



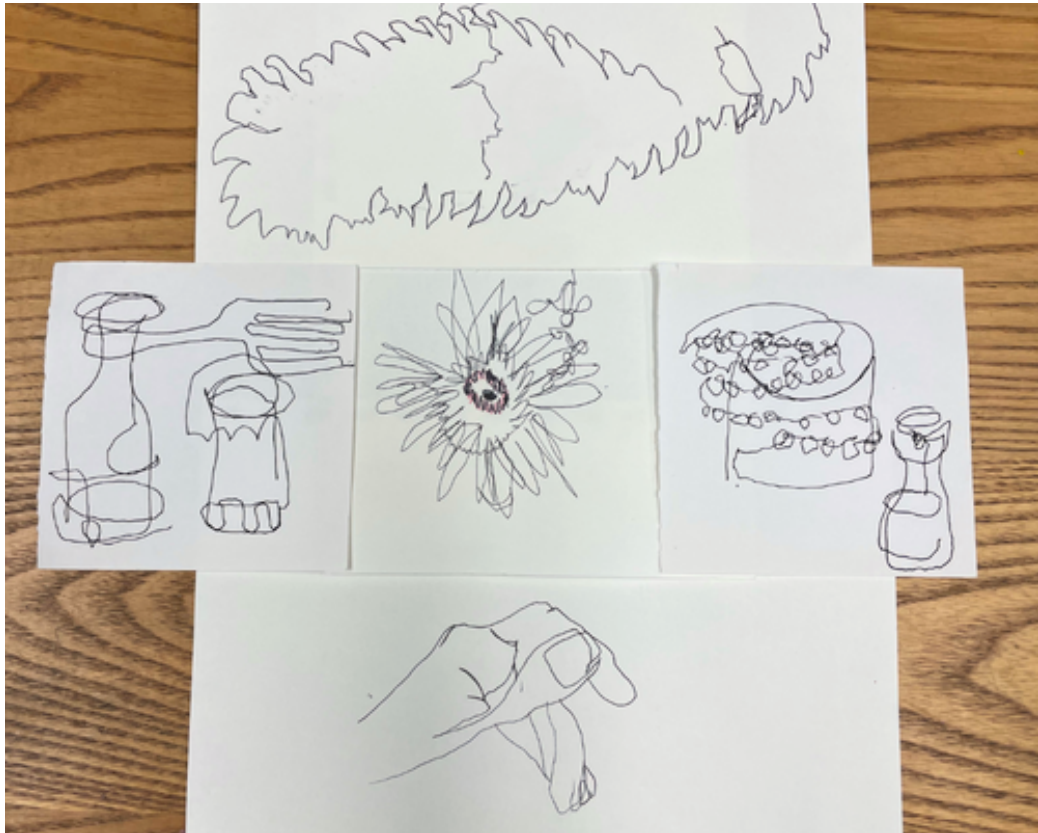
creative matters

by Christine Marie

Blind Contour Drawing



A simple practice for slowing down, looking closely,
and letting go of perfection.



10 - 15
Minutes



Beginner
Friendly

No experience
needed

♥ art, process and the joy of creativity ♥

What Is Blind Contour?

Blind contour drawing is a way of drawing without looking at your paper. Instead, you keep your eyes on the object and let your hand slowly follow what you see. The result may look unusual—and that's exactly the point. This exercise helps you observe more closely and quiet the part of your brain that wants everything to look perfect.

What you'll learn

- ✓ Slow down and really observe what you're drawing.
- ✓ Let go of trying to make a perfect picture..
- ✓ Discover how surprising and expressive simple lines can be.
- ✓ Build confidence by focusing on the process, not the result.



Remember

There are no mistakes here.
Every line is part of the experience.

Before You Begin

You only need a few simple supplies to get started. Find a quiet place to sit, choose an everyday object, and give yourself permission to draw slowly.

Supplies

- ✓ Paper
- ✓ Black pen or marker
- ✓ An everyday object

Remember:

- ✓ Look at the object.
- ✓ Move slowly.
- ✓ Keep your drawing tool on the paper.
- ✓ Don't peek until you finish.



Your Hand

Practice 1

Place your non-drawing hand in front of you. Slowly trace its edges with your eyes while your drawing hand follows along on the paper.



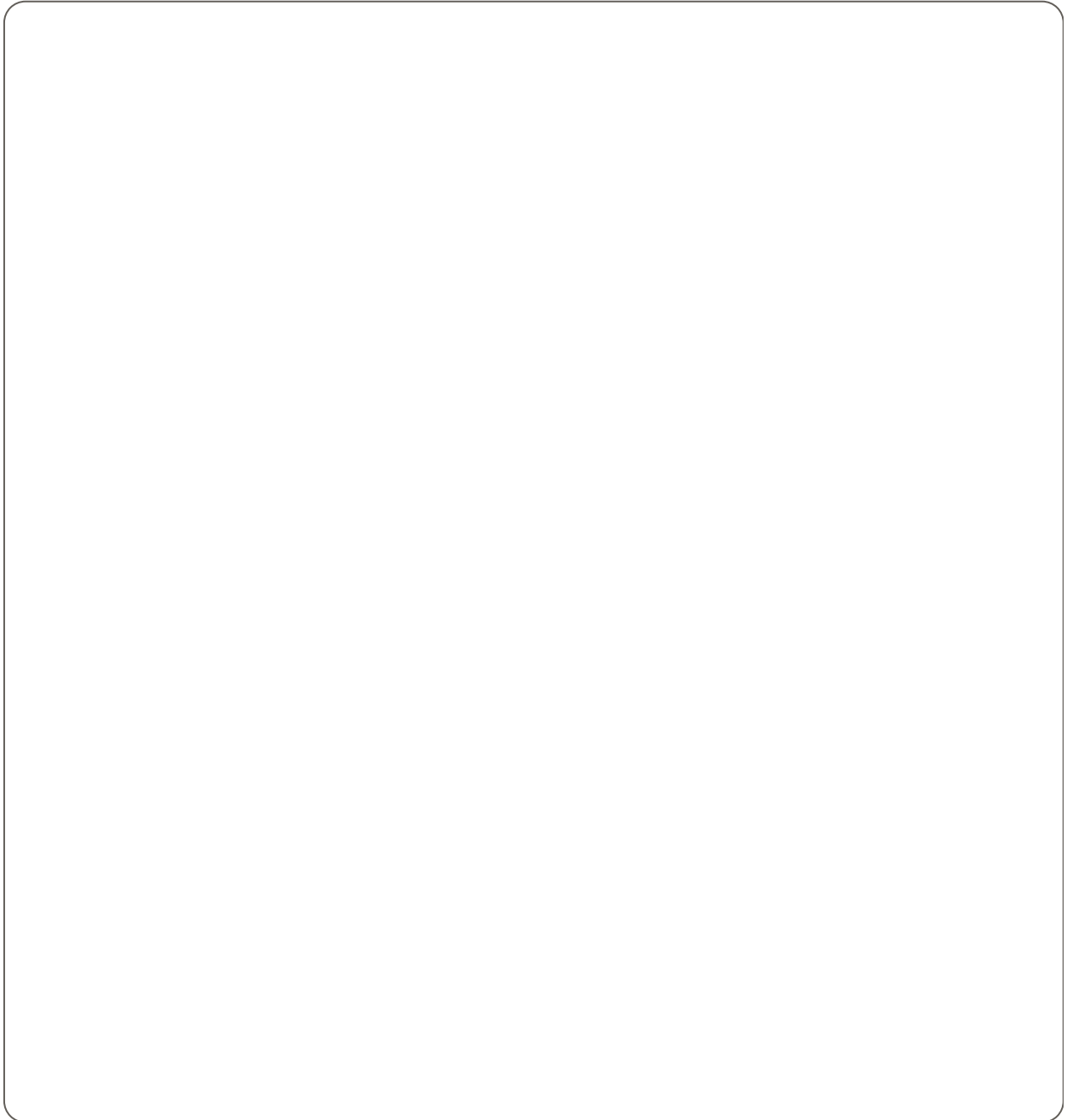
Pause & Notice

What did you notice that you hadn't seen before?

Everyday Objects

Practice 2

Choose a mug, shoe, plant, pair of scissors, or another object nearby. Take your time and let your eyes guide your hand.

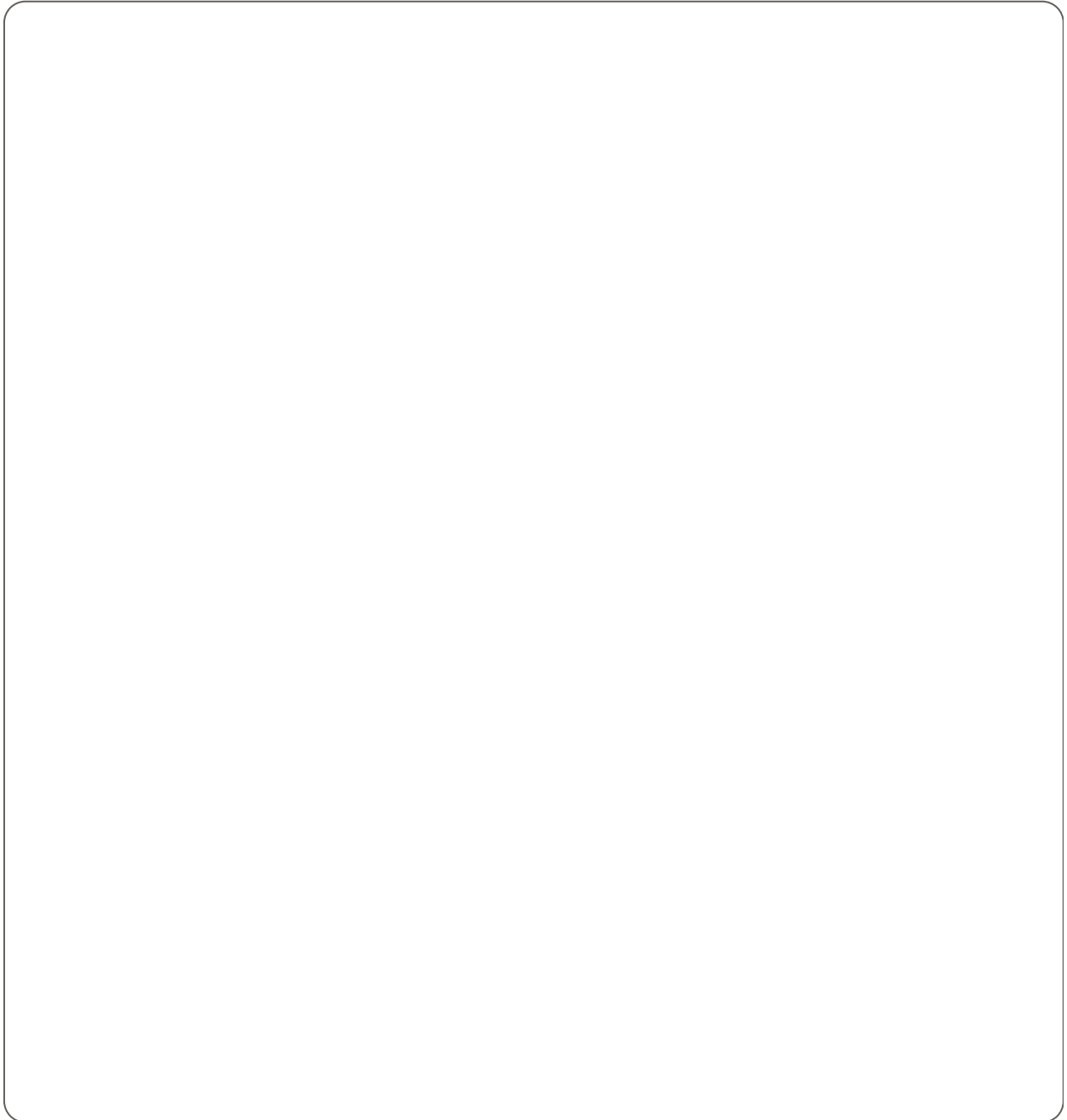


Today I drew: _____

Look Closer

Practice 3

Choose an object with more detail, such as a plant, keys, crumpled paper, or your reflection in a mirror.



Let the lines overlap, wobble, and wander. That is part of the drawing.

Before You Go

Pause & Notice

- Where did your line move slowly?
- What did you notice about the object?
- Which drawing feels most interesting to you?
- What would you like to draw next?

**You don't need to draw perfectly
to pay attention creatively.**



Thank you for creating with Creative Matters.

