

How to Draw from a Reference

Arts | Crafts



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Drawing is meaningful because it serves as a powerful form of self-expression, allowing individuals to convey thoughts, emotions, and ideas visually. It can be a meditative and therapeutic activity, providing a way to process feelings and communicate without words. Whether for personal enjoyment, storytelling, or sharing perspectives, drawing connects people to their inner world and can create a sense of fulfillment and connection with others (Art Strong).

TIME

10-20 Minutes

MATERIALS

- Access to the internet
- Access to a printer
- Drawing tool (\$5+)
- (pen, pencil, marker, crayon, pencil crayon, etc...)
- Paper to draw on (\$1+)
- Ruler (\$2+)



Gird Drawing

INSTRUCTIONS

1. Encourage the individual to find an image online, one that they would like to draw
2. perhaps start simpler and work your way up as you get used to the process
3. Find an image with clear lines
4. Download the image and print it out
5. Using a writing tool and a ruler create a “grid” over the printed image (see reference picture below)
6. Next, take a blank piece of paper and redraw the same grind on that piece of paper using a penic so you can erase it later
7. Its best to use space indicators on the ruler (cm, mm, inches) to make the grid equal on both the image and the drawing paper
8. Next, encourage the individual to start working from the top of the grid down, copying the lines in each grid from the image onto the drawing paper
9. For example, if there is a line that goes straight down the middle of one of the boxes in the grid, have the individual copy that straight line down the middle in the same box on the drawing paper (see reference picture below)
10. Keep repeating until your picture is all complete
11. Erase the grid on the drawing and fill in any spaces
12. And you’re all done!

RESOURCES

[What are the benefits of drawing? | Artist Strong](#)

SUPPORTS NEEDED

Some individuals may need assistance with printing and drawing out the grid. Encourage as much individual creativity as possible. Try doing a drawing of your own beside the individual to encourage them.

Gird Drawing

REFERENCE IMAGES:

