MAKE YOUR OWN: AUTOMATIC DRAWING

Automatic drawing, or automatism, is a way of making art that relies on subconscious thought. The word itself refers to involuntary movements such as sleepwalking.

Approaches based on automatism were also adopted by later artists, including Jackson Pollock! Art movements do not have clear starts and ends, but instead merge from one to another as artists continue to inspire each other.

Automatic drawings are not about the end point, but about loosening the brain up to let you think and draw more freely, so don't just do one - try several in one go!

WHAT YOU WILL NEED:
- a pen or pencil
- paper

1. Take your pencil, and place it on the sheet.
2. Look up. Don't look down at the page again (even if you're tempted!)
3. Let yourself daydream (prompt: imagine what your neighbours are doing. Use the pencil to trace their movements. )
4. Let the pencil move across the paper as you dream.
5. Once you've finished, take a look! What do you see?

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