

# Backwards Forwards Drawing Exercise

By Paula Briggs



"Backwards forwards" sketching is a simple activity that helps develop two key skills:

- It helps develop understanding and knowledge of subject matter through slow, careful observation.
- It helps match speed of looking with speed of drawing, and therefore helps develop hand and eye coordination.

This post describes how to facilitate the backwards, forwards drawing exercise. The video below is for members only.

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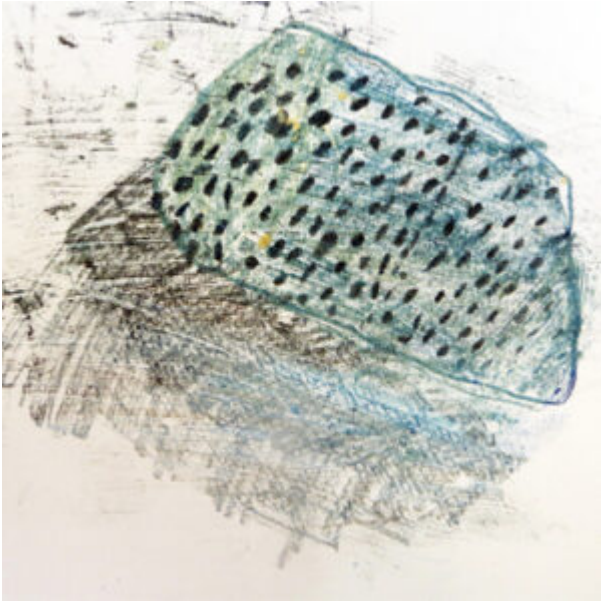
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