**Drawing your palm**

**Intro**

Know it like the palm of your hand? Let’s see. The purpose of this activity is to exercise your focus and explore the important concept of contours in drawing. We’re going to draw our palms, but in as much detail as possible, creating a unique map of our own hand.

**Page 1:**

**How well do you know your hand?**

Hands are one of the most notoriously difficult things to draw. This is mainly because of the many joints, the foreshortened view (you have to draw the depth), and the infinite detail. It’s this last point we’re going to focus on.

**Page 2:**

**Choosing your instruments**

You’ll need a pencil, piece of paper and… go figure, your non-dominant hand as a subject!

**Page 3:**

**No looking!**

Take a look at your palm. Concentrate on the edge (contour) of where you want to start drawing and go – but don’t look at your drawing! Train your power of observation and try to feel the piece of hand that you are currently drawing. Try and go as slowly as possible, feeling every millimeter of the drawing.

**Page 4:**

**Drawing your palm**

Without looking at your paper, start drawing the ridges in the palm of your hand. This will feel useless and quite possibly will not look like a gallery worthy piece, but the intention here is to train our powers of observation. Try and go as slowly as possible, recording every mark. Challenge yourself to use all of the allocated time. Never look at the drawing.

**Page 5:**

**High five!**

Hopefully you didn’t cheat and peek. The idea is to get outside of the comfort zone a bit and lose some of our inhibition. We don’t care if it looks like a hand. It most certainly won’t look like a hand. In the end will be a unique memento of your self-perception. In the end it’s just lines and space.