



# Artful Thinking

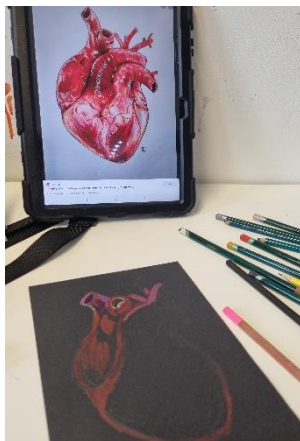
Experience Change With Artful Thinking

## Heart Studies 1



**Materials:** Black card (or coloured card of your choice); colouring pencils, access to the internet to find image of anatomical hearts, lead pencils.

First set up your workspace, then begin to sketch out your design, thinking about the different shapes, layering them, feathery lines, and contours.



Using the deeper, darker tones of reds, purples and blues begin to fill in the heart shape.

Fill the space with different markings, think about where the shading is, use blue colours to help create shadows, if using black mix in deep purples to keep the colour alive,



When layering your colours, try to mix another medium like chalk pens over the pencils, smearing white chalk pen or using watered down acrylic paints to help add highlights over the heart.

Using this same method for adding details like veins over the heart, small capillaries, areas where the reds should stand out clearer.

