

Use this page to draw any object of your choice!

Drawing Your World

Drawing is a way to help us take stock and observe the small details of our environment. This helps us feel more in control and gain perspective of our environment. Set aside a moment to focus on drawing an object in your environment by following the directions below. You can find inspiration on Channel 3 or by searching “Center for Performing Arts Medicine Painting” on YouTube.

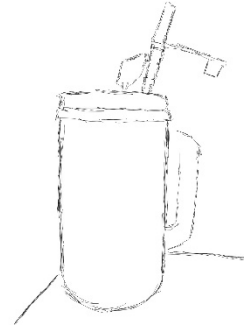
Step 1. Frame your scene.

Use your hands or in your mind, close off part of your visual environment to focus only on the scene you want to draw.



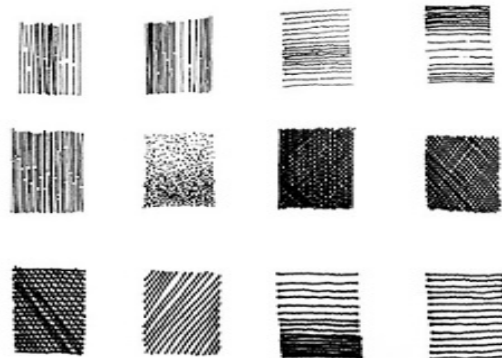
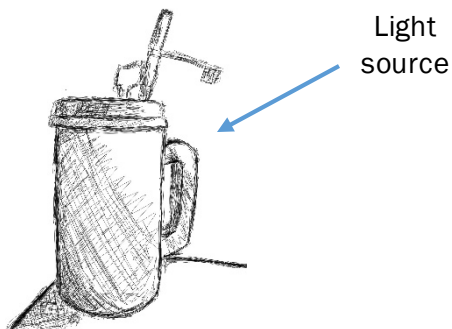
Step 2. Find the edges.

Sketch out the edges of your scene. Draw short marks to outline your objects in the scene noticing the angles and proportions of your scene.



Step 3. Show the light with shading or crosshatching.

See where the light source is coming from in your scene and how it is hitting the objects. Use the shading or crosshatching to show the shadows or light. We can also fill a line drawing with shading or crosshatching like the examples below. You can fill your entire object, the background or just the shadows.



Step 4. Add your own touch.

Add in details that may not be in your scene. Make something sparkle or bring in some nature to make the drawing your own.



CENTER FOR PERFORMING ARTS MEDICINE
houstonmethodist.org/performing-arts

In an effort to further support Houston Methodist's holistic environment of caring, tune in to Channel 5 on the in-room television to enjoy a variety of art experiences. You can find more activities and digital experiences on our website CPAMONLINE.ORG

