

## **AMPING YOUR (maybe hidden) CREATIVITY THROUGH DRAWING**

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website: <http://fortinthelivingroom.com/2016/01/02/intro/>

### **Flexible Weekdayz Course Guidelines:**

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Welcome! For these next two weeks you will be invited into a relaxed vibe to embrace an expansive perception of drawing that includes honing skills while being guided towards some unfolding of your personal creative process.

#### **COURSE LESSONS INCLUDE:**

- Unpacking/unlearning current limiting perceptions of art and drawing
- ‘Turning down our *thinking brain*’
- Investigating multiple 'ways of seeing' in experiencing life and art
- Exploring ideas & strategies to overcome inhibitions around art-making & suss out your personal creative process:
  - deep play
  - chance
  - juxtaposition
  - bafflement
  - finding ideas vs. thinking of them
- Dabbling with Traditional Drawing Techniques:
  - blind contour and contour
  - negative space
  - tonal value
  - french curves

I've designed the exercises/activities to expose you to a variety of processes that may or may not be your thing. You'll be feeling out which ones you'd like to explore further and which ones you want to avoid ever doing again— so that at any time in the course you have full permission to switch over to a process that is more fun and engaging to you. This is meant to be enjoyable and chill!

## SUPPLY LIST

- Paper (could be a sketch book or some loose paper of various sizes. I prefer a 9"x12" but whatever size you'd like is just great. You may even choose to have several different options or just some standard 8.5 x 11)
- 2 Pencils: An HB will do it but if you have a 2B, 4B or 6B, that's a bonus. Eraser: one that does the job. (Any pens you have in a junk drawer or wherever could come in handy)
- 1 dollar store watercolour paint pan set, and brush. If you've got tempura paint kicking around, one of those kindergarten paint pucks or some India Ink you can water down that will all do. You'll only need one colour so anything cheap is ideal (unless all you have in the house is higher qual — that will be good too).
- French Curves- set of 3. These are stencils that you can get on amazon or from most art stores. I've given you the amazon link below so you know what I'm talking about. If you find a set that's got some different shapes for a better deal— go for it!  
[https://www.amazon.ca/Staedtler-571-Shapes-French-57140WP/dp/B002M5DR1U/ref=sr\\_1\\_5?dchild=1&keywords=french+curve&qid=1608064194&sr=8-5](https://www.amazon.ca/Staedtler-571-Shapes-French-57140WP/dp/B002M5DR1U/ref=sr_1_5?dchild=1&keywords=french+curve&qid=1608064194&sr=8-5)
- 1 exacto-knife or utility knife/ boxcutter & a pair of scissors.
- glue— glue stick, white glue, rubber cement or tape would work.
- magazines or books to cut up. Preferably with images you find somewhat appealing.
- 1 black pen such as an ultra fine sharpie or something with a similar fine tip.

## BONUS MATERIALS

If you have the following kicking around, they may come in useful but are not required:

- willow charcoal
- chalk pastels or coloured chalk.

\*\*\*\*Please feel free to bring in any other material you wish to experiment with!