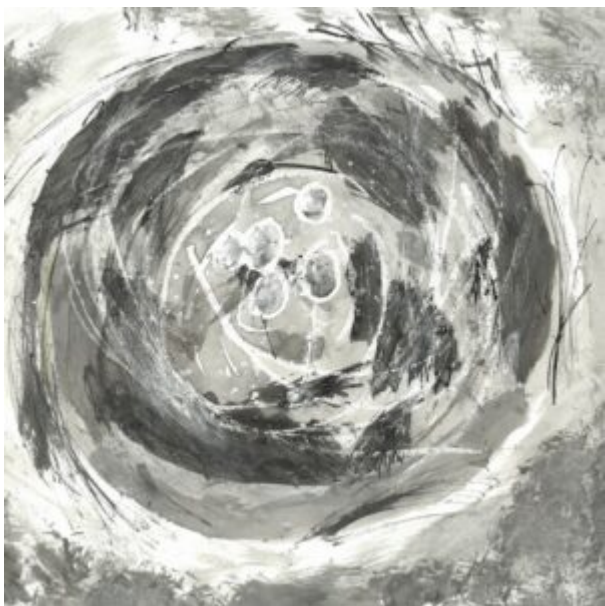
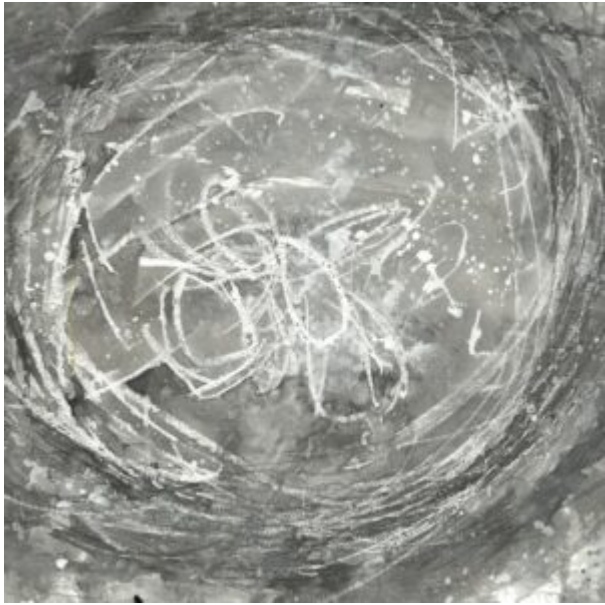
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**Nests: Materials, Tools  
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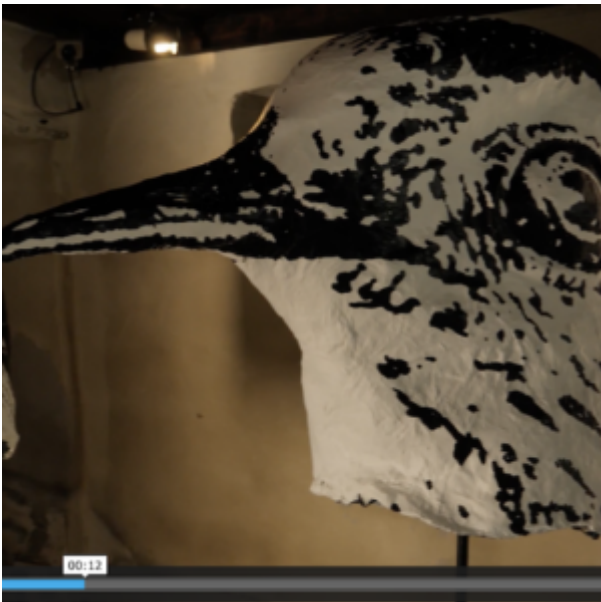
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# **A Visual Poetry Zine with Monotype**

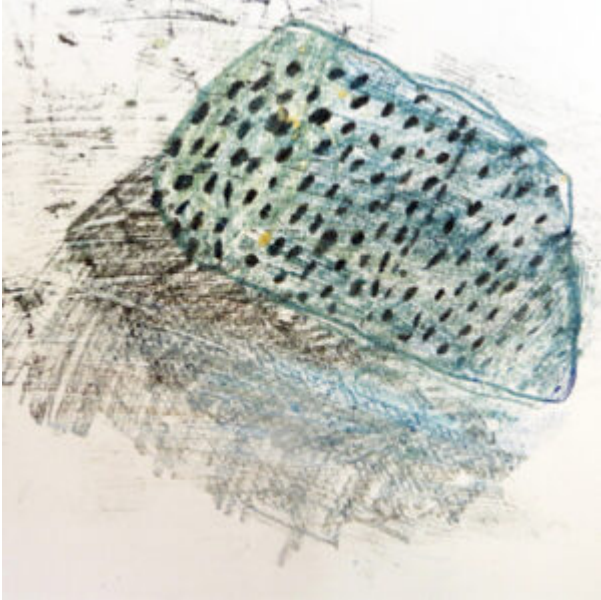
Use monoprint, paint and collage to create zines inspired by poetry.

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**Light-field Monotype**

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**Dark-Field Monotype: Masking**

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**Dark-field Monotype**