

# Scribble Drawing

## Drawing | Crafts



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### WHAT MAKES IT MEANINGFUL

Scribble drawing is a form of spontaneous drawing that involves closing your eyes and letting your hand guide your pencil freely, creating different shapes and lines without knowing what you are going to draw. It is truly a therapeutic process with little to no pressure involved. Free-form scribbling allows individuals to fully embrace their creativity and the art of imperfection.

### TIME

- 15-30 minutes

### MATERIALS

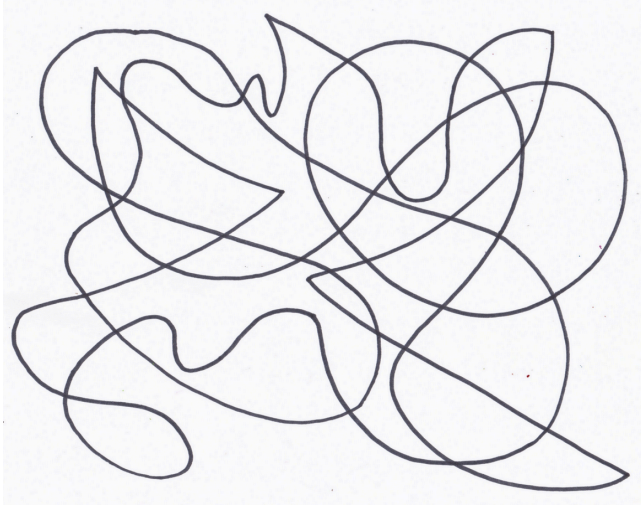
- pencil or pen
- coloured markers or pencil crayons
- sheet of paper

### INSTRUCTIONS

1. Gather all of your materials in a comfortable space where you can sit.
2. Take a sheet of paper.
3. Close your eyes and let your pencil freely scribble on the paper.



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4. After a couple seconds of scribbling, open your eyes and look at the big scribble on your paper.
5. Think of what you can see in the scribble; maybe you see a face, a dog or any other object/thing.
6. Once you can visualize what you can draw with the scribble, go in with and draw your picture!



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7. Once finished, give a title to your picture.
8. If you would like, you can repeat this process over again and create a new one on a new sheet of paper or on the same one if there is still space.

## SUPPORTS NEEDED

- Support will vary depending on the individual's needs.