

## Right brain exercises:

The right hemisphere of your brain is like an under developed muscle. You need to develop this side of your brain which will make creating art much easier.

Developing your right brain will give you greater ability to see shapes, interpret color, visualize, create abstractly, be in the moment, and have endurance to be able to paint for long periods of time without getting tired.

1. Doodle- draw simple lines, and shapes that all connect without a plan. You can go online and look up zen tangling for ideas.
2. Fake write with both your left and right hand
3. Crumple up a piece of paper and draw the contour without looking down at your sketch book
4. Move the left side of your body only
5. Move your head from right to left
6. Dance to music
7. Draw something with your source upside down. Draw or paint upside down.
8. Close your eyes and visualize anything. Visualize something you just saw, a place you have been to, or a room in your home you are not in. Look at a picture and study it, then close your eyes and remember all the details through visualization.
9. Twirl to the left.
10. Breathe out of your left nostril only
11. Sing made up songs from your stream of conscience, even if the words are made up.
12. Knit or crochet.
13. Write with your left hand or draw with your left hand, if you are right hand dominant
14. Write a word normal, backwards, upside down, and repeat until it is easy.
15. Move your body in an unfamiliar way- walk differently than normal.
16. Day dream- take 10 minutes to close your eyes and allow your thoughts to drift, just see where they go, and what you see inside your head while listening to instrumental music.
17. Take at least 5 photos though out the day on your phone just for the sake of beauty.
18. Eavesdrop. Take those opportunities when you are waiting in line to stretch your creativity muscles. Listen to those around you with a tender ear. Honor and notice the precious humanity in others. Imagine a poem or image coming out of their words.
19. Write non sense. Just journal the very first words that come from your mind. Write quickly and without thinking.
20. Draw someone's face without looking at your paper. (for these last 2 exercises, it is important that your pencil lines follow as your eyes follow the contour. You must be looking at fine detail.)