

Drawing Challenge

Feeling stressed? Studies have shown that 45 minutes of creative activity significantly lessens stress in the body, regardless of artistic experience or talent.

We're running a drawing challenge to help you get creative and relax.

There are three different categories:

1. Face

Draw your own face; one half is what you look like in reality and the other half is your personality, interests and thoughts.

2. Window (entries to this category can also be submitted to the 2020 Koestler Art Awards!)

Look out your window – what do you see? Windows can also look inwards – draw a window into your experiences.

3. Place

Imagine your favourite place – what does it look like? Capture small details – are there books or pictures on the walls? If it's outside, are there flowers, plants or trees?

If you would like more drawing ideas or tips, just ask 😊