

# Unearthing Creativity

## Gateways to creative activity - Worksheet

### Creative constraints

*'The enemy of art is the absence of limitation.'*

Orson Welles

**Purpose:** A series of suggestions for short drawing exercises that use constraints to help focus your creativity.

#### Materials

- Paper
- Pencil, pen or other drawing materials

#### Suggestions

1. Try to create a sketch within a tight time limit, e.g. 1 or 2 minutes.
2. Try sketching with your non-dominant hand.
3. Draw by touch: hold an object in your hand under the table, and draw what you feel.
4. Draw by sound: create marks that represent the sounds you hear.
5. Draw an object or scene by using a single line: don't remove your hand from the page as you draw.
6. Create a series of very small drawings, the size of postage stamps.
7. Draw an object without looking down at your page. Keep your eyes locked on the object.
8. Create a drawing using ink and found materials, e.g. sticks, feathers, sponges, rags, string.
9. Draw a scene without using lines: only shading. It can be helpful to use an eraser to pick out lighter areas.

## Things to consider

- Setting limitations can help us to be more creative - perhaps we are forced to solve problems within defined boundaries, and not be overwhelmed by choices.
- The Swedish painter Anders Zorn (1860-1920) embraced constraints: he famously worked to a very limited palette: using just White, Yellow Ochre, Vermilion and Ivory Black.



Small, 2-minute pencil sketches

Unearthing Creativity is a collaborative project which is being delivered by artists Marion Cheung, Naz Syed, Creative Lives and Age Cymru.

For further information, please see  
[www.creative-lives.org/unearthing-creativity](http://www.creative-lives.org/unearthing-creativity).

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[www.creative-lives.org](http://www.creative-lives.org)

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