

# 52 Exercises Inspired By Artists Materials Time Place And Method Lab Series

This is a collection of 52 exercises that were inspired by different artists, materials, time periods, and methods. The exercises are designed to help you explore your creativity and develop your own unique artistic style.

The exercises are divided into four sections:



## Paint Lab: 52 Exercises inspired by Artists, Materials, Time, Place, and Method (Lab Series) by Deborah Forman

★★★★☆ 4.5 out of 5

Language : English  
File size : 48904 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Screen Reader : Supported  
Print length : 136 pages



1. **Materials:** These exercises focus on exploring different materials and how they can be used to create art.
2. **Time:** These exercises explore the concept of time and how it can be used to create art.
3. **Place:** These exercises explore the concept of place and how it can be used to create art.
4. **Method:** These exercises explore different methods of creating art.

Each exercise includes a brief description, a list of materials, and instructions. You can do the exercises in any order and as often as you like. There is no right or wrong way to do the exercises, so just experiment and have fun!

## **Materials**

### **1. Exercise 1: Blind Contour Drawing**

This exercise is inspired by the work of Pablo Picasso. It is a great way to improve your observational skills and learn to draw without looking at your paper.

#### **Materials:**

- A piece of paper
- A pencil

#### **Instructions:**

1. Choose an object to draw.
  2. Place the object in front of you.
  3. Close your eyes and start drawing the object.
  4. Keep your eyes closed the entire time you are drawing.
  5. Once you have finished drawing, open your eyes and look at your drawing.
- **Exercise 2: Collage**

This exercise is inspired by the work of Henri Matisse. It is a great way to explore different textures and colors and to create a unique and personal work of art.

### **Materials:**

- A piece of paper or cardboard
- Old magazines, newspapers, or other printed materials
- Scissors
- Glue

### **Instructions:**

1. Choose a theme or subject for your collage.
2. Cut out images and words from your printed materials that relate to your theme.
3. Arrange the images and words on your paper or cardboard.
4. Glue the images and words in place.
5. Once you have finished your collage, step back and look at it. What does it say about your theme?

### • **Exercise 3: Mixed Media**

This exercise is inspired by the work of Jackson Pollock. It is a great way to experiment with different materials and techniques and to create a unique and expressive work of art.

## **Materials:**

- A large piece of paper or canvas
- A variety of paints, inks, markers, and other art supplies
- A brush or other tool for applying the paint

## **Instructions:**

1. Choose a theme or subject for your mixed media piece.
2. Experiment with different materials and techniques to create a unique and expressive work of art.
3. Don't be afraid to make mistakes. The best mixed media pieces are often the ones that are the most experimental.
4. Once you have finished your mixed media piece, step back and look at it. What does it say about your theme?

## **Time**

### **1. Exercise 4: Time-Lapse Drawing**

This exercise is inspired by the work of Andy Warhol. It is a great way to explore the concept of time and how it can be used to create art.

## **Materials:**

- A piece of paper
- A pencil
- A camera or video recorder

## **Instructions:**

1. Choose an object or scene to draw.
2. Set up your camera or video recorder to take a time-lapse video of you drawing the object or scene.
3. Start drawing and let the camera or video recorder run.
4. Once you have finished drawing, stop the camera or video recorder.
5. Play back the time-lapse video to see how your drawing changed over time.

- **Exercise 5: Slow Drawing**

This exercise is inspired by the work of Chuck Close. It is a great way to improve your observational skills and to learn to draw with precision.

## **Materials:**

- A piece of paper
- A pencil
- A magnifying glass (optional)

## **Instructions:**

1. Choose a small object or detail to draw.
2. Use the magnifying glass to examine the object or detail closely.
3. Start drawing the object or detail slowly and carefully.

4. Take your time and pay attention to the details.
5. Once you have finished drawing, step back and look at your drawing. What do you notice about the details?

- **Exercise 6: Fast Drawing**

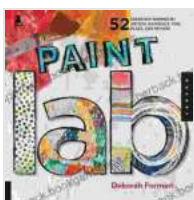
This exercise is inspired by the work of Cy Twombly. It is a great way to loosen up your drawing style and to learn to draw with energy and spontaneity.

**Materials:**

- A piece of paper
- A pencil or charcoal

**Instructions:**

1. Choose a subject to draw.
2. Start drawing the subject quickly and spontaneously.
3. Don't worry about making mistakes. Just let your hand move freely.
4. Once you



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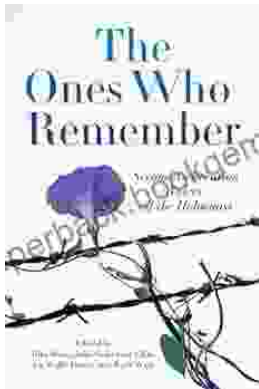
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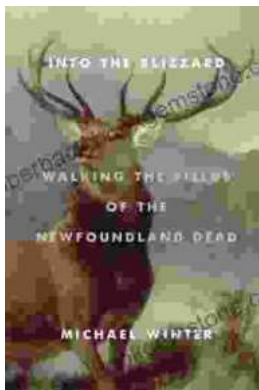
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