



## ***Fractals: Patterns in Nature – Guided Nature Walk Series*** **On-Demand Sketching Exercise**

Created by:  
Andrea Myers  
[www.andreamyersartist.com](http://www.andreamyersartist.com)  
Instagram: @andreamyersart

### ***Mind's Eye/ Hand-Eye/ In Hand Sketching Exercise***

This exercise is about what we think we see, what we perceive and how we can filter both ways of thinking and knowing into making and abstraction techniques. Through a sketchbook practice, artists can use observational drawing and looking to filter through an abstract lens. Using a sketchbook and a felt tip pen or equivalent pen, keep all your mark making. React to the lines you draw rather than using pencil and being tempted to erase and try to get something "perfect". Sketchbook practices are not about perfection and are just that, a practice. A practice that captures a moment, an idea, a seed of a piece waiting to happen.

Exercise: (this can be done on one page per prompt or combine all prompts into one or two pages)

1. Sit down in the park. In your sketchbook, start by drawing what you think a leaf/leaves/trees looks like from memory/your mind's eye. Fill at least two pages laid flat open and take your time.
2. Take a small walk around and stop at a tree. Draw one leaf from observation that is still attached to the tree. You can opt to do a blind contour line drawing where you keep your pen moving, following the contours you perceive without looking at your paper.
3. Take another walk around and find another tree. Draw one leaf from observation that has fallen.
4. Walk around and look at the ground to find leaves. Trace one leaf that you find.
5. Lay two to three leaves over one another and draw the total outline. Around the negative space of the leaf silhouette, fill in a pattern of your choice.
6. Go back into your initial drawings and add line work/value/ pattern/ imagined forms, combining the seen with the energy of your own mind's eye.

You can repeat this drawing exercise with any element from nature or combine elements into one drawing (for example, tree bark, rocks, clouds, horizon lines, hills, etc.)-think how you can combine the micro moments in nature with the macro moments in nature. This exercise is about what we think we see, what we perceive and how we can filter both ways of thinking and knowing into making and abstraction techniques.

For more information about Dublin Arts Council's *Fractals: Patterns in Nature* project, please visit:  
<https://www.dublinarts.org/featured-items/fractals-patterns-in-nature/>