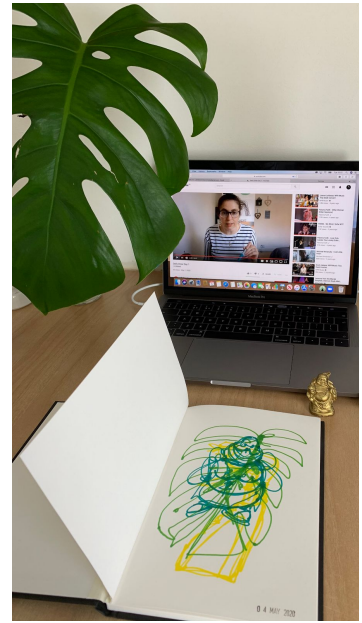




**21 DAY, DAILY DRAWING CHALLENGE**



**Hello!**

Hi, my name's Jennie. I'm the founder of Outline Arts. I run courses, workshops and events in Visual Communication for children and adults - drawing, illustration, image making, storytelling and approaches to creativity. After eight years in post compulsory education (F.E, H.E, gallery and community learning) and becoming a mam to Fred, I decided to create Outline Arts. It was in the pipeline (well my head) for a while and it seemed like the right time. I choose the name Outline Arts as it sums up my business quite well - 'a general description or plan showing the essential features of something but not the detail'. The 'detail' happens with creativity in my sessions.



My main aim is to deliver sessions which combine practical skills with creative approaches in a positive, supported environment. It's about encouraging experimentation and embracing creative problems - together they can lead to wonderful things. I'm really passionate about my subject and it's motivating me to create my own work. Since I started Outline Arts, I've met some wonderful people and students and discovered I love collaborating with other creatives and like minded people.

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## 21 DAY, DAILY DRAWING CHALLENGE - Introduction

Welcome to my **Daily Drawing** course where you'll be creating a drawing each day for **21 days**. The aim of this course is to apply the same principles of 'breaking a bad habit in 21 days' and use that framework to create a good one!

Through daily observational drawing, you'll create a sketchbook of at least 21 drawings, using objects around you to respond to. **Daily creative rituals have a positive effect on our mental health**, concentration and hand/eye coordination.

Please see the below pages for details on what you'll need, what you'll be doing, and a link to each daily tutorial.

Enjoy, and don't forget to share your work with us by tagging us on social media (see below).

### For 30 minutes a day, you will set aside time to:

- (10 minutes) Set up your space and materials
- (5 minutes) Watch daily video tutorial
- (10 minutes) Concentrated, observational drawing - set a timer.
- (5 minutes) Clear up

*\*\* Times may vary, this is a guide to help you focus on drawing \*\**

### Before you start, you'll need..

- x25 pieces of paper and a bulldog clip to create your own sketchbook. Or, an A5 sketchbook.
- Pencils (graphite and colour)
- Fine liner/biro pens
- Markers (Sharpies/Felt tip)
- Watercolour paints, brushes, water brushes  
(You can alternatively use anything to add colour such as:chalk pastels, acrylic paints, posca pens etc. Use what you have!)
- Rubber
- Sharpener
- Objects to draw (see weekly inspirations)

### Week 1 - Line and Shape

For this week, you'll need 8-10 3D objects, at least 2-3 of them should be something with a circular top and bottom for the Day 2 and 3 (T-cup, plant pot, bowl). Ideas for objects could be flowers, plants, t-cup and saucer, fruit, vegetables, mementos, ornaments, jewellery, hats, kitchen utensils, sculptures - any still life you think would be interesting to draw. Feel free to set up a still life before the session so you can focus on different objects for the daily activities or if you're doing the course as a family / household. For Day 7, you'll be drawing from the view of a window so you might want to set up by a window for this session. You'll also be reflecting on the week by free writing for 3 minutes how you felt about drawing everyday, what you enjoyed most and ideas it gave you.

### Week 2 - Colour

For this week, you'll need 8-10 3D colourful objects - flowers, fruit, veg, objects from the list above. For Day 14, you'll be drawing from the view of a window so you might want to set up by a window for this session. You'll also be reflecting on the week by free writing for 3 minutes how you felt about drawing everyday, what you enjoyed most and ideas it gave you.

### Week 3 - Collections

For Day 15-21, you will create a collection of drawings of objects from your home. On Day 15, select an object to draw. From that drawing, select an element and use it as inspiration for the next one. This might be a colour, shape or keep the collection of the same thing i.e collection of cups, views from the same window, views from different windows but the same time etc

### BONUS ACTIVITY

Take 5 photographs everyday. This could be of daily routines, different viewpoints, on your exercise route, still life you create or natural. This is a great way to appreciate what we have around us and record it like a visual diary alongside the drawings and reflection.

## **LINKS TO DAILY VIDEOS**

### **Day 1**

<https://youtu.be/kYKVibQTNxQ>

### **Day 2**

<https://youtu.be/7HITlaRgabQ>

### **Day 3**

<https://youtu.be/7XhQwxFG-EA>

### **Day 4**

<https://youtu.be/JTs7OIFafOo>

### **Day 5**

<https://youtu.be/N1r9bHITPKk>

### **Day 6**

<https://youtu.be/WH4hixVLkyE>

### **Day 7**

<https://youtu.be/QB6W0KpGXtw>

### **Day 8**

[https://youtu.be/pfj\\_hEJJ9U0](https://youtu.be/pfj_hEJJ9U0)

### **Day 9**

<https://youtu.be/kJUkzesUp-s>

### **Day 10**

<https://youtu.be/iRvgXcY6Jdw>

### **Day 11**

[https://youtu.be/4-sK\\_ieeyzI](https://youtu.be/4-sK_ieeyzI)

### **Day 12**

<https://youtu.be/g7DiggDWXXo>

### **Day 13**

<https://youtu.be/FQRM3jXC0jM>

### **Day 14**

<https://youtu.be/XJb503cVqxY>

### **Day(s) 15-21**

<https://youtu.be/LXOvZ4ZkhjI>