

# Drawing from Life with Lance Richardson: 3 Sketchbook Exercises

By [Lance Richardson](#)

In the second of a growing collection of resources exploring drawing from life, artist Lance Richardson demonstrates three simple drawing techniques to help you get started in your sketchbook, from overcoming the fear of the white page to using drawing as a tool for exploring close-looking. These exercises are suitable across all ages and educational settings to help you or your learners get started in sketchbooks. Find the first video in the collection [here](#).

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## The Sketchbook Journey



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### What We Like About This Resource...

*“The research phase of a creative project can be presented in many different ways, and can even be an art form in itself. Here, Tatyana demonstrates how her sketchbooks became a medium through which she expressed her thoughts, refined her ideas and explored materials. We believe sketchbooks to be a powerful tool for children to take ownership of their ideas and travel on their own creative journey, without necessarily knowing the destination. Take a look at our [sketchbook journey](#)*

*for more sketchbook inspiration”* – Rachel,  
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