

# Drawing Spirals

AccessArt uses this exercise frequently with both adults and children as a warm-up/ice breaker to a drawing workshop. As well as getting participants to start making marks on the paper without worry or mental blocks, this simple exercise aims to introduce participants to the idea that drawing and mark making might come not only from the finger tips and wrist, but also from the finger tip, wrist, elbow, shoulder and whole body.



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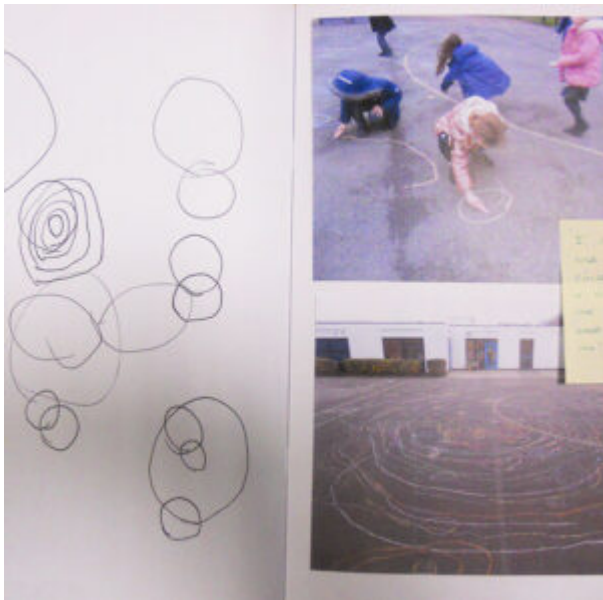
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