



Look and draw your subject in the time it takes to inhale and exhale one breath.

[www.accessart.org.uk](http://www.accessart.org.uk)



Draw your subject with your  
non-dominant hand.

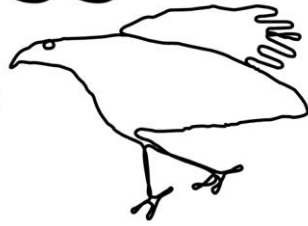
[www.accessart.org.uk](http://www.accessart.org.uk)



Draw your chosen subject in a continuous line without taking your pencil or pen off of the paper.

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Access  
Art



Draw your chosen subject in five  
lines.

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Draw your chosen subject in  
three lines.

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Access  
Art



Hold your pencil or pen lightly from the top (with all five fingers) and dangle it over the paper drawing your subject.

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Look at your subject and draw it  
without looking at the paper. No  
cheating!

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Draw your subject in dots and specks.

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Draw your subject in scrapes and slices.

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Draw the outline of your subject  
in one, strong gesture.

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Draw your subject without  
blinking.

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Draw your subject's shadow.

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Draw your subject from inside out with no outline or contour at all (use only shading).

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