



## **Art at Home: *Curves for Calm***

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This simple and relaxing drawing exercise can result in a beautiful, finished artwork or can be used as a wonderful way to de-stress in an artful way!

### **Materials Needed:**

- paper,
- masking tape (optional)
- fine-line marker or pen
- Watercolor, colored pencils (optional)

### **DIRECTIONS**

This line drawing project creates a feeling of soothing calm, created by merely drawing one curved line down the middle of a paper, then repeating that same line at varying distances from the original line. The lines that you create organically come together, resulting in a composition that can resemble an optical illusion. This illusion is formed when the lines that are close together are being restricted while, when spread apart, they appear to be as rounded in form. You can keep the drawing as is or add color to the spaces between the lines with watercolor or colored pencils.

This exercise can also be a “family drawing game” with all the members of your family taking turns to replicate the lines- a collaborative project for days like these!





