Developing a painting
Part 1: Sketching

Just like many other art forms, sketching benefits many different areas of our wellbeing. Sketching can help us relax, reducing stress, agitation, anxiety and improving our focus. Sketching forces us to pay attention to details in the environment, relieving our brains from the strain of continuous concentration.

This experience is just like meditation and will bring you a sense of calm, balance and peace which will improve your overall emotional wellbeing!

Map Out The Image

When beginning your sketch, remember there is no right or wrong place to start. Use your pencil to map out your image. For example, you could draw what’s in the background then focus on what is in the middle and foreground. It is up to you how much detail you include but remember that you will eventually paint over this later on in the process.

Sketching Tips For Beginners:

- Know your tools – ensure you are completely comfortable with your grade of pencils, sharpener, eraser and sketch books.
- Start with simplified large shapes and save the details until later.
- Develop your observational skills and hand-eye coordination.
- Make sketching a habit!

Under Pressure

The harder you press your pencil on to the paper, the harder it will be to rub out. This will mean it will be more likely to show through the paint in the later stages. It is best to be gentle when drawing with a pencil, so that it doesn’t show through the paint.

Scale & Proportions

If the participant intends on copying the original image, encourage them to look carefully at what is already there, keeping in mind scale and proportions.