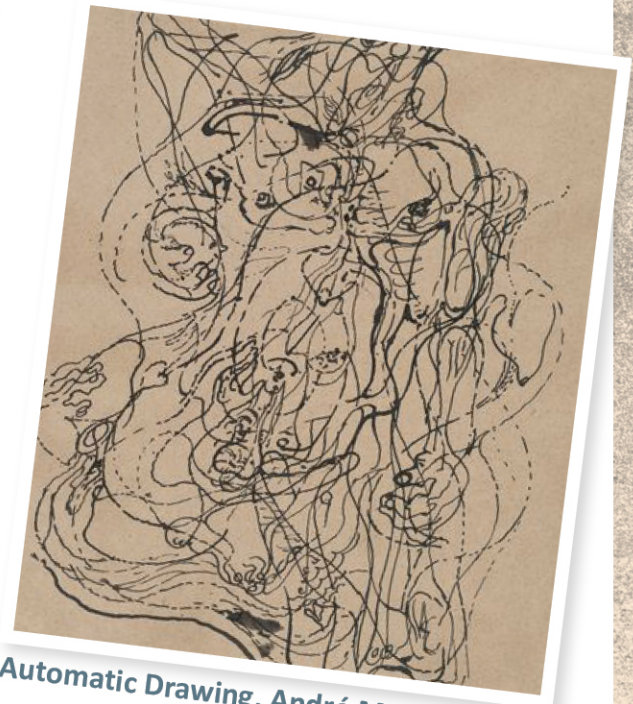


# Automatic drawing

Surrealist artists believed that automatic drawing was a way to show your inner feelings. Whenever they used automatic drawing, they tried to clear their minds and let their subconscious express itself, a bit like a dream.

## You will need:

- paint, pens and pencils
- big sheet of paper
- masking tape
- large outdoor space



*Automatic Drawing, André Masson – 1924*

## What to do

- 1 Secure your paper to a flat surface with the masking tape.
- 2 Stand back so you can just reach the paper with your paint, pens or pencils.
- 3 Close your eyes and relax for two minutes. Take 10 deep breaths.
- 4 Start making marks on the paper.
- 5 When you have made a few marks, stop and look at what you have done.
- 6 Continue to make marks on your paper. Try to keep your brain out of it and let your body respond – let your hand do what it wants to do.
- 7 You decide when it is finished. There are no rules.

## Challenge

Try using your opposite hand. It will feel strange but it will help your brain work in a different way. Your body will be in charge!