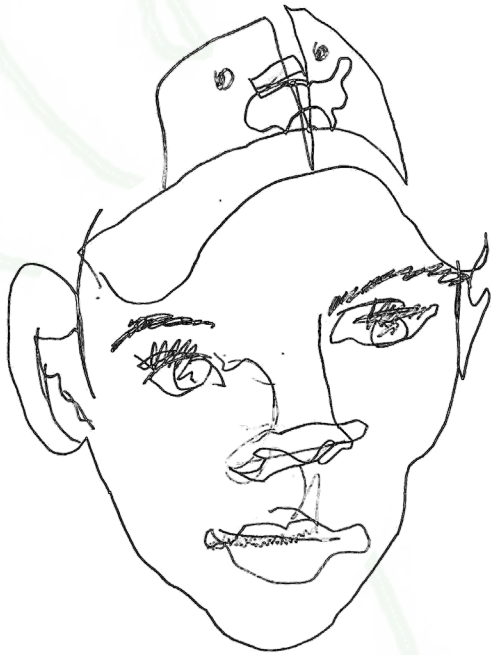


Blind Contour Drawing

Creative Mindfulness Starters

At Home Guide | Related to the exhibition
Felix Gonzalez-Torres: "Untitled" (L.A.)



This activity is all about looking carefully to focus and be mindful.

- Pick something you can see (your shoe, your watch, a person's face).
- You are going to draw this without looking at your paper and without lifting your pencil.
- Look closely and focus your attention on what you can see.
- Touch the pencil to your paper. Take a moment to notice the feel of it in your hand.
- Look only at your subject, and move your eyes slowly around the outline of your subject, moving your pencil in the same way you are moving your eyes, without looking at the paper. Only look at the paper once you are finished Drawing.
- The more you try it, the more your eyes will become attuned to looking closely and giving cues to your hand. In the meantime, enjoy each interesting result!