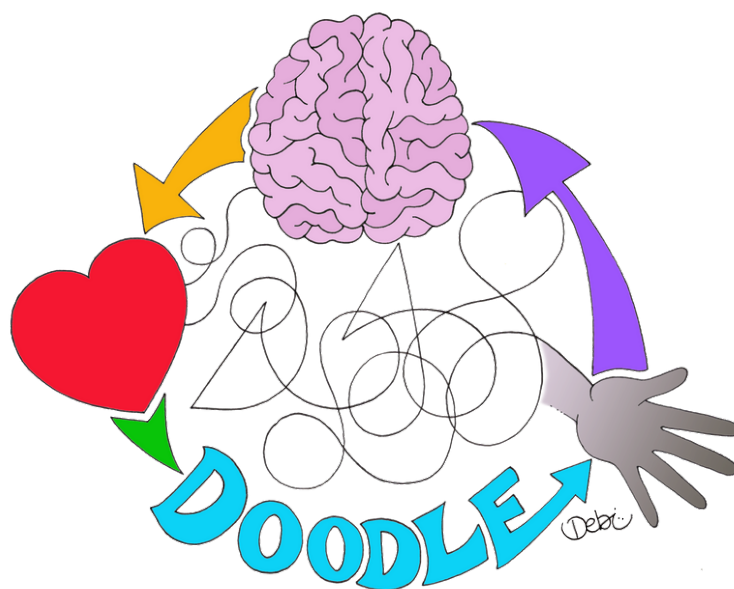


Art Practice with Debi Hammond

Creating Happy™

#1



Welcome to your Art Practice for Creating Happy! I am Debi Hammond.

I've been an artist for 40 years and I began teaching art more than 30 years ago. I noticed how many people, young and old would say, 'I can't draw'.

And I would say, 'Of course you can!'

I think that drawing or creating anything has to do with the way we think and feel about the process. It's my guess that you have picked up some ideas about your 'ability' as an artist; ideas that are keeping you from drawing what you want to draw.

I would like to help you remember that you can draw.

There is a lot of practice that goes into mastering anything we are interested in, so if you want to learn to draw better, you will need to practice. I hope you will explore your practice with me until you feel confident and free to follow your hand, heart and mind to full expression. Let's get started...

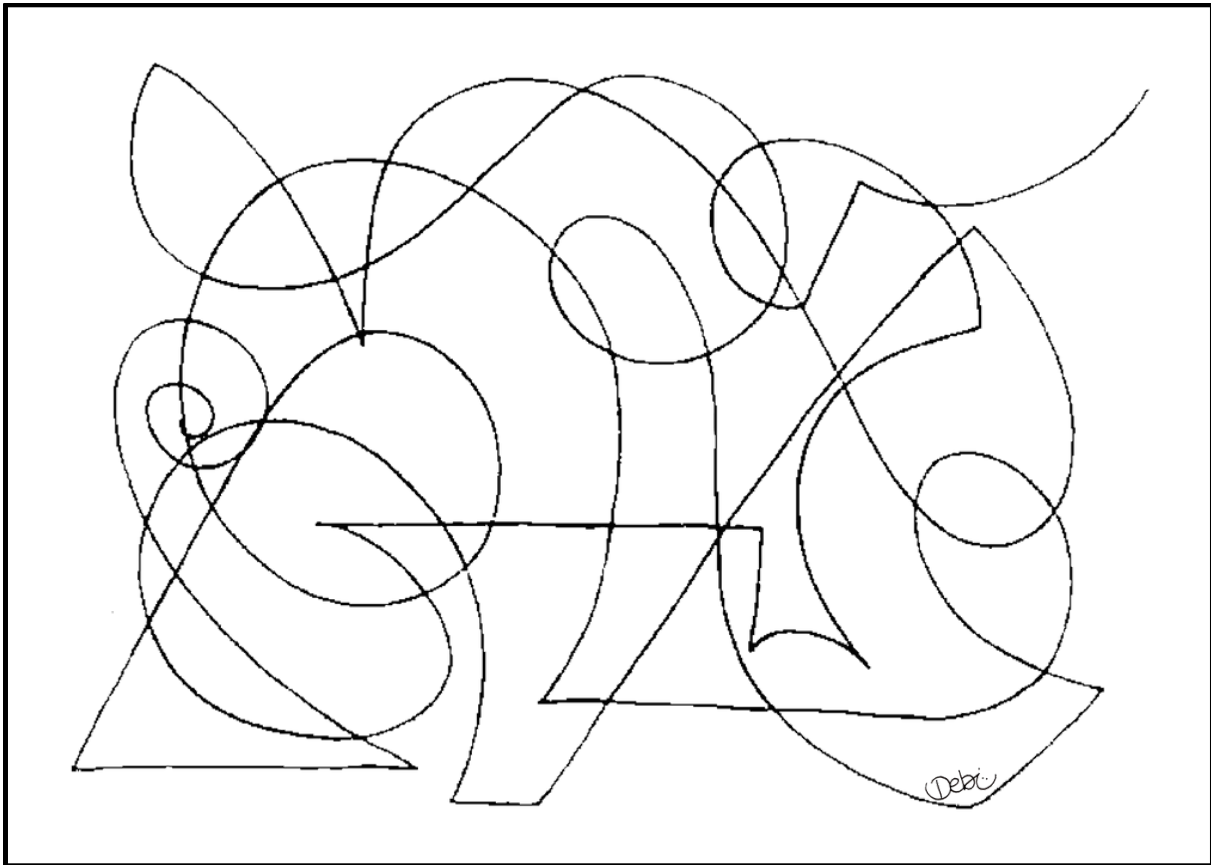
Doodling

Supplies: Paper and Pencil, then Crayons, Markers, Colored Pencils or all 3
Time: 5-10 minutes for Practice and 30-60 minutes for Coloring, if you want.

This is one of my favorite drawing exercises! There are so many benefits, which I'll list at the end. Please read through these instructions completely before you begin.

Start with your pencil on any corner of your paper and begin drawing your favorite kinds of lines- curvy or straight, moving slowly around your paper to fill it up. There are three very important parts to this exercise and they are trickier than you'd think. The first is to take your time. The second is to watch the line as you're making it and the third, which is the **most important one**, is that you not think about what you are drawing as you go. If you find yourself thinking about a shape you just made, go back to drawing, slowly, watching the lines you are making, no thinking, just watching. Stop when you feel like you are done.

Something like this...



If you'd like to watch video instruction, go to my YouTube channel- Creating Happy with Debi Hammond- Lesson 1 for ages 6-106. . If you'd like to color in your abstract design, have fun. You may be wondering how this is going to help you learn to draw what you want? You have tapped into your imagination or what I like to call your creative genius.

The Science behind the Doodle

I call this exercise 'Doodle Brain'. Drawing in this way uses both hemispheres of your brain.

As you begin drawing slowly, watching the line you are creating and not thinking, you are using the right side of your brain. The right hemisphere is all about imagination, feelings, visualization, intuition, rhythm and holistic thinking.



The left side of your brain feels the need to jump in to tell you what you are drawing, labeling the shapes you're making. Our left hemisphere thinks in words, sequence, math, facts and linear thinking.

When you stop thinking about 'what' you're creating and go back to drawing and watching the line, the right side of your brain is in control. But, the left side really wants to make sense of what you're drawing and label things as you go. As you feel the push and pull of each side, the synapses are firing in both sides of your brain, sparking and igniting your powerful processor. We've all heard the phrase, 'Time flies when you're having fun'. When you are creating you can lose track of time because you are present in creation mode. Doodling is a great activity for:

- Relaxation
- Mood Regulation
- Memory Recall
- Problem Solving
- Authenticity

Try doodling before a test, when you're trying to remember something, if you are experiencing artist or writer's block, getting ready for a meeting or presentation, to settle in and recharge your brain.

Having a healthy balance of right and left brain activities is so important for our brain function, our creativity and our happiness.

If you'd like to explore more Art Practices for the purpose of Creating Happy, contact me- Debi Hammond at debi@creatinghappy.net. I will send you a short questionnaire to find out your interests and style of learning and create more Art Practices for you.