

MEDITATION

**on** *Drawing* **and**  
**the** *Figure*

## essential questions/ideas

**Why is it important to study/learn to draw the figure? How do figural images impact our individual sense of identity?**

**What is a drawing?**

**What possibilities can be explored within the realm of drawing?**

**Exploration of the use of the figure past and present**

**Drawing/studying the figure as meditative art practice**

# RATIONALE

Why teach drawing, especially with a focus on the figure? Firstly, drawing can be a therapeutic, meditative practice. Feeling the movements of the arm, exploring the variations of marks, experimenting with the qualities of different materials (both surface and medium); in my experience, all the nuances of freely drawing have been calming for people of all ages. Secondly, studying and drawing the figure requires careful attention to line, form, proportion, value, and a myriad of other elements and principles of art that are essential for every student become acquainted with during their art education. Conclusively, learning to draw the figure is a must-have in any art education curriculum.

## LEARNING GOALS

Students will explore figure drawing of the masters, fashion illustrators, ancient and contemporary figural artists/works (to incorporate masterful techniques).

Students will practice and demonstrate basic figure drawing techniques (to gain confidence in their drawing ability).

Students will experiment with a variety of drawing materials (to find ones they work best with).

Students will discover how drawing/studying the figure can be meditative for them (to expand their mindfulness repertoire).

# ***KNOWLEDGE BASE***

Figure Drawing Masters - Leonardo,  
Michelangelo, Albrecht Durer, Rubens,  
Rembrandt, Le Brun, Degas

“Masters of Fashion Illustration” by  
David Downton

Ancient Egyptian/Greek figure works

Contemporary figure artists (online re-  
search)

# ACTIVITIES

Drawing Pre-Assessment

Basic technique practice  
Gesture studies

Artists of the Day  
Drawing with the Masters

Contemporary Figure Artist  
Research Project

Material experiments - chalk, ink, paint

Longer studies with model/statue

Final Project (see page 6)







# FINAL PROJECT!

## *Style Dyptich*

Directions: 1) Find a friend or family member that would be willing to model for two 60-minute sessions (come talk to me if you can't find someone). 2) Have the model pose the exact same way for both sessions. 3) Do one "traditional" drawing, and one drawing in the style of your choice that we've studied - fashion illustration, contemporary styles, etc. 4) Use at least two drawing mediums we've practiced with - charcoal, chalk pastel, ink, etc. 5) Turn in alongside each other with your name on the back of each piece. 6) Also turn in one paragraph for each session on your meditative experience with this project.

