

The Sketchbook Journey Step 3: Practice & Explore

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Exercises to Build Sketchbooks

The resources in this section of the Sketchbook Journey provide you with lots of ideas for practising sketchbooks skills and for beginning to understand how the sketchbook can be embedded in your day.

You will also find resources which relate to specific sketchbook projects, to help you deepen your exploration of what sketchbooks can be.

All the resources can be adapted for all age groups and the exercises below should be used regularly to help learners develop their sketchbook skills. Use them as standalone activities or embed them in wider projects.



Explore Sketchbook Exercises...

Ten minutes, five times a week



[If you are new to AccessArt 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

feely drawings



Drawing through the sense of touch

Backwards forwards drawings



Use the backward forward drawing technique to help slow down your drawing

making stronger drawings



Try this exercise to help learners make bolder drawings

see 3 shapes



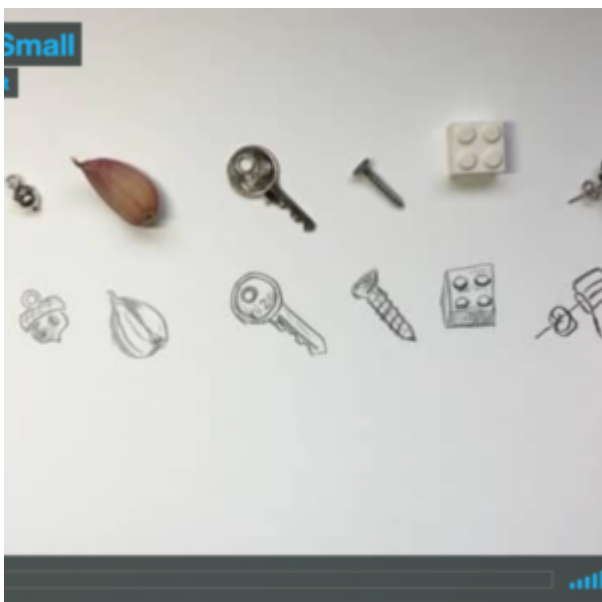
Explore how seeing simple shapes can help develop drawing skills

thoughtful mark making



Develop mark making vocab and decision making skills

drawing small



Make a series of small drawings to settle into the drawing process

finding Marks through artists



Be inspired by the marks made by artists

Deconstructing to help you see



In this exercise pupils will practise close looking, and explore mark-making

drawing hands



Create simple continuous line drawings of hands

Mark Making & Sound



Let sound and music inspire your drawing

drawing with a ruler



Make your drawings with straight lines only

blind contour drawings



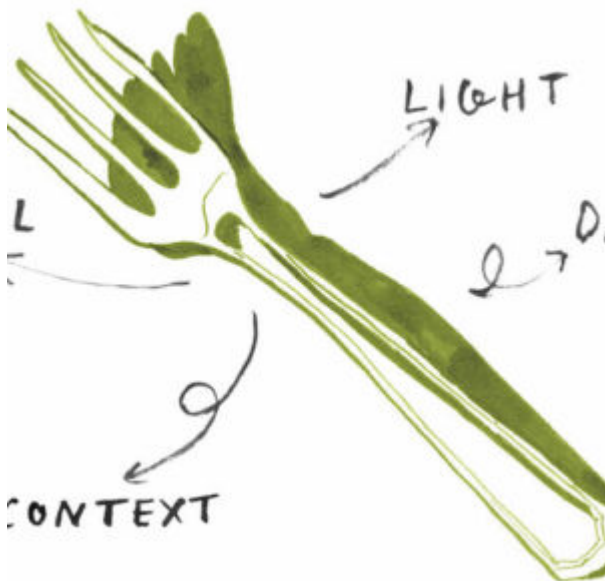
Match the speed of drawing with the speed of looking

Drawing Prompts



Simple drawing prompts for use in the classroom or gallery

show me what you see



Encourage children to respond to what they are seeing through drawing

Sketchbook Projects

Once you have introduced your learners to basic sketchbook skills, explore these short projects to help develop skills further and enhance creative thinking.

A Visual Poetry Zine with Monotype



[Explore printing and making sketchbooks inspired by poetry](#)

Exciting Colour Sketchbook



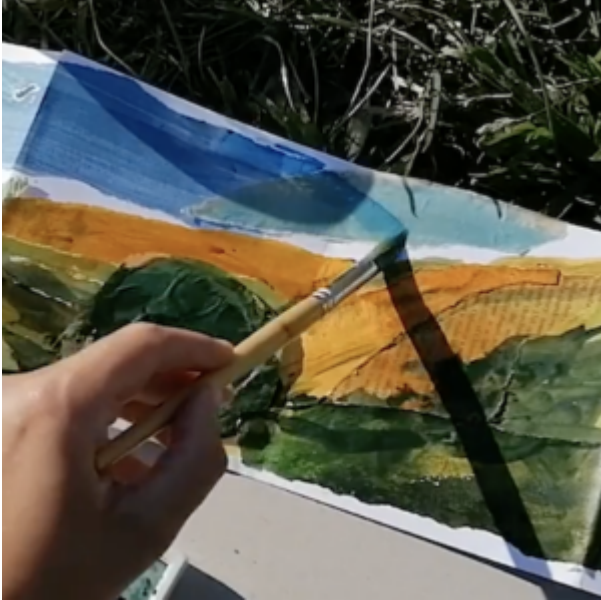
Collect colour to inspire your work

Nests: Materials, Tools Testing and Sketchbooks



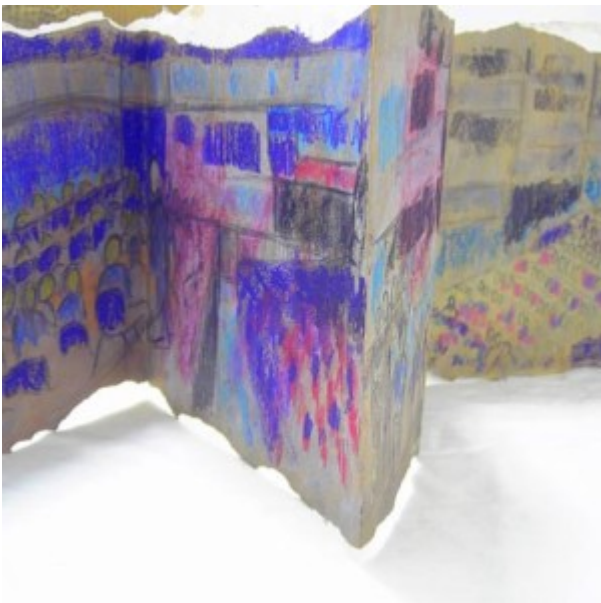
Explore ways of making marks using a range of drawing tools and ink

Concertina Landscapes



Fill a concertina filled with collages, paintings and drawings

Sketchbooks and Performance



Capture a sense of theatre and performance in a sketchbook

What is a canvas?



Explore drawing surface and understand how it might influence the drawings made

Developing Ideas through Exploring Media



Enable children to have the confidence to create their own learning journey

An Introduction to Sculpture



Explore artwork in sketchbooks before moving into sculpture

Develop mark-making and pattern



Using sketchbooks to develop mark-making, texture and pattern

Foreshortened Studies



Practice foreshortening working from photographic source material in your sketchbook

Walking and Drawing



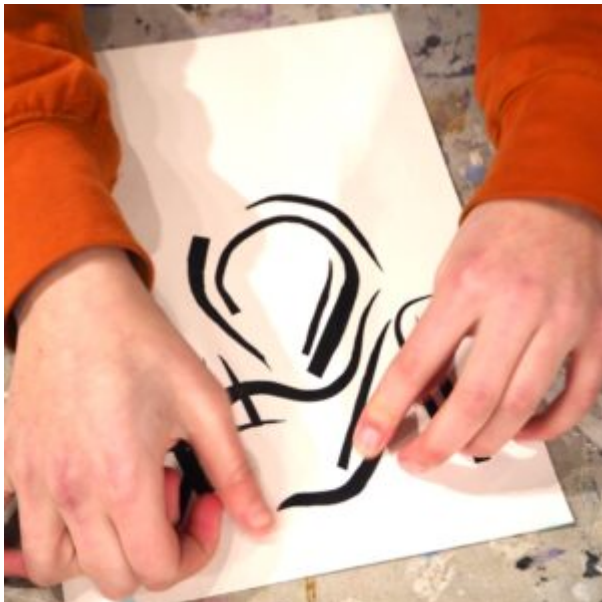
Take your sketchbook for a walk to inspire a new kind of mark-making

Drawing in the Dark



Keep your sketchbook with you when you watch films to explore drawing in the dark

Three Approaches to drawing



Adapt these drawing approaches to

sketchbook work

Drawing in Candlelight



Exploring drawing by candlelight

Concertina Sketchbook for Wellbeing



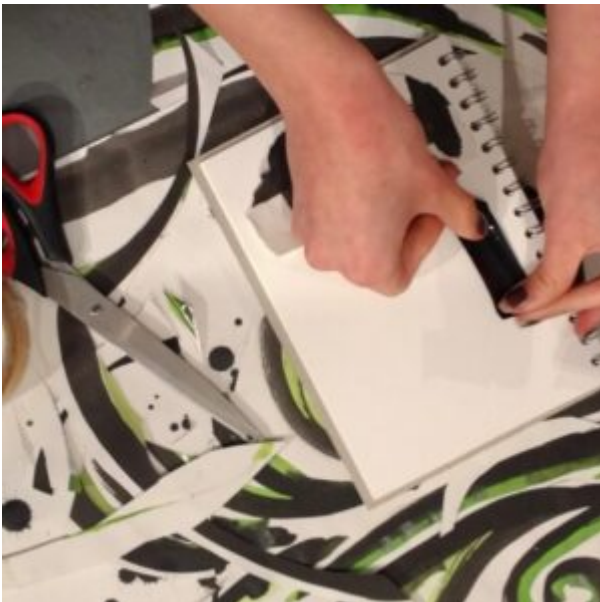
Use a concertina sketchbook to put mindfulness at the heart of drawing

Drawing a day



Create a drawing a day with a concertina sketchbook

Using a Sketchbook to develop ownership of imagery



Develop ownership of imagery by collaging

artwork

Animating with Charcoal



Inspired by William Kentridge, explore making charcoal animations in a sketchbook

Teenagers Make Their Own Drawing prompts

W YOUR
OURITE FOOD
a bad hand pos
- drawing

Overcome fear of the “white page”

Using Photocopies to develop ideas



Use photocopies of drawings to help pupils develop their ideas

Mayan Tabletop Eraser Printing Project



Develop sketchbook work around

printmaking

Visual Notes



Help children to slow down and process information with this exercise

Making a Washing Line Sketchbook



A sketchbook exercise to encourage

collaborative creative thinking

Sketchbooks for Design



Use sketchbooks as a tool to inform design

Show Me What You See



See how sketchbooks are used to help children see, before they go on to make

A Sketchbook Challenge!



[Practice your sketchbook skills with our How Much Does A Cloud Weigh? challenge](#)

Play and Explore



[Inbal Leitner demonstrates how Line and Shape can be used to illustrate poetry](#)

Unfolding stories



[Inbal Leitner shows us how to step out of the sketchbook](#)

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