

Curvy Line Abstracts Grades 7-12

Supplies: 3 pieces of white paper, colored pencils, markers or crayons (optional- watercolor paper and paints)

1- Look at the inspiration pieces on pages 2.

2- Practice making long curvy lines on the first piece of paper.

3- Try your own design using curvy lines on the second piece of paper.

4- Color in some of the shapes made by the overlapping lines.

5- Watch any of these YouTube videos about Neurographic Art

https://www.youtube.com/watch?v=Nolgdt-uQR0	8:00
https://www.youtube.com/watch?v=6W_Lb_Nc7fl	10:22
https://www.youtube.com/watch?v=XZf4Fbr6dU0	15:25

6- Using your 3rd piece of paper (If you have watercolor and watercolor paper use that if you would like). To create a final piece of art thinking about the process discussed on the Videos and your own personal challenges.

7- Draw curvy lines similar to the example on the video making sure they go all the way to the edges of the paper. Draw as long as you can (count to 3 very slowly) without lifting the marker, crayon or pencil.

8- Like you saw in the video round all the corners of lines that overlap - (See examples on pages 3-5).

9- Page 6 Shows you how to add shadows - (the black part on the top inside of each shape).

10- Page 7 has an example of a shaded one completed with color blending. I used colored pencils, you can use crayons, markers too (OR watercolor if you have watercolor paper).

I hope this technique brings calmness and peace to your life and you can use it often as a tool to de-stress.











