

BLIND CONTOUR DRAWING

Art | Physical Education

Possible curricular outcomes, object dependent: English Language Arts

Look Closely

Stop and quietly look at the chosen object for at least one full minute.

- What do you notice?
- Use your [viewfinder](#) to help focus on any parts of the object that make you curious.

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Our brains like to make sense of the world by standardizing things to make everyday life easier. Brains look for patterns and create consistency, favouring predictability. For example, when we think of the colour of the sky, the colour blue pops into our head. In reality, this is not always the case.

Blind contour drawing helps our brains break out of these everyday patterns. It improves hand-eye coordination and engages observational skills. Blind contour drawing is also a fun way to get students into drawing by loosening up and being a bit silly.

Activity

Materials: sketchbook or paper, pencil, interesting object or friend

1. Take your finger and very slowly trace the outline of the object you are drawing.
2. Place your pencil on the paper and draw the outline of the same object. Focus entirely on the object and do not look at your page, no matter how tempting it is.
3. Do not take your pencil off the paper until you are done drawing your contour.
4. To help with the temptation of peeking, punch a hole in a paper plate and slide it over your pencil. The paper plate hides the paper's surface, allowing the blind contour to stay hidden.
5. Choose a different object to draw, or pair up with a friend and take turns.
6. Did your drawing turn out the way you thought it would?
7. What two words would you use to describe what you see or feel when looking at your drawings?
 - a. Write these two words on two different pieces of paper or cards.
 - b. Combine your words with the rest of the class and create a poem, either on the floor or a large table.

Share!

Share your drawings with each other, giggling may happen! You can share your drawings with us at Glenbow: schoolprograms@glenbow.org.

Additional Questions and Thought Starters

- How did it make you feel to make such a freeform drawing?
- What happened when you drew a person with blind contour?
- What outer factors influence how we express ourselves artistically?