

# Red to Green: Steps to Observational Drawing

By [Sheila Ceccarelli](#)

Adults often comment on a lack of confidence in drawing and associations to it with Art room traumas from childhood, which instilled a disbelief in ability or even entitlement to engage in the drawing process.



Learner at Red2Green drawing a skull on loan from University of Cambridge Museum of Zoology

This association was expressed by some of the students at [Red2Green](#), centre for adult learners, many of whom had not drawn since their childhood days.

In this workshop, I wanted to lay the foundations for students to be able to approach observational drawing without feeling inhibited or paralyzed and reinstate their confidence in their ability and right to draw.

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