

Youth Takeover 2020:

How to start a sketchbook

You don't have to be an artist to make art. Just about anyone can doodle, sketch, paint and collage. Here are some ideas for how to fill your very own sketchbook.

Step one: find some inspiration



Inspiration can come from anywhere... Maybe follow an artist on Instagram, or go to a gallery for the first time. YouTube and Pinterest and walks outside can provide great inspiration.



Now that you have your muse, you need to pick something to capture it – that might be your phone, or a photography scrapbook. Pencils, crayons, biros. If you've got the creative juices flowing, you might make a collage of dead leaves, paint with a teabag or find something more experimental...

Step two: try different media

**Step three:
doodle!**

If you're ever feeling worn out, stressed or at a loss for ideas, let your mind go and start drawing anything that comes into your head. Build onto your doodle and let it grow wild.



People are fascinating. You can capture somebody's essence with the simplest shapes, you can sketch out posture, facial expressions and clothing. Try and experiment with different styles.



**Step four:
try people**

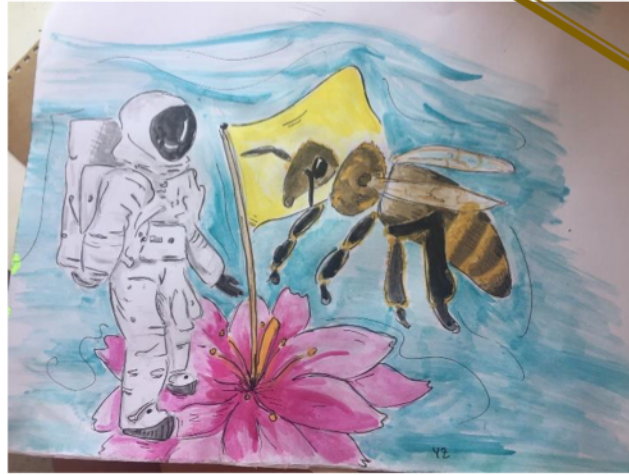
**Step five:
be abstract**

Sometimes it feels best to keep it simple. Forget technical skills and instead experiment with colours, shapes and textures. Depict emotions, feeling and impressions.



Use art as a way to imagine new places, people and creatures. Leave the stress of daily life behind. Put your phone on airplane mode and escape into your sketchbook.

**Step six:
escape**



**Step seven:
observe**

Take your sketchbook on a trip with you. Look at people, buildings and objects around you, and take quick sketches or paintings.



Take your time and enjoy the process of making art. Try not to get too hung up on the end result if you can – be creative and get your hands dirty!

**Step eight:
enjoy!**