The 15-minutes-a-day Drawing Exercise Routine

Minutes 1-2: First Stroke of the Day
Fill as much of a sketchbook page as you can with one of the strokes that ought to be in every drawing artist’s repertoire, or any others you can think of. Here are a few ideas of what you can vary and experiment with: size, spacing, direction, thickness, crispness/blurriness, darkness, layers, accuracy.

Minutes 3-4: Second Stroke of the Day
Fill another page with a second stroke, just like above. If you’ve gone through them eventually all just start over and repeat.

Minute 5: Combine the Strokes
Combine and layer your two strokes of the day. Remember to vary also how you draw them.

Minutes 6-7: Shape of the Day
Pick a shape, such as a lines, circles, ellises or rectangles and fill a sketchbook page with it. Vary size, pressure and direction for extra benefit.

Minutes 8-9: Texture of the Day
Choose a texture to draw, such as wool, metal or even clouds and experiment with different strokes to see which combination works best.

Minutes 10-11: A Case for Pillows
Take a pliable pillow (or towel or scarf) and set it down in front of you in an interesting shape. Then draw its outline, folds and a bit of shading.

Minutes 12-15: Quick, sketch!
End your routine with a series of quick sketches of 30 seconds or less. It helps your speed if you sketch moving subjects, such as people or animals.

Happy practising from cravecainting.com!