

SEVEN WORKSHOP 1: ONE MINUTE SKETCHES - Helen

HEIDI'S NOTES:

#1 One minute quick sketches x14

Using a magazine, turn to any page and identify the first image you see. Spend 1 minute drawing it. Stop. Turn the page, identify the first image you see, draw for 1 min. Repeat this process 14 times (14 drawings).

Select four best/favourite images. Stick these into your journal.

Select two further images, cut these into pieces and jigsaw them together. Stick these into your journal.

You now have some drawings as starting points to develop: allow new images to emerge as they suggest themselves rather than 'forcing your will on to them' - in this way you'll get a deeper creative response.

Try working with mixed media; work the drawing with different pencils, charcoal, compressed charcoal. (remember to spray fix your work - unperfumed hairspray is a cheap alternative) you may want to erase areas or 'mask' them out with Indian ink or Tipp-Ex. Try working back over the top of these opaque areas. You may choose to stick other papers/materials on top. You can add colour: paints, oil pastels, soft pastels etc.

Why I Enjoy This Process ...

I've often attended writing classes where attendees are encouraged to get the juices flowing by writing a page non-stop. Like the quick sketch, it's a way to bypass the analytical mind. It warms you up. It overcomes creative barriers. And you wouldn't believe the times I've come up with a phrase, an idea, sometimes a whole story, I couldn't have told you, or written a moment before.

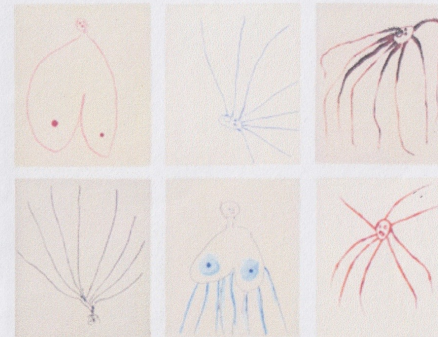
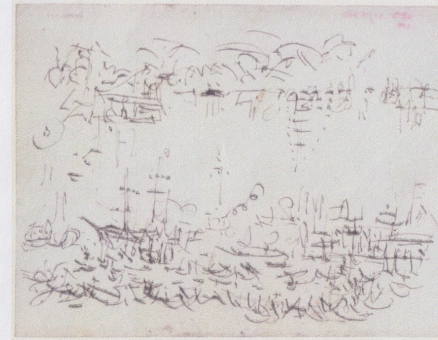
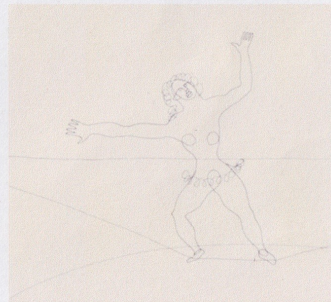
That's why I like the one minute sketch. It helps overcome resistance. It forces you to focus and yet surrender at the same time. You don't have time to consider if it's wrong or right, too big or too small. You're forced to get out of your own way. To make way for the flow. And who knows, maybe magic will happen...

The trouble with a lot of artists today is that they have too much technique and equipment. They don't know what to do with it all. If you cut down on it, you can work more strongly within narrower limits.

- Alexander Calder



Drawing is like making an expressive gesture with the advantage of permanence.
- Henri Matisse



A one minute sketch

Some Suggestions...

- Try layering your one minute sketches to create unexpected images
- Repeat your one minute sketch using tracing paper and carbon copy paper
- Experiment with sketch size using a scanner / photocopier
- Make like Louise Bourgeois and create a print from your original sketches

JMW TURNER'S SKETCHES:

Over the course of five decades Turner filled hundreds of sketchbooks with visual records of scores of tours through the UK, the Continent, and elsewhere. He relied on these on-site sketches to inform even his most highly

Artist Louise Bourgeois reveals her thoughts on drawing - *The Guardian*

What does drawing allow you to do that sculpture doesn't?

The drawings are immediate. I get my ideas down quickly. They don't offer the physical resistance that making sculpture does. The drawings do not involve the body the way that sculpture does.

Can you talk about how drawings are an image of the mind, of one's internal life?

I know that when I finish a drawing my anxiety level decreases. The realistic drawings are a way of pinning down an idea. I don't want to lose it. With the abstract drawings, when I'm feeling loose, I can slip into the unconscious.

<https://www.theguardian.com/artanddesign/2009/sep/19/louise->



An unexpected interaction between two images - painted + collaged.