Life Drawing Approaches

To coincide with <u>Mary Beard's Shock of the Nude</u> and <u>BBC 4's Life Drawing Live</u>, 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 <u>registered with AccessArt</u> to be kept up to date.

If you would like to <u>contribute a resource pls get</u> in touch!

An Introduction to Life Drawing



Why draw the human figure, by Hester Berry

Capturing Gesture



<u>Capture the essence of a pose through</u> <u>gesture, by Hester Berry</u>

Drawing the Head



Drawing heads can be challenging; Hester Berry guides you...

Drawing Hands and Feet



<u>Tackling hands and feet in quick studies,</u> <u>by Hester Berry</u>

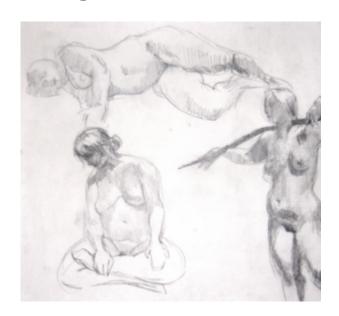
Understanding Foreshortening



Learning to believe what you see, by

<u>Hester Berry</u>

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



<u>Inspired by Henri Matisse, By Sheila</u> Ceccarelli

Getting it Right



<u>Pushing through difficulties and resceing your drawing, by Sheila Ceccarelli</u>

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



<u>Artist and Teacher Rachel Mercer shares a</u> <u>structured approach to exploring the</u> relationships between line and tone in a life class

Research about Life Drawing & Adolescents

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

