

15 Exercises to *Jumpstart!* Your Creativity

Get your creative
juices flowing with this
inspiration guide



Setting the Stage

Here are several ways to set the stage for your art-making.

This is SO important to actually get you TO the art-making!

- Buy yourself a brand new sketchbook
- Set a date for yourself (that you won't bail on!)
- Give yourself at least 2 hours of uninterrupted time
- Have your space already set up for art-making
- Change your clothes to make art
- Turn on music that gets you in the mood
- Light candles or incense
- Remember WHY you're making art (more on this later...)

Warmup Exercises

You've got the time and the space, these exercises will get the juices flowing!

#1 Scribble with both hands

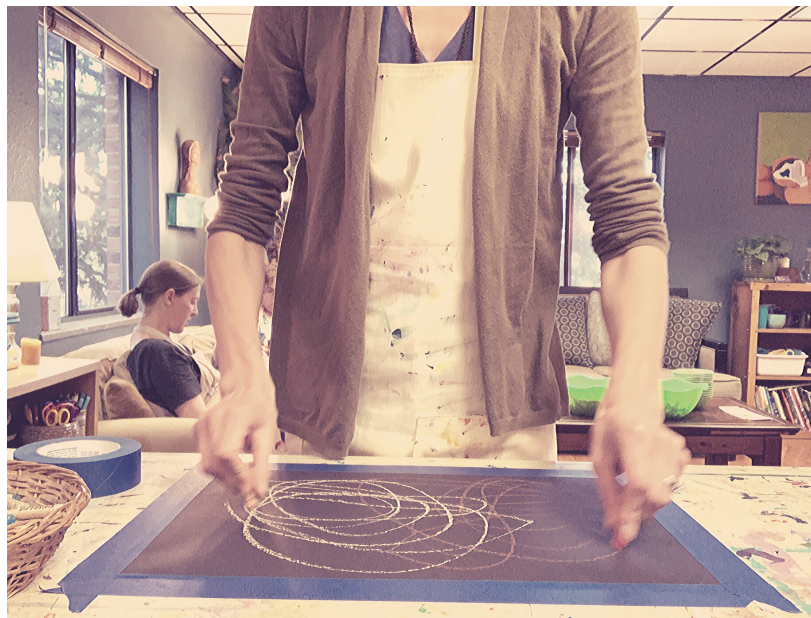


A great way to get your creativity flowing and actually "turn on" the right (creative) side of the brain is to scribble with BOTH hands.

Crossing over the midline (halfway point of your body) is especially good at stimulating the brain and getting the juices flowing. Plus it's fun!

Enjoy the movement and flow of your medium on paper. I recommend oil pastel, chalk or crayon.

Do this for about 5 minutes or until you feel yourself loosening up.



*Make sure to tape down the sides of your paper so that you can really let loose with the scribbling!!

This exercise doubles as a great stress reliever so it's the perfect transition before making art.

#2 Blind Drawing

Look at something in your room and draw it WITHOUT looking at the paper.



This exercise gets your hand MOVING and your eye SEEING so it's a great warmup.

Do them quickly and do several. Don't look at the end result...it doesn't matter!!

#3 Abstract How You Feel

Draw how you feel *right now* with just lines, shapes and color.



If you feel nervous, critical, tired, unmotivated...that's FINE! Explain that feeling with your art.

This warmup keeps you from **NOT** making art because you just don't *feel like it*.

#4 Visual Brain Dump

Feel stressed or overwhelmed by life?
Create a visual map of ALL the things in
your brain.



Putting your to do's and worries onto
paper will actually alleviate some of the
stress and overwhelm.

Let the paper hold it for you while you
make art. You can come back to the to do's
later :)

#5 Collage Inspiration

Create a collage to inspire a drawing or painting.

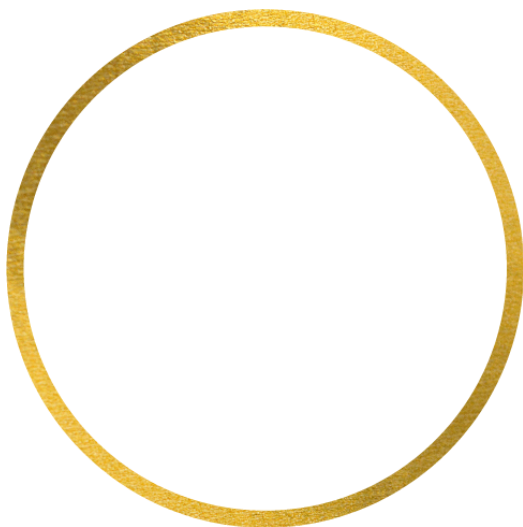


Collage means you just have to FIND images and put them together.

Take what you create and expand upon it with a drawing or painting!

#6 Mandala Doodle

Doodle within a circle.



A circle is a symbol of wholeness. It can be very calming to create art within a circle.

Doodle lines that are pleasing to your eye or express how you feel with lines and shapes.

Deeper Exercises

When you're warmed up and ready to go deeper into art-making here are 9 MORE ideas to get you inspired!

#7 Paint the Ugliest Thing You Can!



Yes, I'm serious. With the intention of creating something ugly you'll find so much FREEDOM!

This is a great way to loosen up and begin painting...and don't be surprised if you accidentally create something you like!

#8 Create Art About Your Favorite Song or Poem

Poetry and music live in the same realm as art so they are great points of inspiration!



Pick something that really MOVES you.
Then sit down and intuitively create art
from how you FEEL.

(Ignore the brain intrusions, the mind
doesn't know how to do this.)

#9 Still Life

Draw the things you see in your room.
Choose a few and arrange them in a nice
composition.



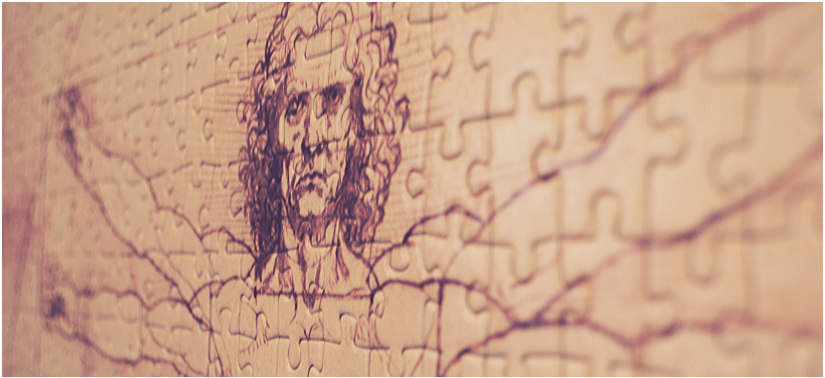
A still life is a great way to hone your skills
of SEEING and translating onto paper.

You can focus on composition or shading
or blending.

Pay attention to value: the range of darks
to lights in your image.

#10 Artist Study

Do a study of an artist you LOVE.



An artist study is a GREAT way to get your creative juices flowing.

AND it will help you appreciate the artist's techniques even more!

(This is not copying. It's an important way of learning in art).

#11 Monochromatic Photo Study

Use a favorite photo of yours, print it in black and white and do a monochromatic study.

(**monochromatic** = using only 1 color)



Choose one color and then add black to it to make your **darkest values**, use the color alone for **mid-values** and add white to it for your **lightest values**.

****Tip:** Don't choose yellow or orange for your study, they look yucky when you add black!

#12 Surrealism Drawing

Take 2 very different objects and put them together in a unique way.



There is no RIGHT way to do this!

It's a creative stretch to come up with the idea and then draw it or paint it. It actually doesn't matter if you like it or not, this will **STRETCH** your mind into the creative realm!

#13 Abstract Concept Art

Take an abstract concept like peace, war, justice, fairness, openness...etc and create an image to *represent* it.



There is no RIGHT way to do this!

Find the freedom in being able to represent the way something FEELS to you. Challenge yourself to use metaphor.

Remember, an image is worth 1000 words!

#14 Abstract Portrait

Make a portrait using simple lines and shapes.



Let things be simple!

Eyes, nose and mouth can be any number of shapes. See how far you can take them!

#15 Take an Art Class

Seriously, an art class brings it **ALL together**.

- You have the time *and* space already set up for you each week.
- You have unique, inspiring lessons.
- You have a TEACHER who will guide you, answer questions and help you get to the NEXT LEVEL with your art-making.
- You have COMMUNITY.



Classes with MBodied

Our classes are **far BEYOND** the average art class.

If you're lucky enough to live near us in Westminster, CO click here



CLASS SCHEDULE

to see when our classes are and to join our amazing creative community.

Take our fun



ART MATCHING QUIZ

to see which art medium MATCHES your personality!

And if you **don't live** here...just WAIT!
We've got online, community-oriented classes coming SOON!