

# Life Drawing Approaches

To coincide with [Mary Beard's Shock of the Nude](#) and [BBC 4's Life Drawing Live](#), AccessArt has brought together its evolving collection of resources to help all ages and abilities explore and develop skills in life drawing. The resources are suitable for individuals to use to develop their own practice or for facilitators to use with students.

Resources are being added to on an ongoing basis so make sure you are [registered with AccessArt](#) to be kept up to date.

If you would like to [contribute a resource pls get in touch!](#)

## An Introduction to Life Drawing



# Why draw the human figure, by Hester Berry

## **Capturing Gesture**



## Capture the essence of a pose through gesture, by Hester Berry

## **Drawing the Head**



[Drawing heads can be challenging; Hester Berry guides you...](#)

## **Drawing Hands and Feet**



[Tackling hands and feet in quick studies, by Hester Berry](#)

## **Understanding Foreshortening**



[Learning to believe what you see, by](#)

## Hester Berry

### Using Tone



### How using tone can help you describe form, by Hester Berry

### Foreshortened Sketches



### by AccessArt Young Artist Rowan Briggs

Smith

## Repetitive Drawing Exercise



Inspired by Henri Matisse, By Sheila Ceccarelli

## Getting it Right



Pushing through difficulties and re-seeing your drawing, by Sheila Ceccarelli



## Life Drawing with teenagers: Mini actions



Sheila Ceccarelli includes \"mini actions\" into life drawing

## Liquid Drawings Inspired by Degas



Exercises from this resource are well suited to be used in a life class, in collaboration with the Fitzwilliam

## Museum, Cambridge

### Drawing Someone drawing something



### More ways to bring life drawing into a workshop scenario, by Sheila Ceccarelli

#### Line & Tone



### Artist and Teacher Rachel Mercer shares a structured approach to exploring the

relationships between line and tone in a life class

**Research about Life Drawing & Adolescents**

The ResearchGate logo, consisting of the word "ResearchGate" in white text on a teal rectangular background.

ResearchGate

Studies have shown that life drawing can have positive effects on body image in adults. Here, Viren Swarmi examined the effect of life drawing in a sample of British adolescents



