

The Drawing Journey for Children Ages 5 to 7 – Drawing Exercises

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Exercises to Build Drawing Skills

The exercises below have been selected as being suitable for ages 5 to 7.

Drawing exercises underpin all creativity. Please note there is no absolute order that these exercises might be introduced, so please do feel able to choose the exercises that appeal to you.

Repeated practice is key: vary the subject matter and drawing medium to keep the process active and engaging.

These exercises might be done at the start of an art lesson as warm-ups, or when children come in to school in the morning or after lunch as transition activities. Skills will quickly build over time, as will familiarity with materials, techniques and ideas. Skills will then feed into all art work.

Work in sketchbooks or loose sheets of paper which can then be gathered into a [Backwards Sketchbook.](#)



Backwards forwards drawings



Use the backward forward drawing technique to help slow down your drawing (and looking)

making stronger drawings



Try this exercise to help learners make bolder drawings

see 3 shapes



Explore how seeing simple shapes can help develop drawing skills

Ten minutes, five times a week



If you are new to AccessArt and how we work, we suggest you start here with these exercises...

drawing spirals



Start with a simple spiral to explore how you control the drawing medium

continuous line drawing



Continuous line drawings help learners develop observational skills and coordinate hand and eye

Squiggle drawings



Continuous line drawing for young children

feely drawings



Drawing through the sense of touch

finding Marks through artists



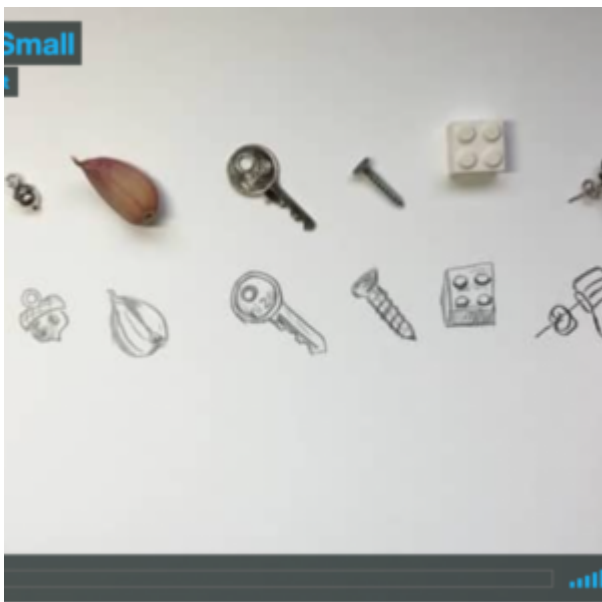
Be inspired by the marks made by artists

drawing speed



Experiment with the speed at which you draw

drawing small



Make a series of small, accessible drawings to settle into the drawing

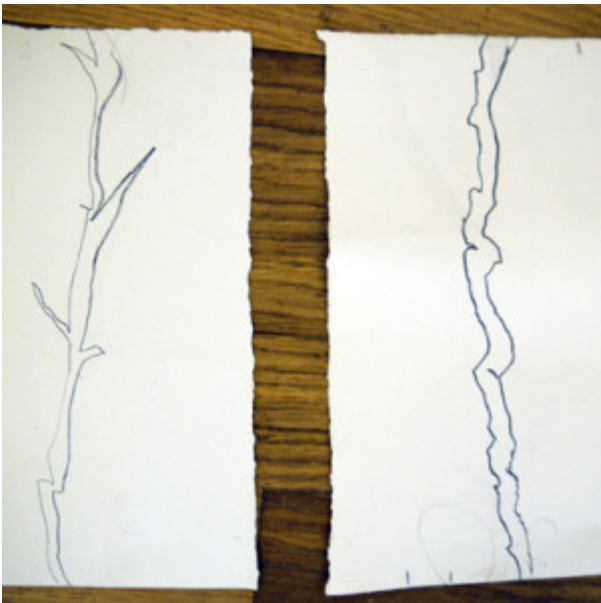
process

drawing Large



Make larger, gestural drawings using loose marks

HELP CHILDREN DRAW LARGER



Try this simple exercise to encourage

children to draw larger

Show Me What You See: Anglo Saxon Buildings



An example of the 'Show Me What You See' method put into practise

Make a shy drawing



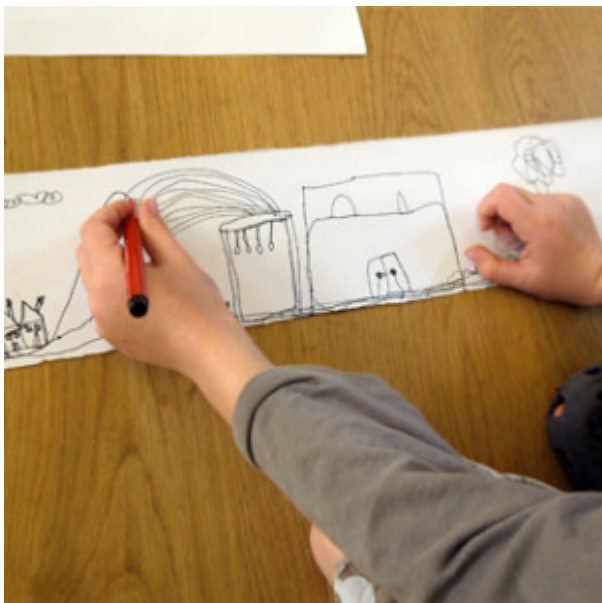
Slow down and make quiet, introverted drawings

drawing hands



Simple continuous line drawings of hands

One line street scene



Use the voice to lead the drawing

Mark Making & Sound



Let sound and music inspire your drawing

drawing with a ruler



Make your drawings with straight lines only

thoughtful mark making



Develop mark making vocab and decision making skills

blind contour drawings



Match the speed of drawing with the speed of looking

discovering charcoal



Explore the qualities of charcoal

look up not down portraits



Fun portrait exercise working in pairs

Finger palette portraits



“Finger paint” the portrait

drawing like a caveman



Using our hands as tools for drawing

Analogue Drawing



Use mark-making to express emotion

spiral snails



Explore colour and movement using pastels

Continue your Drawing

Journey...



[>>On to Step 3: Introducing Materials >>](#)

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