Hi Everyone, we hope you are all OK and keeping safe and well.

Madhumita has something to keep you busy; a Visual Diary!

The aims of this visual diary are:
- Keeping your mind, eyes, and hands occupied
- Relaxation - so hopefully it will reduce anxiety if you have any, and combat feelings of isolation
- Learning - improving your observation and drawing skills

What to do

1. Get a pencil (b grade e.g. 2B/ 3B/ 4B/ 5B, or 6B is the best, but HB would do) or use black pen – you could use any pen you have though. If you have a sketchbook then great, otherwise use any paper - cartridge paper is the best, but other paper would do.

2. In the morning, after your breakfast, go to your window and draw what you see (please see the example). Just do small sketches (a quick drawing) for about 5-10mins. Use soft lines (holding your pencil lightly) then gradually press harder to give tone (shade).

3. Date and time each drawing, so you can remember and reflect later.

4. After two hours, or any break time you choose, go to another window, and do the same as before. Even if there is nothing particular to observe, draw what you see.

5. Carry on drawing from different windows throughout the day for three days.

6. You can then look back and reflect on your drawings, and start again, the same places and times or mixing it up.

If you need any feedback, or have questions regarding your work, do get in touch via the Dragon Café in the City contact form: https://www.dragoncafeinthecity.com/contact-us

Regards,

Madhumita and the Dragon Café in the City Team