



# **Sketchbook Exploration & Reflections**

## **Volume 3**

**I am excited to share drawing exercises with you this month!** We will be sketching Hummingbirds. Come create with me!

**Hummingbirds-** are some of the smallest and lightest birds on earth. They have jewel like colors and delicate features. They are a symbol of lightheartedness and a reminder to enjoy the sweeter things in life - enjoyment in the moment - creating the happiness you want. They also moves their wings in a figure 8 pattern - the sign of infinity/eternity. Many cultures believe them to possess healing powers and often use their feathers to make potions and healing tonics. They also believe they are messengers from the Gods - symbolizing peace - joy - love

*“Like the hummingbird sipping nectar from every flower, I fly joyful through my days, seeing beauty in everything”*  
- Amethyst Wyldfrye

### **Supplies**

**Sketchbook** - Size of your choice - I suggest a mixed media or watercolor paper - if you choose to paint or colorize your sketch. [preferred paper 140lb/300gsm to be able to handle the water. Cold press will have more of a texture - hot pressed is smoother]

**Pencils for sketching** - you can purchase sketching pencils but if you don't have any - just use what you have even if its a colored pencil. (My favorite for sketching is the HB pencil a good combo of hard and softer lead, you will see what you like once you start)

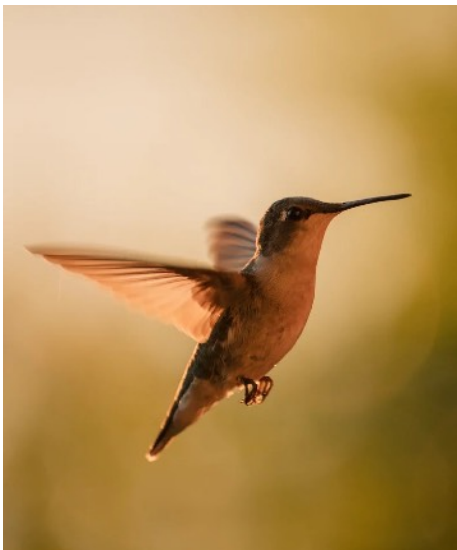
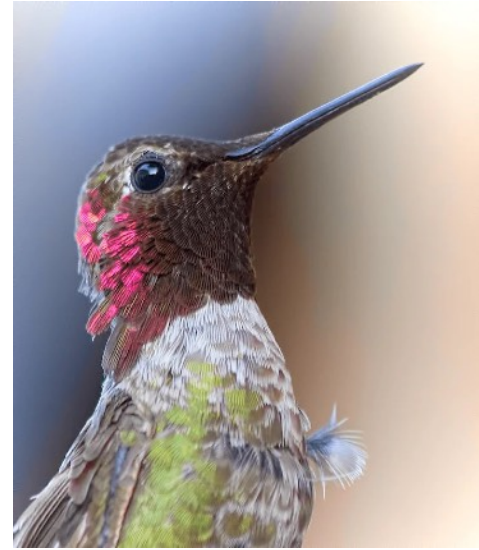
**Kneaded eraser, white eraser & pencil sharpener**

**Carbon paper [optional]**

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*(All images were found on [unsplash.com](https://unsplash.com) - a great resource for copyright free images to create from)*





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### **Refelections Exercise -**

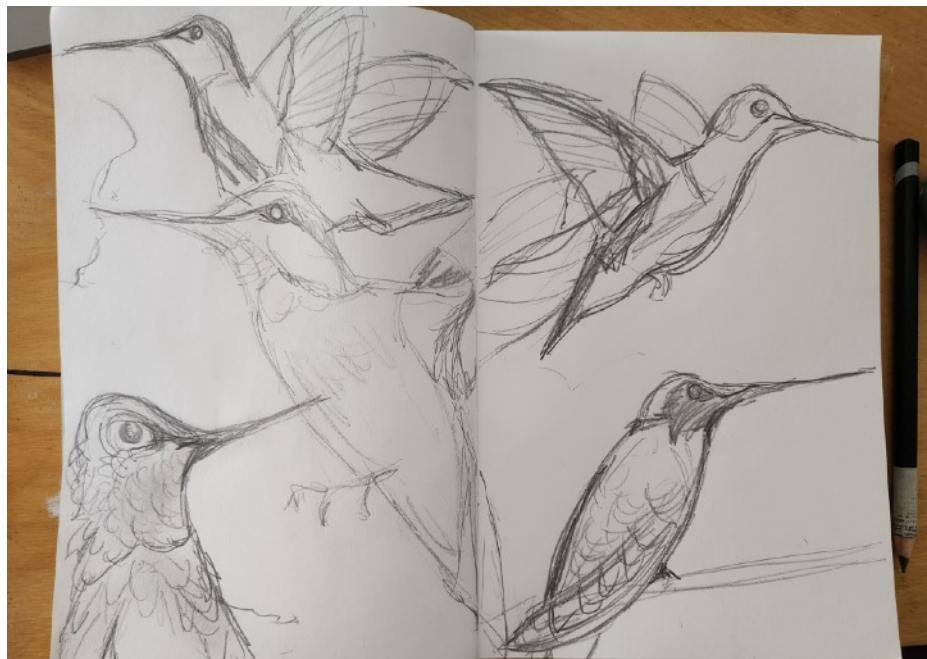
*Sit in a comfortable position - close your eyes down - take a few rounds of breath - dropping out of your thinking mind and into your heart - feeling the breath rise up from your root - drawing it upward - expanding your ribs - lifting your heart - inhaling it all the way up to the crown - now exhale - letting it fall down - repeat as many times as you like - finding your rhythm - begin to connect with your inner hummingbird - feeling the joy it feels in gathering the nectar from the flowers - enjoying the nectar of life - feel the lightheartedness and peace of the hummingbird surround you - keep breathing - relaxing your mind and body before you begin your art exploration - once you feel relaxed and centered gently open your eyes... You are now ready to begin! Remember to stay lighthearted like your inner hummingbird!*

### **Sketchbook Exploration Exercise 1:**

**[sketchbook, pencils, kneaded eraser, white eraser, timer]**

Time to sketch! - set a timer for 4 minutes

- Open to a blank page in your sketch book
- Pick one of the references photos - grab your pencil & start sketching; Look at the image, start to break it down into shapes - do not worry about detail, or accuracy - you only have 4 minutes - this is to loosen you up and get into the flow of looking and finding the shapes of your subject - focus on the bird itself.
- Try to stay loose and have fun!
- When the timer buzzes - move onto the next image and repeat until all 5 are complete - maybe they overlap on the page - some can be larger or smaller - the choice is yours! Happy Sketching!



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#### **Exploration Exercise 2: [sketchbook, pencils, erasers pencil sharpener]**

- Open to a new page of your sketchbook - here we will be drawing a more complete humming bird - step by step - carving it out like a sculpture - sound confusing? Don't worry - it will all make sense soon! I chose the reference photo below - you can choose any photo you like.

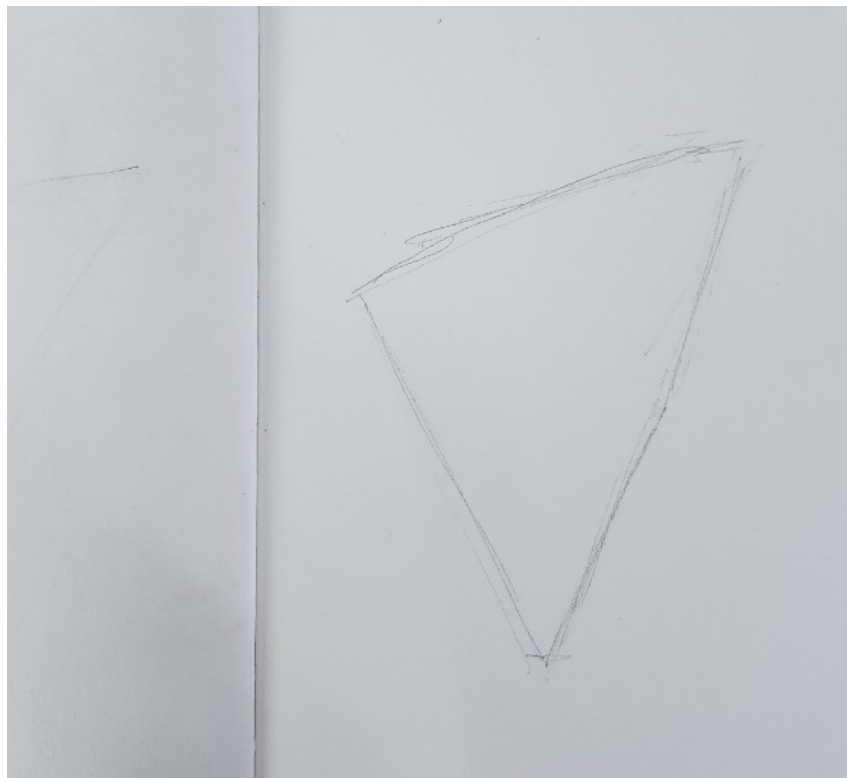
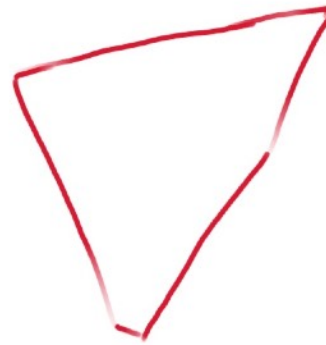
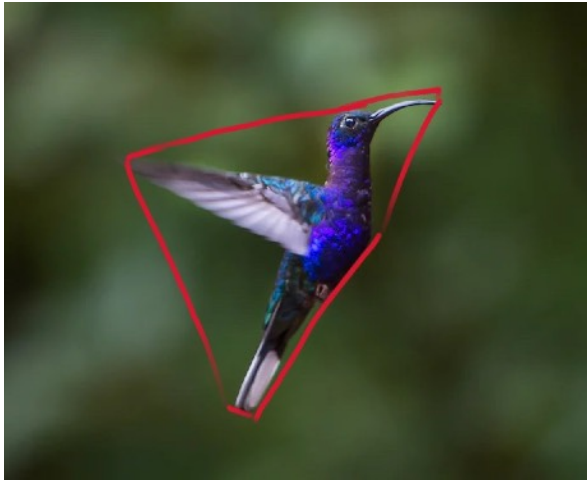


<https://unsplash.com/photos/RAu54pFo-2c>

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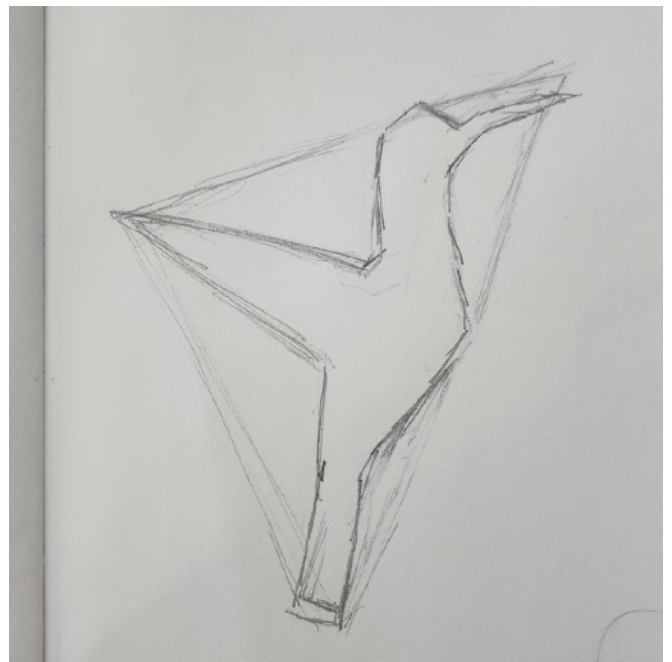
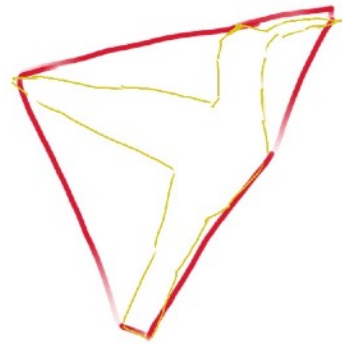
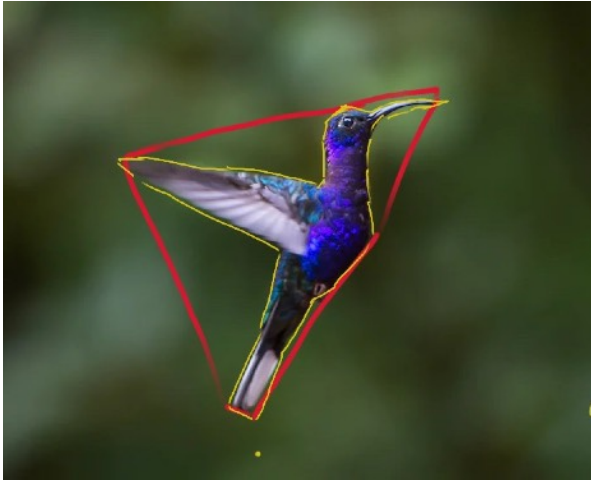
- We will start by drawing a large shape that will envelop the whole image - the envelope - since the image sits inside of it.
- Look at your reference photo, take your pencil and **LIGHTLY** draw the large shape - finding the angles for the shape around the image. Keep it light since this will be eventually erased.



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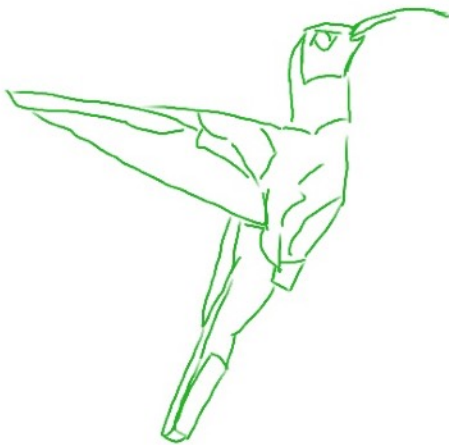
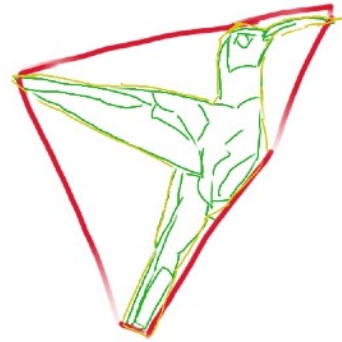
- Now begin to from the shape of the bird using **STRAIGHT** lines [yellow shape]- even if there is a curve - like in the head - simplify it with a straight edge - it really makes it easier without focusing on getting the curve in correctly and looking at details. We don't want any details yet.



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- Next begin blocking in some larger shapes within the bird.  
[green shape]- keeping it to the largest shapes - not too detailed.

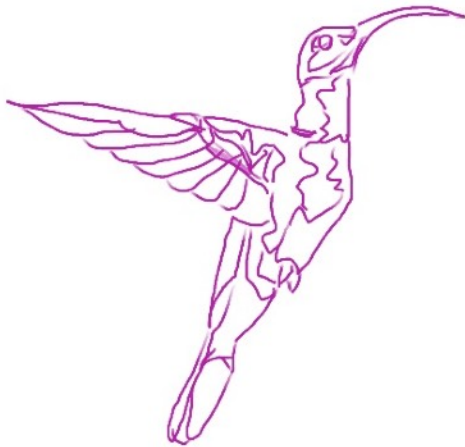
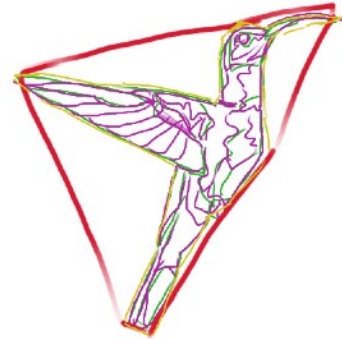




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- Now start adding in even smaller shapes that you see, look at the shapes within the larger shapes. [pink shape] & erase the original envelope line.



- Add darkest darks - add in shading to give the bird dimension [fingers and cotton swabs are great blenders] - use your kneaded eraser or white eraser to erase some pencil to make highlights!

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- **If you would like to paint your sketch there is no need to go into shading - leave it more of a contour - outline drawing and use your colors to create the shading.**
- If you would like to transfer your image from your sketchbook to another piece of paper or canvas - you can use carbon paper, a light box [windows make good light boxes too] or take a soft leaded pencil or charcoal and rub the back of your drawing - lay it on top of the paper you want to transfer it to and then trace the image - lift slightly to see if image is transferring - you may have to press harder if it is not showing up.

***Hooray!!! You have completed Volume 3!***

***I would love to see what you have created, if you are willing to do so - please email me at [letyourheartshinebrightly@gmail.com](mailto:letyourheartshinebrightly@gmail.com)***

***Happy Creating!***

***Join me Friday, May 26, 2023 at 7PM Est LIVE - For a deeper exploration, painting a humming bird; create your own unique image with my guidance.***

***We will be using the reference image below - please download image to your device to print or have handy during the live session***

***We will use the method from our exploration exercise to draw the image [if you would like to draw the image before class that is fine] or see last page for an outline you can use and transfer onto your canvas to paint!***



**Supplies needed for this live session**

- acrylic paints - colors of your choice
- various sized paint brushes
- a palette to mix colors (palette paper or a white ceramic plate)
- water jars (2 or 3)
- canvas/canvas board (size of your choice)

***Don't know where to start on getting your supplies - check out the Amazon link below-***

***This kit has all you will need for class and beyond it - Acrylic Paint, Set of 24 Vivid Colors (22ml/0.74oz), Art Craft Paints for Beginners & Professional Artist, with Palette, 2 Painting C... <https://a.co/d/hknhOFY>***

