

Resource Suggestions for Members of King's College, Cambridge

Welcome to AccessArt

Our advice to you:

Trust the process. Draw and make, not for the outcome, but for the journey. Don't second guess how it feels to undertake an activity – it's not until you try the activity, and let yourself relax into the process, that you will know if it's for you or not.

If you hear the saboteur voice (you will), acknowledge it but let it go.

Let go of the need to know where you are going, or measure yourselves in terms of where you are. Explore and be open.

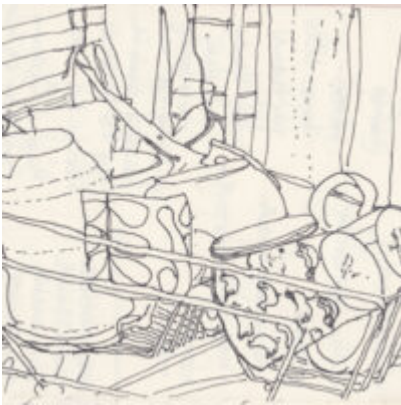
Be Inspired...

Walking and Drawing



[_Andrea Butler](#) shares how she makes marks to capture her sensory and visual experiences as she moves through the landscape

Drawing in the Dark



[_Andrea](#) shares how she started with simple contour drawings and then began focussing on the moving figure, eventually taking her sketchbook to the cinema to draw in the dark, making drawings that were about the process of pure 'seeing' and developing a drawing trust between her eye/hand to make marks that recorded her visual experience

BeACREATIVEPRODUCER



Watch animations made by teenagers exploring the creative process

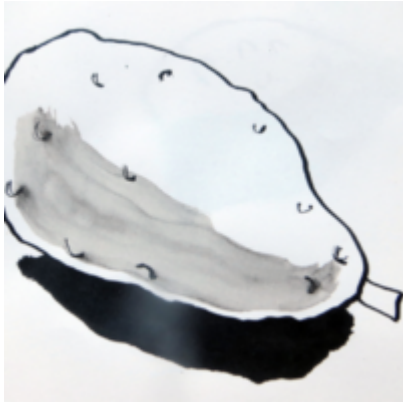
Have a go...

Drawing with Objects



 Melissa Pearce Murray makes drawings with objects, and she uses the objects as the starting point for traced images which explore the positive and negative space

Ten Minutes...



[_Commit to ten minutes drawing, five times a week](#)

Sketchbook Course Online



[_5 short activities to start your sketchbook practice](#)

Making a Scroll Drawing



[_Explore observational drawing in this scroll drawing exercise](#)

Mark Making and Sound



[_Three exercises to explore mark making and sound](#)

Prompt Cards



[_Short, sweet, mindful drawing prompts](#)

Aural to Visual



[_Collecting objects and re-seeing them to inspire sound](#)

Sketchbooks & Museums



Taking sketchbooks out and about

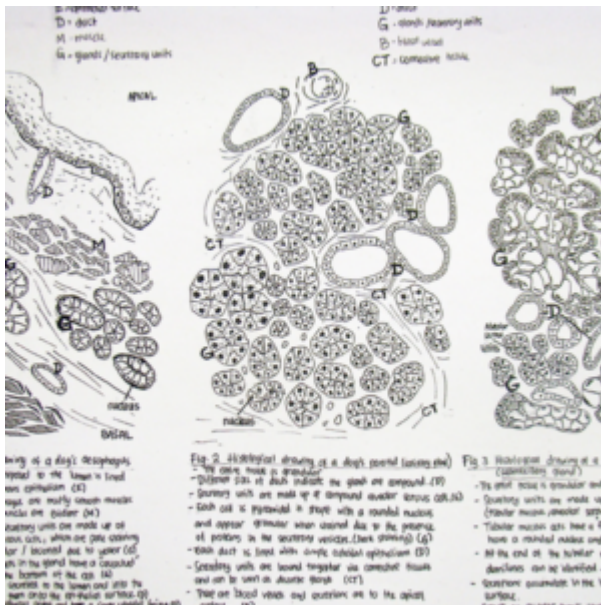
Pocket Gallery



Have fun with some creative thinking

Drawing to Help Understanding

Drawing as an Aid to Understanding



[Dr Fay Penrose from Liverpool University shares how the faculty use drawing as an aid to understanding in the Vet School](#)