

LESSON IDEA

# Mindful designs

ART & DESIGN



Learn with  
**Procreate**<sup>®</sup>



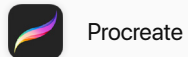
# Lesson ideas

Use these Lesson Ideas to spark your imagination for using Procreate in the classroom. Feel free to take them further and make them your own.

# Mindful designs

Engage students in a mindful and exploratory drawing exercise using Procreate's Symmetry Guides.

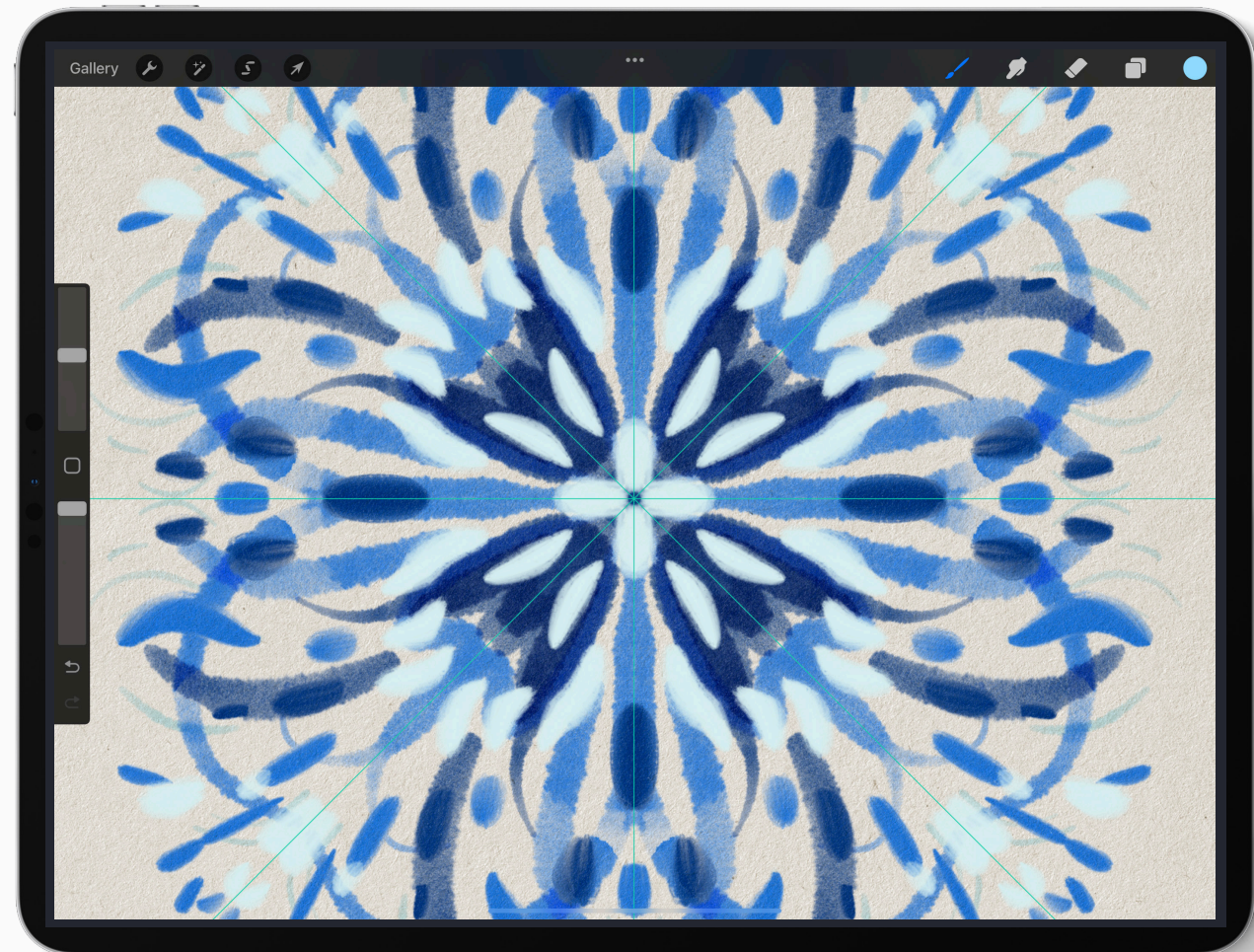
All you need is an iPad and the following app:



Procreate

## Educational Value

- ✓ Students will use Procreate's Drawing Assist tools to learn about symmetrical design.
- ✓ Students will engage in a mindful illustration practice, and build creative confidence as they explore what it means to draw intuitively.



# In this guide

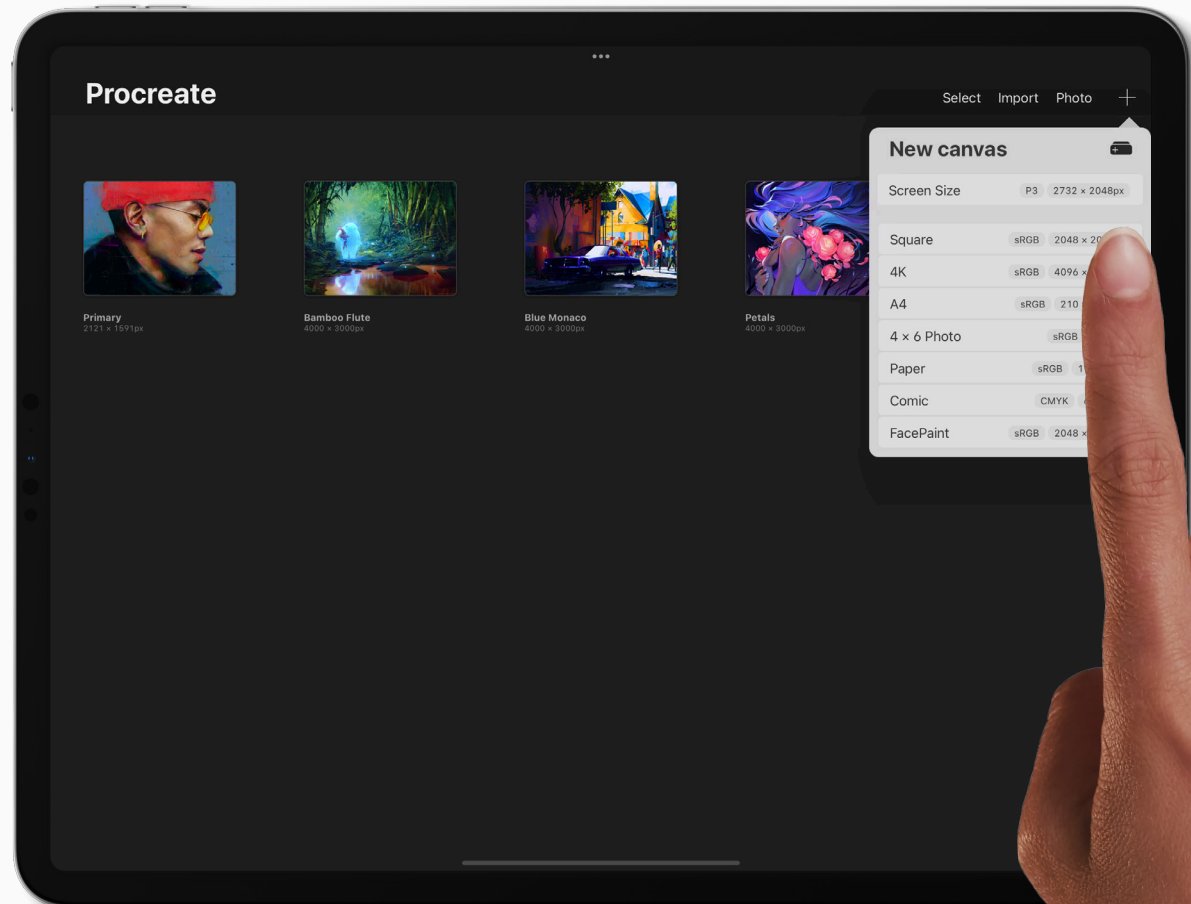
1	Getting Started
2	Setting up symmetry
4	Start drawing
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# Getting Started

1.

## Create a canvas

In your *Gallery*, tap *+* to create a new canvas. Select *Square* from the list of canvases that appear.

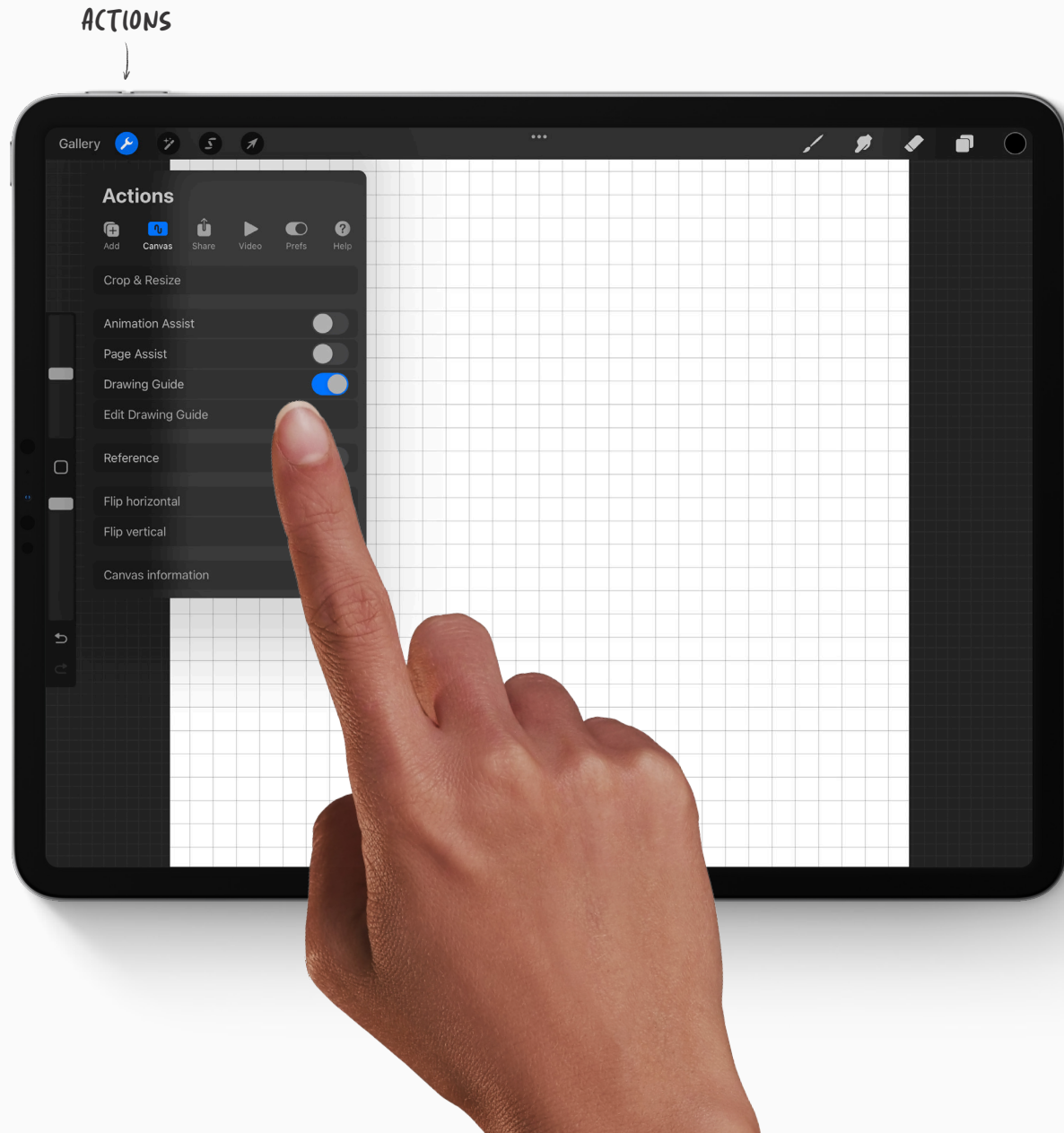


# Setting up symmetry

2.

## Set up your drawing guides

- 1 Tap the wrench icon to open the *Actions* menu.
- 2 Tap *Canvas*, and toggle on *Drawing Guides*. A 2D grid will appear over your canvas.
- 3 Tap *Edit Drawing Guide*.



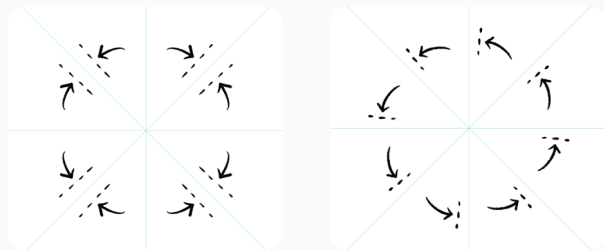
## Edit drawing guides

- 1 In the 'Edit Guides' window, tap *Symmetry*, then *Options*.
- 2 Choose *Radial* from the list, and ensure *Assisted Drawing* is toggled on.
- 3 Tap *Done*.

### TWO TYPES OF RADIAL SYMMETRY

By default, the Symmetry Guides use *Reflection Symmetry*: they flip your strokes across the guideline. In *Rotational Symmetry* mode, your stroke is repeated and rotated around the guidelines.

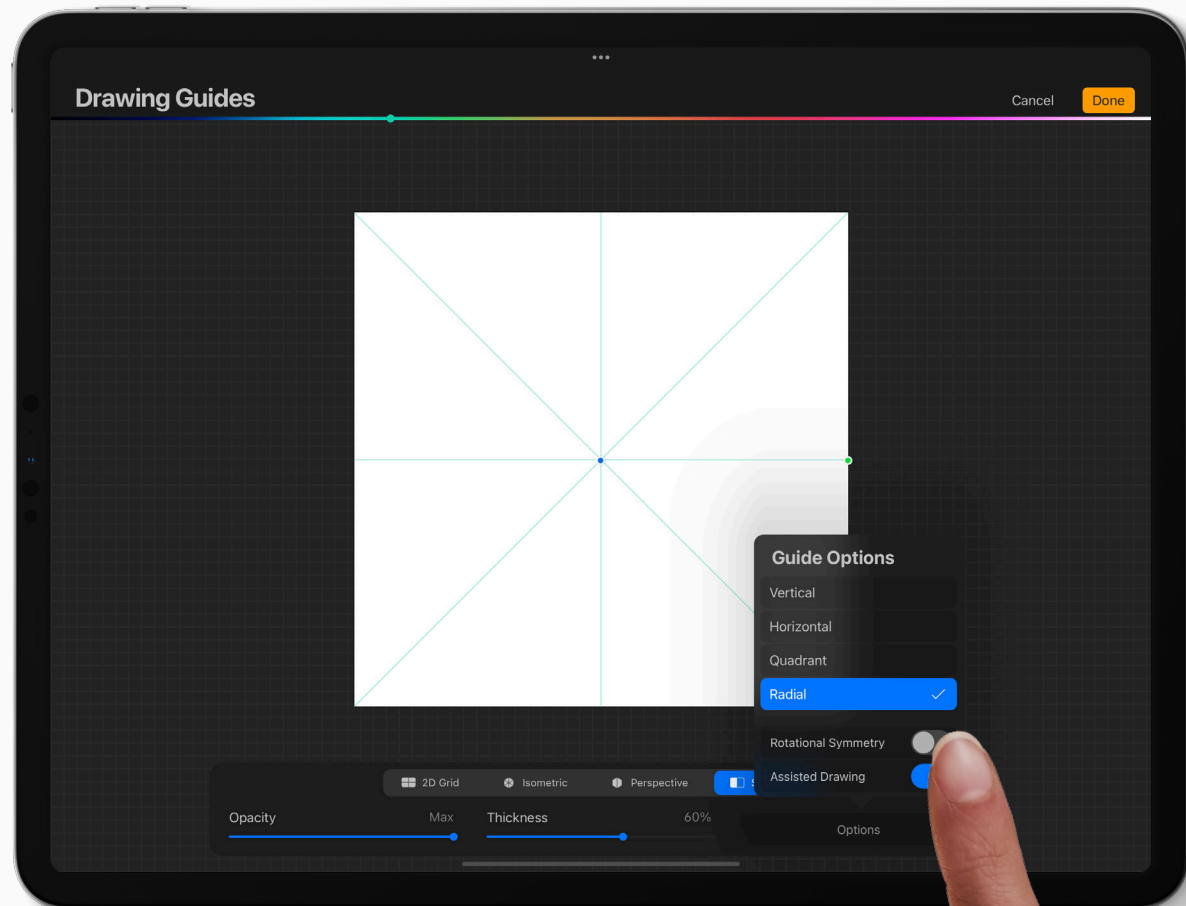
Tap the *Rotational Symmetry* toggle to switch between the two behaviors, and see the difference in effect.



ROTATIONAL OFF

ROTATIONAL ON

CHANGE COLOR  
WITH SLIDER



# Start drawing

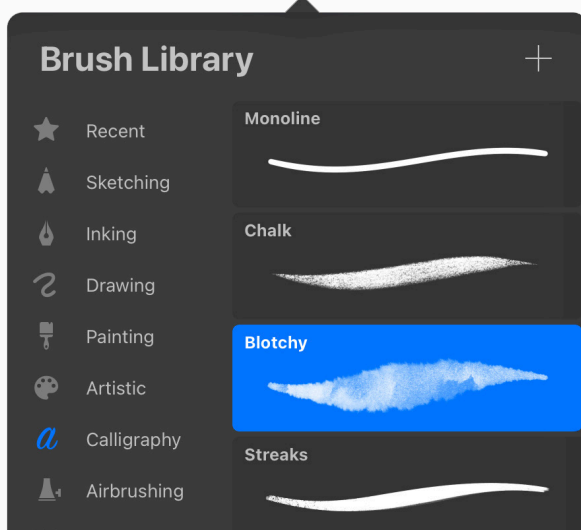
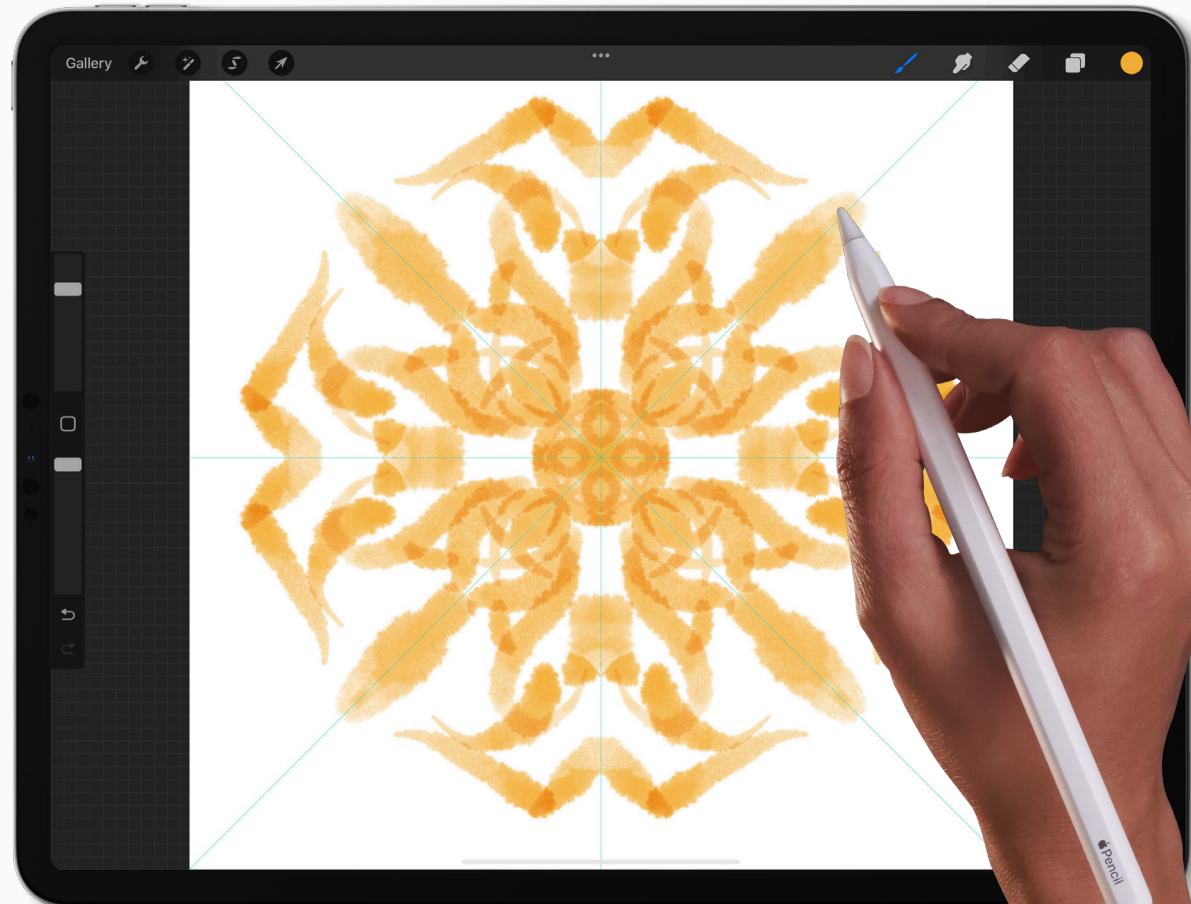
4.

## Pick a brush

- 1 Tap the brush icon in the top right menu to open the *Brush Library*, and select a brush. (This example uses the *Blotchy* brush from the *Calligraphy* set.)
- 2 Next tap the *Active Color* in the top right corner, and choose a color from the *Color Disc*.
- 3 Start painting. Try and paint mindfully, immersing yourself in the experience. Experiment with different lines and shapes to create satisfying patterns. Experiment with tilt and pressure if you're using an Apple Pencil.

BRUSHES

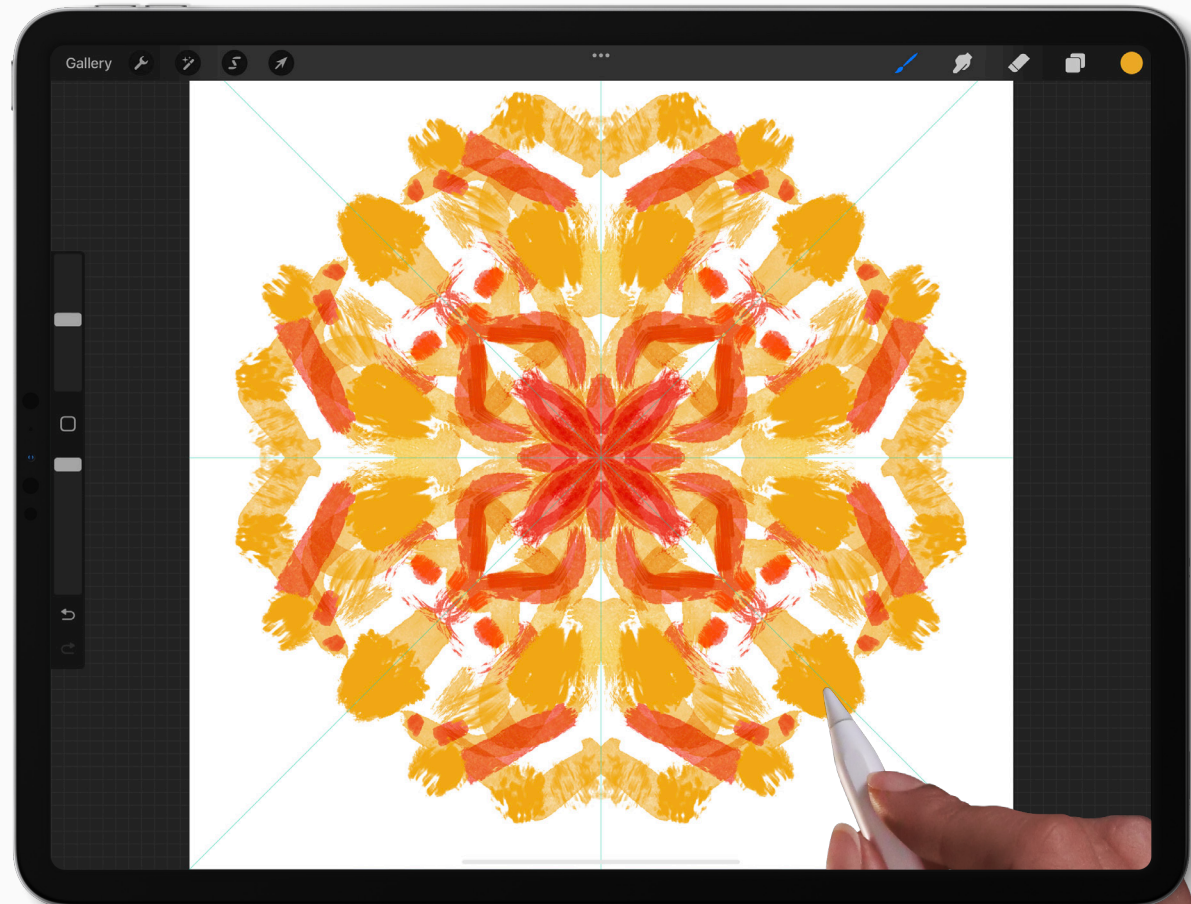
COLORS





## Adding color and texture

Now choose a different brush, and another color, then add additional elements to your drawing. Continue to engage in a mindful drawing practice that works for you.

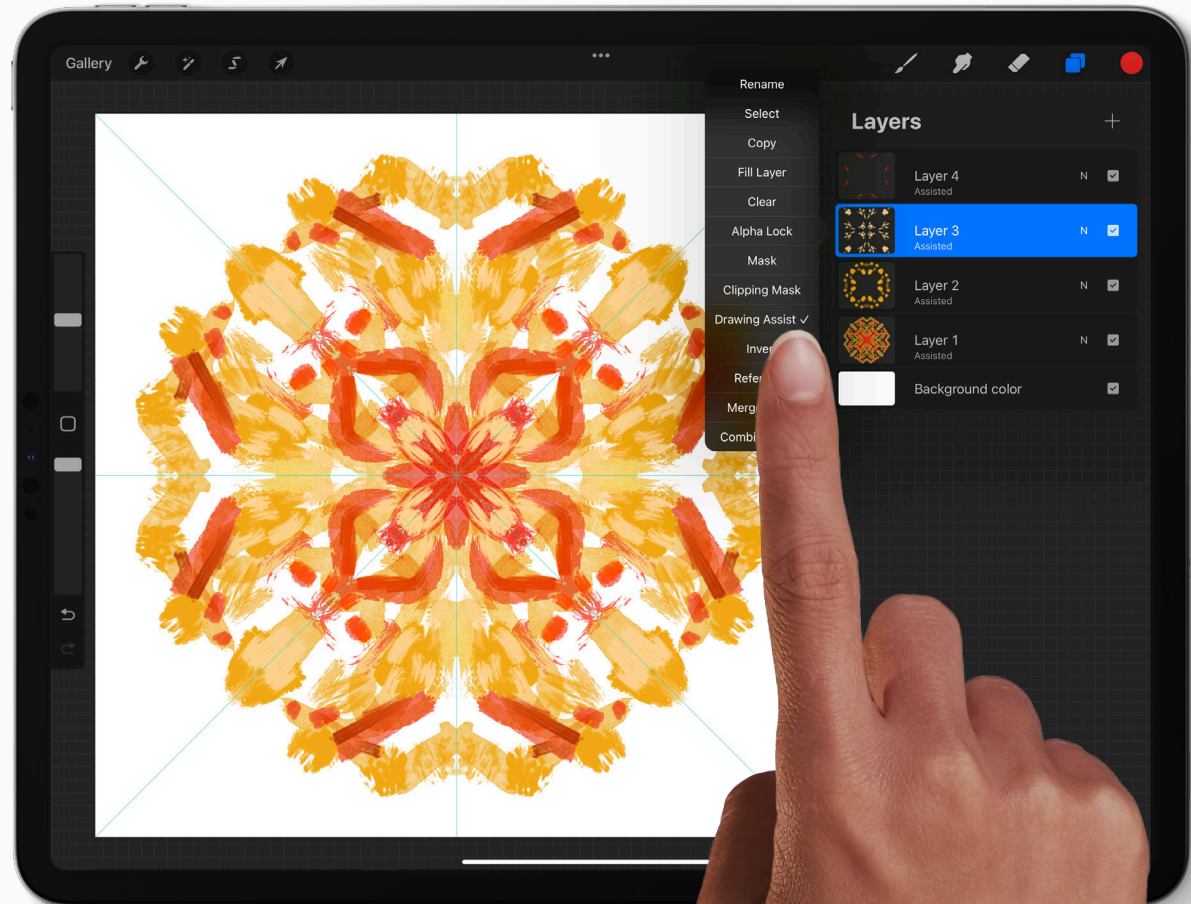


LAYERS PANEL

## Adding new layers

You may like to keep your colors separate on individual layers as you add more elements. To do this:

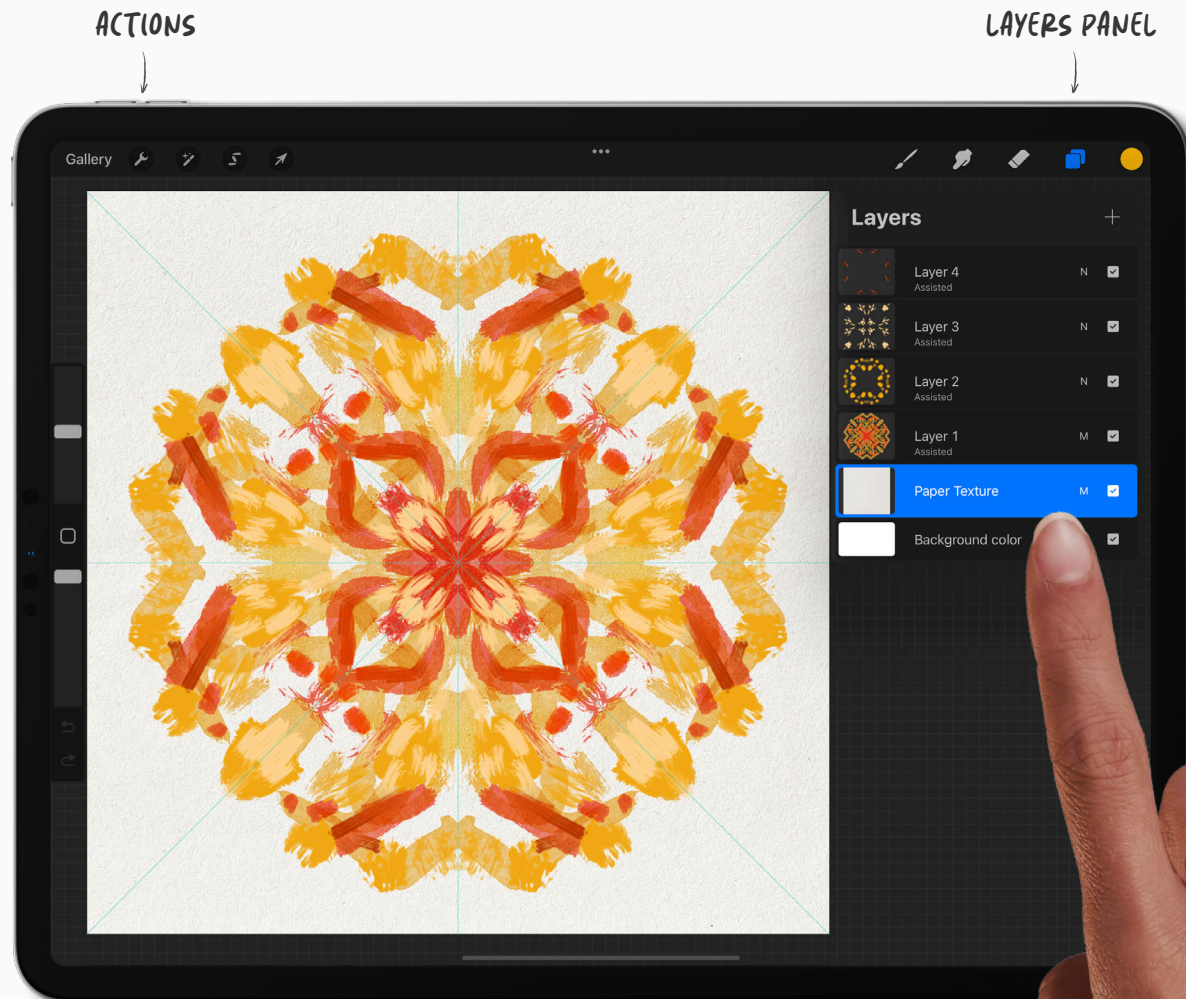
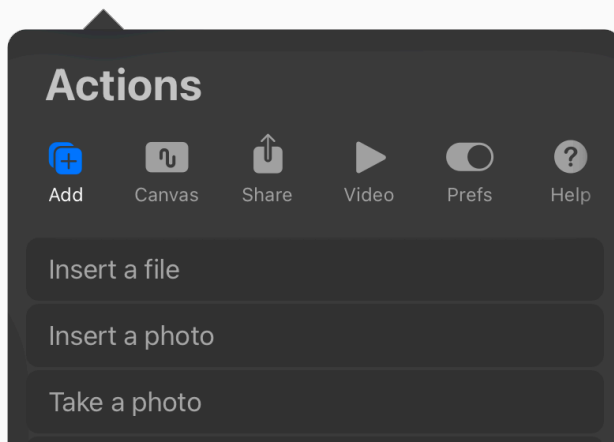
- 1 Tap the two squares in the top right menu to open the *Layers Panel*.
- 2 Tap the + icon to add a new layer.
- 3 Tap the new layer to open *Layer Options*.
- 4 Tap *Drawing Assist*. This will let you paint in Symmetry Mode, using your existing Drawing Guides.



## Bringing in a background texture

You may also like to add a background color, or import a background texture so your painting feels more tactile.

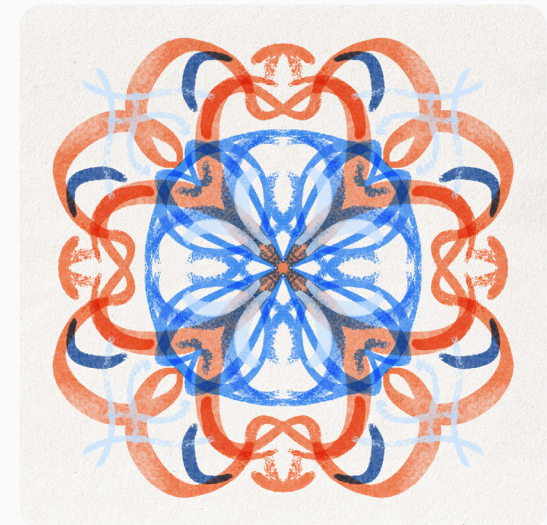
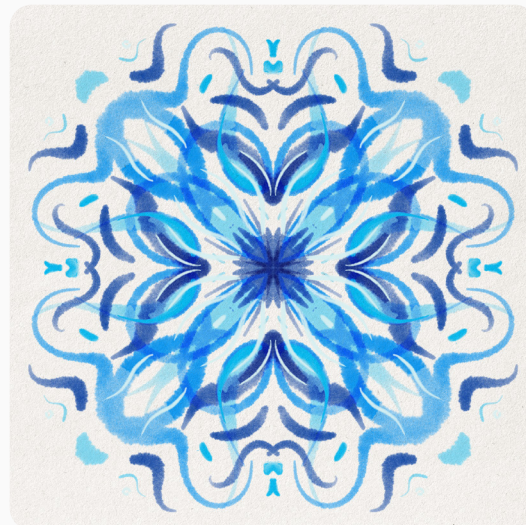
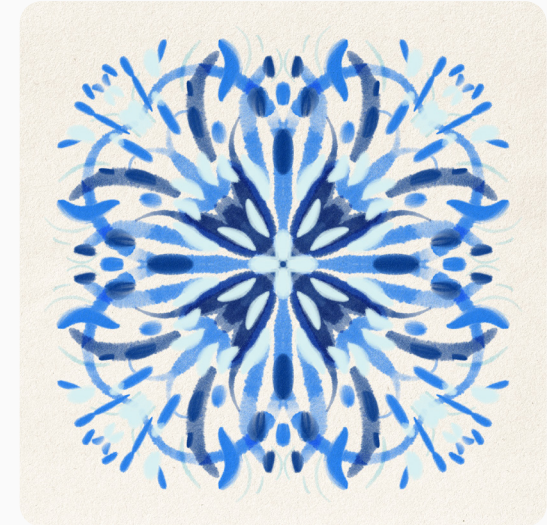
- 1 To add a background color, tap to open your *Layers Panel*, and tap *Background color* from the bottom of the list.
- 2 To import an image or texture as a background element, tap the wrench icon to open the *Actions* menu, tap *Add*, and *Insert an Image*. Once you've chosen your image, tap-and-hold it in the *Layers Panel* to drag to the bottom of the list so that it sits behind your painting.



## Keep going!

The beauty of this kind of activity is it looks different every time you do it. Just choose a different brush and color to start with, and immerse yourself in the drawing experience.

Remember, mindfulness is all about the creative process, not the final product.

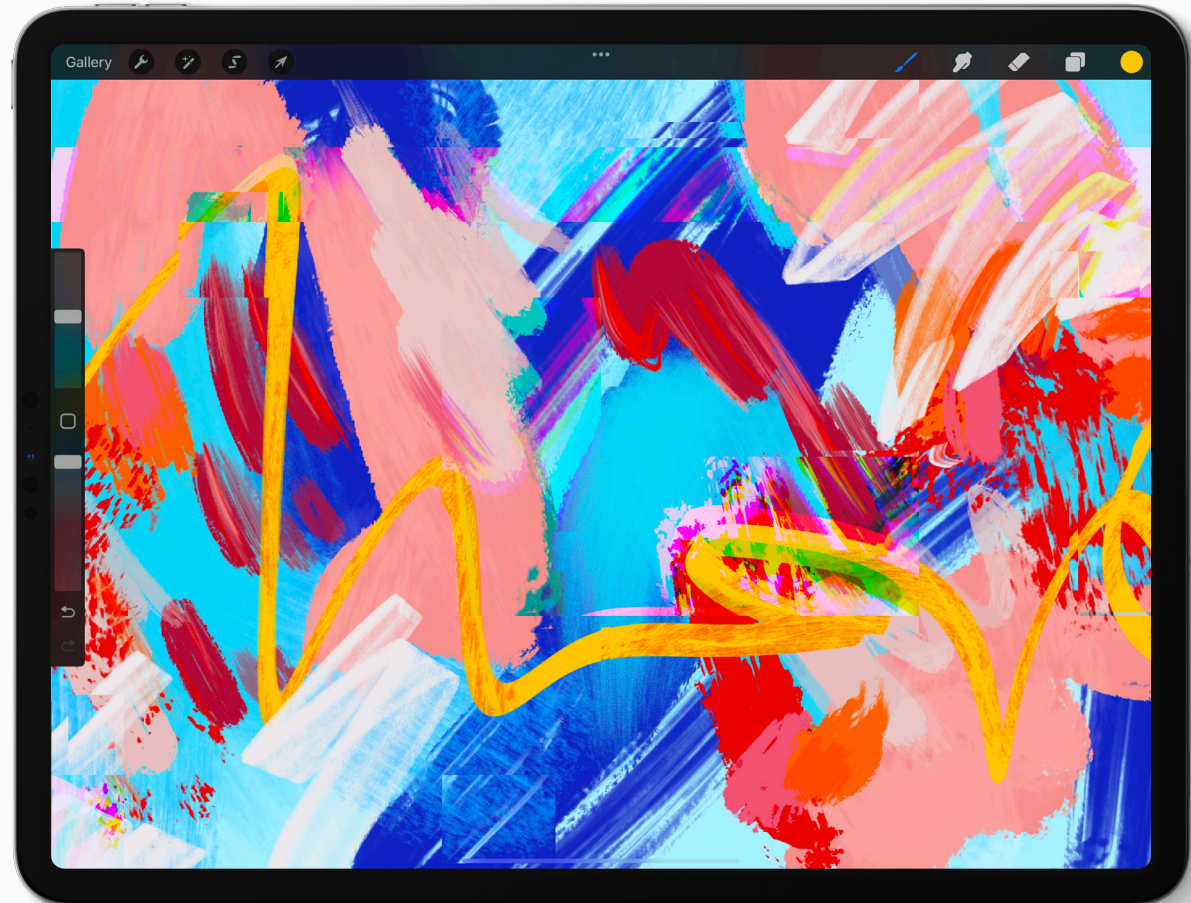


# Take it further

## Social and Emotional Learning

There are so many uses for mindful and expressive painting that aid social and emotional learning in the art room.

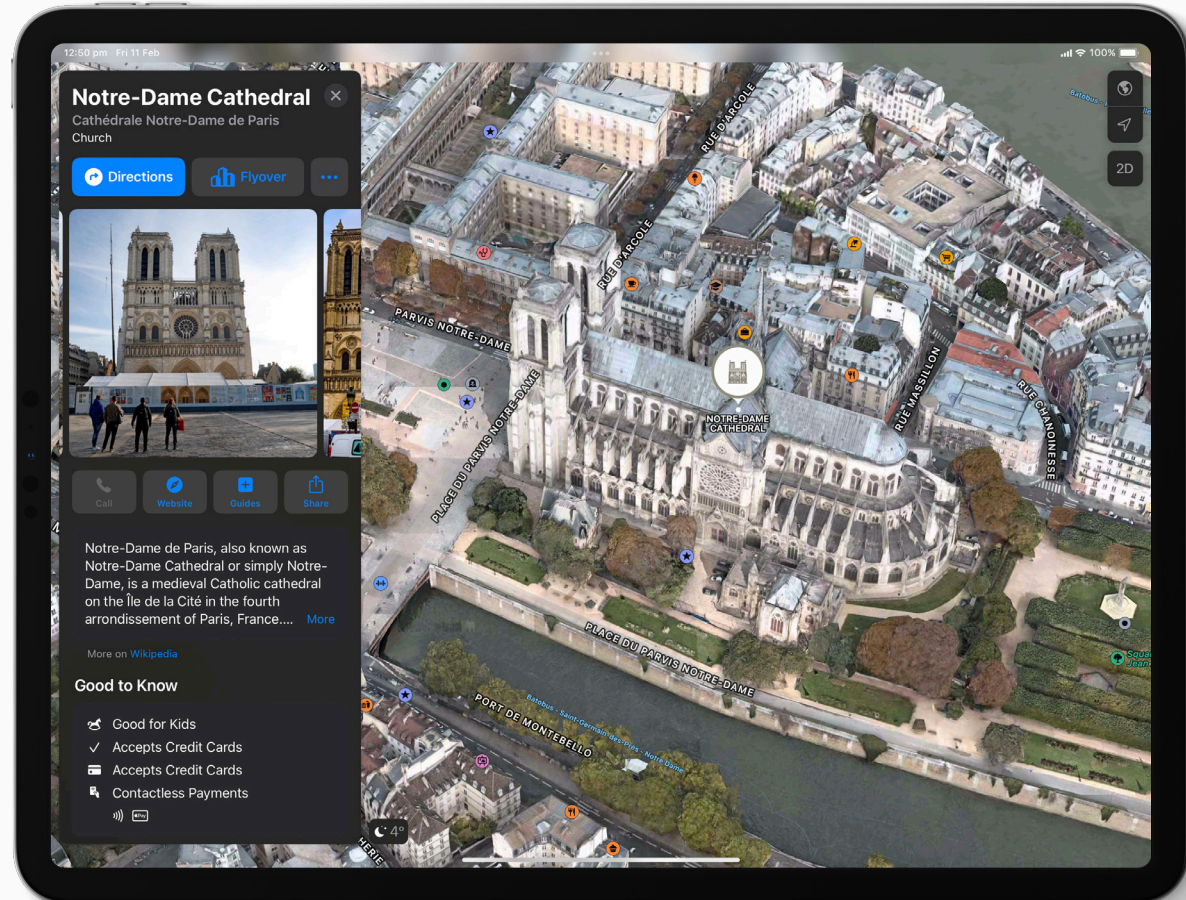
- \* Use this lesson as a creative warm up or a way to break through artists block.
- \* Encourage students to practice gratitude, and illustrate things that they are thankful for, rather than abstract shapes and marks.
- \* Use it as an exercise in letting go of control. Carefully tape your Apple Pencil to the end of a longer stick, or experiment with painting with a blindfold to see the results.
- \* Encourage students to let their minds wander, or listen to a podcast or other relaxing audio while they draw.



## Radial symmetry in art and architecture

Radial symmetry has been used to create balance and visual harmony throughout history and across cultures. It's often used to inspire a sense of awe and wonder in architecture.

- \* Conduct an investigation using *Safari*, or explore some of the world's architectural landmarks in *Maps*.
- \* What are some real world examples where you can find the use of symmetry in art and architecture?
- \* Is there anything that these examples have in common?



# Create

Artistic expression helps make education meaningful, memorable and fun. Find more creative lesson ideas at [education.procreate.art](https://education.procreate.art)

To dive deeper into the full creative potential of Procreate, see our Handbook at [procreate.art/handbook](https://procreate.art/handbook)



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