



Bilateral Drawing

STEPS:

- 1** Fold a piece of paper in half.
- 2** Hold a drawing tool in both hands.
- 3** Draw simultaneously with both hands. Make lines, shapes, squiggles and doodles.
- 4** Optional: you can repeat this again using different colors or materials. Add lines, decorate, add details to complete artwork.

Materials:

- Any size paper
- Any drawing tool

Note: This project gets a "1" rating because it can be as easy or as complicated as you'd like. This requires very little set up and clean up. Best for any age. Great for reducing stress!

Benefits of Bilateral Drawing

- 1** Bilateral stimulation engages both hemispheres of the brain, connecting thinking to feeling, which has an impact on trauma recovery.
- 2** Using both hands to create art develops your coordination. It challenges both hands to work together.
- 3** Encourages new ways of thinking. Breaks the usual patterns of your dominant hand.
- 4** This can be a meditative practice, promoting relaxation and focus.

Watch Out For...

- 1** Tape the paper down so it doesn't move or wiggle while drawing with both hands.