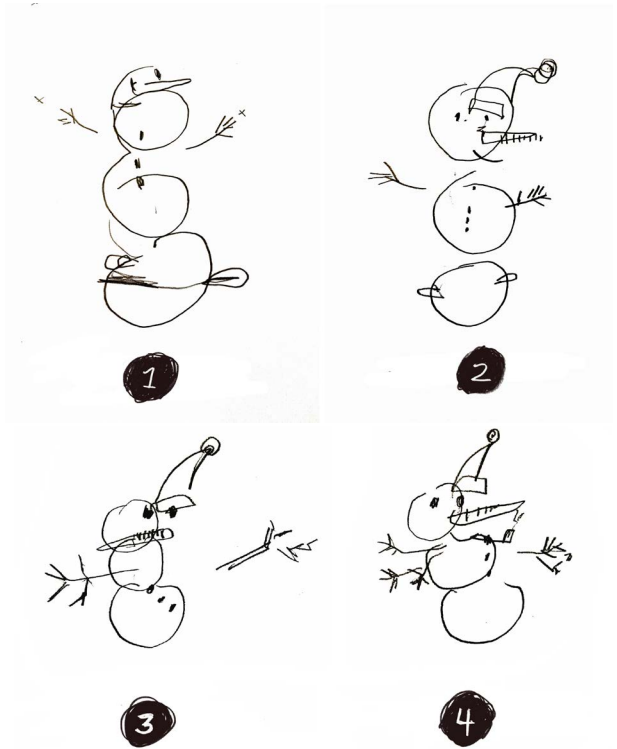




Most Fun Drawing Exercise Ever: The Blindfold!

EPISODE LENGTH: 7:42 (CLICK FOR DIRECT LINK)

SUMMARY: This is perhaps the silliest drawing exercise to have ever appeared on any podcast, ever. We're doing Blindfold Drawing. It's fun, magical, and hilarious, but contains serious art lessons. All you need is paper, a pencil, and a mask. Blindfold drawing makes us rely on our minds and movement to create an image. It removes the option to "get it right" or "do a good drawing" based on our limited visual expectations. You'll be surprised by how specific your memories and mental images are when you use your hands to imagine and remember. Keep in mind that **NOT EVERYONE THINKS IN PICTURES**. There's no "right" or "better" way for our minds to work. When we do this exercise multiple times, our drawings evolve. We slow down. We let go of expectations. Our coordination improves.



Drawing starts at 00:53. We begin with a snowman. WendyMac suggests drawing it multiple times. She then suggests a cup of hot chocolate with teeny tiny marshmallows, an ice skate with laces, and a reindeer with giant antlers. You'll be surprised and delighted by the result.

SUPPLIES: paper, pen/pencil, a mask or something to use as a blindfold

OTHER DRAWTOGETHER RESOURCES: watch video episode 6, "Tugboat" for lessons about mistakes in art.

SOCIAL-EMOTIONAL LEARNING: connecting mind and body, developing focus, letting go of perfectionism

CREATIVE SKILLS: fine and gross motor skills, no worries about drawing with your eyes closed

Guiding Questions:

- What was it like to draw with your eyes closed? Describe how it felt and how you imagined what you were drawing.
- What surprised you about how your drawing turned out the first time? If you drew the same thing multiple times, how did it change and what did you notice?
- What does Wendy mean by "there is no right or wrong way of drawing"?