

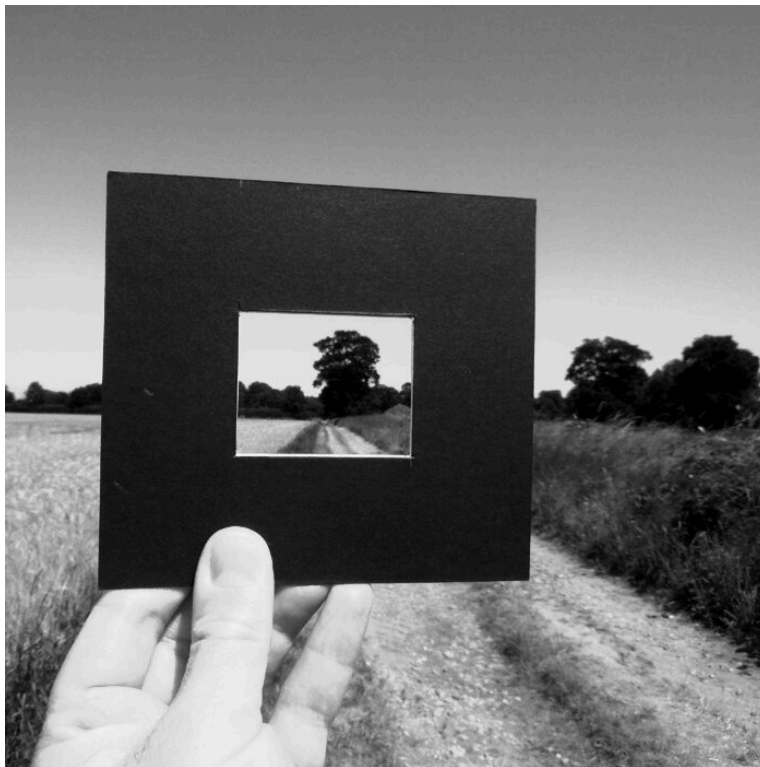
Take-Home Packet

An Exercise in Noticing

Drawing is not about talent—it's about seeing. This packet will guide you through simple exercises to help you slow down, let go of judgment, and engage with the world around you in a new way.

1. How to Approach This Activation

- Pick a viewfinder window that catches your eye (or make one when you get home!)
- Take a deep breath. Observe what's inside the frame. What do you notice first? What do you see when you look longer? How does it make you feel? What information is or is not within the frame?
- Use your drawing utensil to trace the shapes, shadows, and movement—not perfectly, just as you see them.



2. Overcoming “I Can’t Draw”

Many people feel intimidated by drawing because they believe they're supposed to make something realistic. Instead, think of drawing as recording an experience—like

taking a deep breath or closing your eyes to memorize a feeling. Focus on observation, not perfection. This is something so personal to you and only YOU can create.

Try this:

- Draw with your non-dominant hand. Let go of control.
- Don't lift your utensil—let your eyes and hand move together.
- Close your eyes, take a mental snapshot, then draw what you remember.

3. Non-Fiction vs. Fiction Drawing

There are many ways to approach drawing, but two main modes are what I call "Non-Fiction" and "Fiction" drawing.

- **Non-Fiction Drawing** is about seeing and recording what is in front of you. It is observational, like a scientist documenting their findings. This doesn't mean the drawing has to be photorealistic—it's about capturing what you notice.
- **Fiction Drawing** comes from within. It's about using your imagination to interpret or reimagine what you see. Instead of replicating exactly what's there, you might exaggerate shapes, blend elements together, add details from your own mind, or express a feeling using elements and principles of art (see below).

Try this:

- Draw a plant or scene exactly as you see it (*Non-Fiction*).
- Now, redraw it as if it belonged in a dream (*Fiction*).
- Let your imagination guide you—maybe the leaves turn into hands, or the branches stretch beyond the page.

Both approaches are valuable, and neither is "right" or "wrong." The key is to practice noticing—whether you're capturing reality or transforming it into something new.

SIDE TANGENT:

Elements of art

- Line
- Shape / Form
- Color
- Value
- Texture

- Space / Perspective

Principles of art

- Pattern
- Rhythm / Movement
- Proportion / Scale

- Balance
- Unity

- Emphasis

4. Slowing Down to See & Remember

When you take the time to draw, you are creating a memory. Whether or not you keep the drawing, the act of truly noticing stays with you.

A few ways to practice:

- Spend five minutes a day looking at a plant or object before drawing it. How does the light interact with the object in front of you? What does the shape look like? Is there texture?
- Sketch the feeling of a moment rather than the exact details. What colors do you think of for this moment? What details do you recall of the moment? What did you smell, touch, taste, hear, etc?
- Use drawing as a way to pause—living in the present moment without technology. Deeply observing the world around you (or within).

Art is more than just seeing—it's also a way of expressing yourself and communicating with the world. Every line you draw tells a story, whether it's a quiet moment of observation or an imagined scene from your mind. By practicing the art of noticing, you're not just training your eye—you're learning to express what you see and feel in a way that words sometimes cannot.

Drawing isn't about being "good" at it; it's about connecting—with yourself, with your surroundings, and with others.

Keep looking, keep sketching, and let your drawings be a reflection of the world as you experience it.

With love,

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