

Art techniques and materials

Noel Basualdo

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Hello everyone ☺ Hope you are all well and using the extra free time to do plenty of creative activities! Sending you all my best wishes and hope you'll enjoy today's activity.

UPSIDE DOWN DRAWING:

This lesson is based on an idea author and artist Betty Edwards came up with in the 1970s. She was teaching art at around the same time Nobel prize winner Roger Sperry had discovered that humans have a left and right brain. The left brain is all about facts, numbers and words, whilst the right side of the brain is the more creative side. Edwards believed that in order to think like an artist, and more importantly see things like an artist, one needed to train the left side of the brain to 'shut down' as it were, for the period of drawing and allowing the right hand side of the brain to take over. It's a really fun exercise to do and it'll teach you that once you learn how to see without listening to what your brain thinks it's sees, you draw so much better.

What you'll need:

- . This handout
- . A pencil
- . Paper
- . 40 minutes to yourself
- . Great music to inspire you!

Instructions:

Before you begin make sure to read the following:

1. You'll need to start and finish this drawing in one sitting. Don't worry, the time will fly and you'll be surprised of what you'll achieve.
2. Whatever you do...do not turn the drawing the right way round until you've finished. Otherwise when you continue drawing this technique will not work as well and the outcome will not be as good.
3. You may start anywhere you wish. Bottom side, top, anywhere! Just try focus on copying lines and switch your brain off trying to make sense of what you see. This is what this exercise is all about ☺ And resist from.... turning it the right way around until the end- I know I told you this before, but just in case you are tempted to cheat ;)
4. I recommend that you not try to draw the entire outline of the form and then "fill in "the parts. The reason is that if you make any small errors in the outline, the parts inside wont fit. One of the great joys of drawing is the discovery of how the parts fit together. Therefore, I recommend that you move from line to adjacent line, space to adjacent shape, working your way through the drawing, fitting the parts together as you go.
5. When you come to the parts that seem to force their names on you: the hands and the face, try to focus on these parts just as shapes. You might even cover up with one hand or finger all but the specific line you are drawing and then uncover each adjacent line. Alternatively, you might shift to another part of the drawing.

6. At some point, the drawing may begin to seem like an interesting, even fascinating puzzle. When this happens, you will be “really drawing”, meaning that you have successfully started to see like an artist: seeing things as they are instead of what your brain assumes, they are.
7. Remember that everything you need to know in order to draw the image is right in front of your eye. All the information is right there, making it easy for you. Don’t make it complicated. It really is as simple as that.

You can begin your drawing now, there are a few images to choose from:

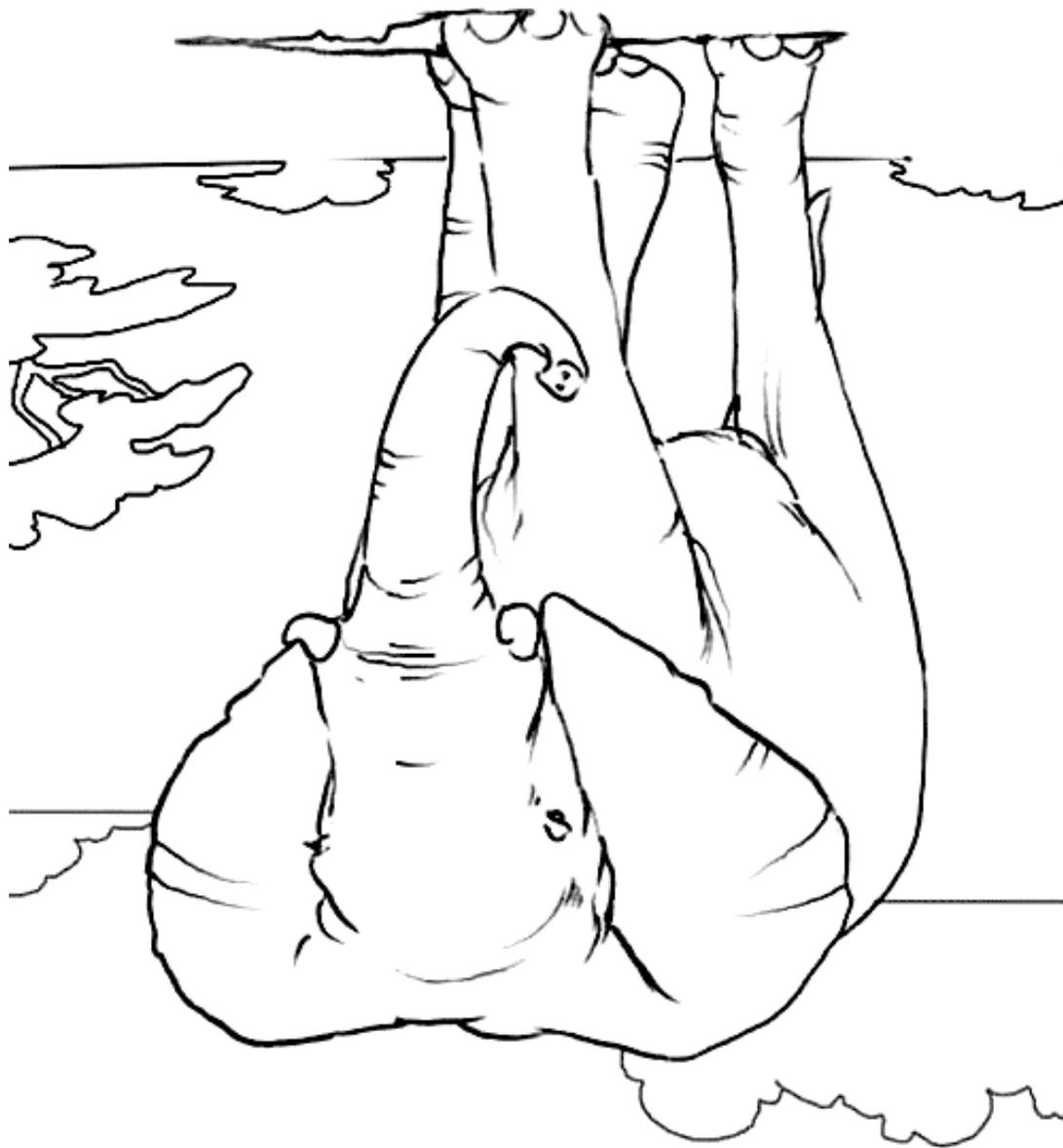
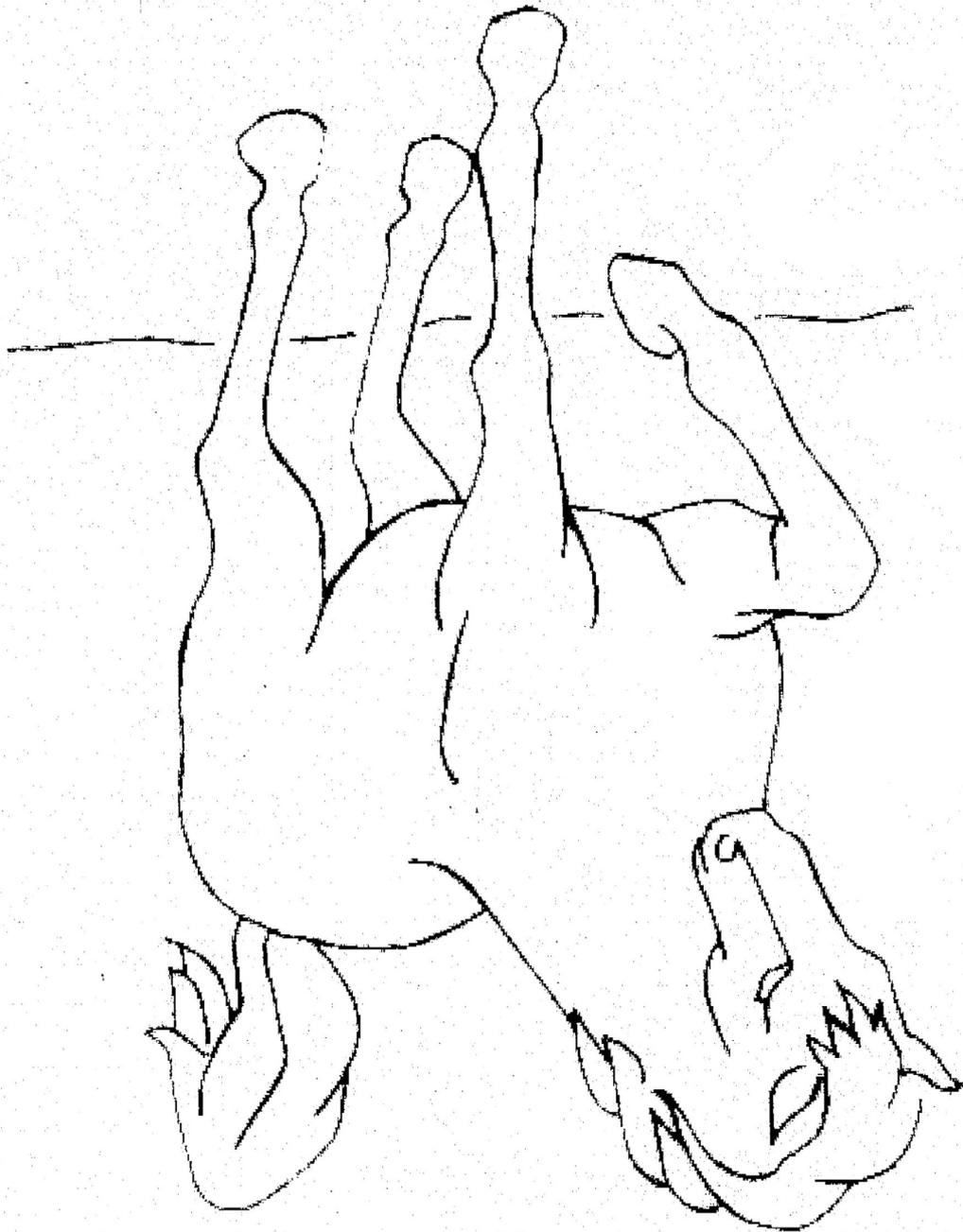




Fig. 4-7. Pablo Picasso (1881-1973), *Portrait of Igor Stravinsky*. Paris, May 21, 1920 (dated). Privately owned.



Hope it went really well 😊 Please save your drawings to show me once we resume class in person.
You can take this further by:

Using fine see-through paper/tracing paper, clear plastic sheet/overhead projector sheet/clear acetate...whichever you might have handy at home to trace any image that you like! Use a sharpie or black marker pen to trace it so you can see clearly what you are copying. Turn your traced drawing upside down and follow the same instructions.

Have fun and take good care,

Noel