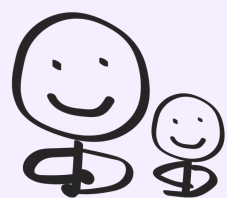




LINE ART

Who can do it?



Anyone who is 8 years or older

When can you do it?



- When you are anxious, confused, bored or stuck.
- When you have too many thoughts and want to structure them.

How to do it?



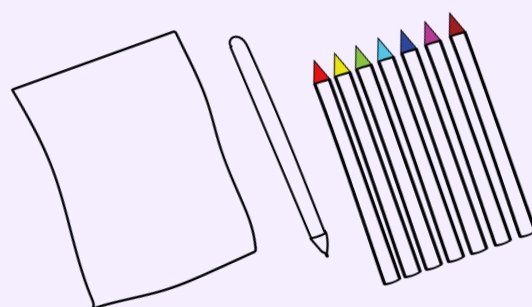
- Take a blank paper and a pencil and start drawing.
- Start by first drawing lines and then give forms around these lines. For example, if you are drawing a face through line art, first make the eyes and nose using lines, and then draw a circle around it to depict a face. We are so used to first creating forms and then using lines to finish the drawing – you will have to concentrate to do this the other way round.
- If you are doing it with your children, ask them to start with a line and then let them do the art by themselves. Don't give them any more instructions, and you'll see them more settled and calm during the process.

How will it help and expected outcomes?



Will help you concentrate, which will in turn help structure and clear your thoughts

Resources required?



A sheet of paper and pencil.