

# Right Hand, Left Hand – Non Dominant Hand Drawing Exercise

Non Dominant Hand Drawing Exercise By **Sheila Ceccarelli**

Practising drawing with your 'none dominant' hand, (right hand if you are left handed, left hand if you are right handed), can be a useful strategy for loosening up and for experimenting with the potential of mark making without the preconception of a finished result bogging you down.

---

|          |   |   |
|----------|---|---|
|          | <b>Please log in here to access full content.</b> |   |
| Username | <input type="text"/>                              |   |
| Password | <input type="password"/>                          |   |
|          | <input type="button" value="Login"/>              | <input checked="" type="checkbox"/> Remember me |
|          | <a href="#">Forgot Password</a>                   |   |

**To access all content, I would like to join as...**

**An Individual**



Creative practitioners, educators, teachers, parents, learners...

From £3.50

**An Organisation...**



Schools, Colleges, Arts Organisations: Single and Multi-Users  
From £42

***AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.***

---