

# The PROSPECT ARTSOCIAL virtual drawing course

At this time, when teams are not able to work and be together because of Covid 19 it could be important to come together for a shared virtual shared experience that builds team spirit.

Being creative can have a positive effect on how we feel about ourselves & drawing is a very accessible and immediate form of expressing our creativity.

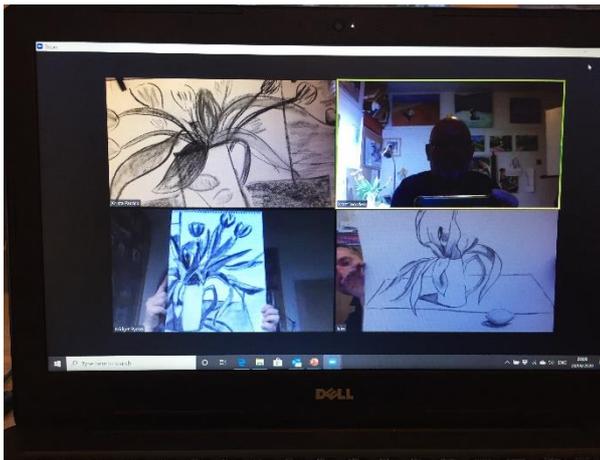
We are being encouraged by some of the country's best-known artists to get creative. David Hockney has suggested we escape lockdown through a pencil. Grayson Perry has started his Art Club on Channel 4.



But where to start when often people say that they can't draw? American artist and academic Betty Edwards says if you can sign your name you can learn to draw if you are motivated to do so. Hockney says, "drawing starts with looking" and if a person is taught to look, they can be taught to draw.

The virtual drawing course will start with the screen then move to encouraging people to look at the world around them. Though a series of tutored sessions designed to provide a step by step guide you'll learn to draw.

The sessions further creative learning in a relaxed, virtual social environment and provide timeout from the situation we currently find ourselves in.



## Why art?

Engaging in a creative activity can also enhance personal wellbeing by encouraging people to take notice of surroundings in a positive way as even the most mundane & boring things can take on new significance when you attempt to draw them.

It connects people through the shared endeavour of the creative practice helping build confidence and trust with others.

When we are being creative, we are learning. It is also strongly backed by evidence to show that learning, almost without regard to subject, is the single greatest predictor of mental wellbeing. It impacts on self-esteem, resilience and provides a strong sense of purpose. When drawing or being creative people by the very activity keep learning.

Taking notice, connecting and keep learning are all included in the 5 ways to wellbeing.

