

APS ADVENTURES IN PASTEL 2024!

Adventure E-2



Welcome to our second Adventure in Series E! This Adventure is all about using both hands in your art. Drawing is a learned skill, but we all have to deal with our dominate/non-dominant hand. We are born either right or left handed. Only approximately 10% of us are born as “lefties”. However, in the Netherlands 12.5% are left handed, while China has only 2.64% lefties.

There are many famous lefties (or Southpaws) including Noble Prize winners, artists, sports figures and musicians. And then there is the elite group of those who are ambidextrous making up only 1% of the general population. These include such notables as Leonardo da Vinci, Ben Franklin, Albert Einstein, Pete Rose and Ringo Starr.

This Adventure is to challenge you by using both your dominant and non-dominant hands. We suggest sketching a rather simple object of your choice. Art therapy has used this exercise to help people let go of expectations; start thinking outside the box, and begin to engage both hemispheres of your brain. It will be uncomfortable, but you can make it fun!



M.C. Escher, *Drawing Hands*

So if you're ready, let's get started:

Step 1: Select a simple, distinct object or objects. This challenge is about process, not product.

Step 2: Your sketch can be done in pencil, ink or charcoal. Then use pastels to add shading and color as you want.

Step 3: Repeat this same process with your “other” hand and then take a photo of both paintings and send them to apsmedia828@gmail.com

Please indicate which painting was done with your dominant and non-dominant hand. Feel free to include a title and size. All comments you want to make are most welcome!

Step 4: Remember, the deadline is firm. Nothing can be posted that is received after 6:00PM on February 28th.

Remember this challenge is NOT about a finished work, rather it is to inspire us to explore, experiment and use novel techniques we would otherwise ignore. Have some real fun with this one!

**Get ready! Get set!
Get BOTH hands dusty!**

Reminder: you must be a member to participate. Join or renew at AppalachianPastelSociety.org

Completing all six Adventures in this series qualifies the member to this summer drawing:

Win a \$100 Gift Certificate for

 **DAKOTA ART PASTELS**
your pastel specialist!

And FREE

2025 APS Membership!