



Neurographic Art

Developed with Cheryl Michl
Dumfries, Virginia
Grades 9-12 (but can be used
with anyone ages 5+)



Objectives

Students will...

- Practice relaxation through art.
- Experience a creative process that focuses upon the artist's use of intuitive response to develop the imagery.
- Create art using simple supplies and, if additional supplies are available, expand the project.

National Art Standards

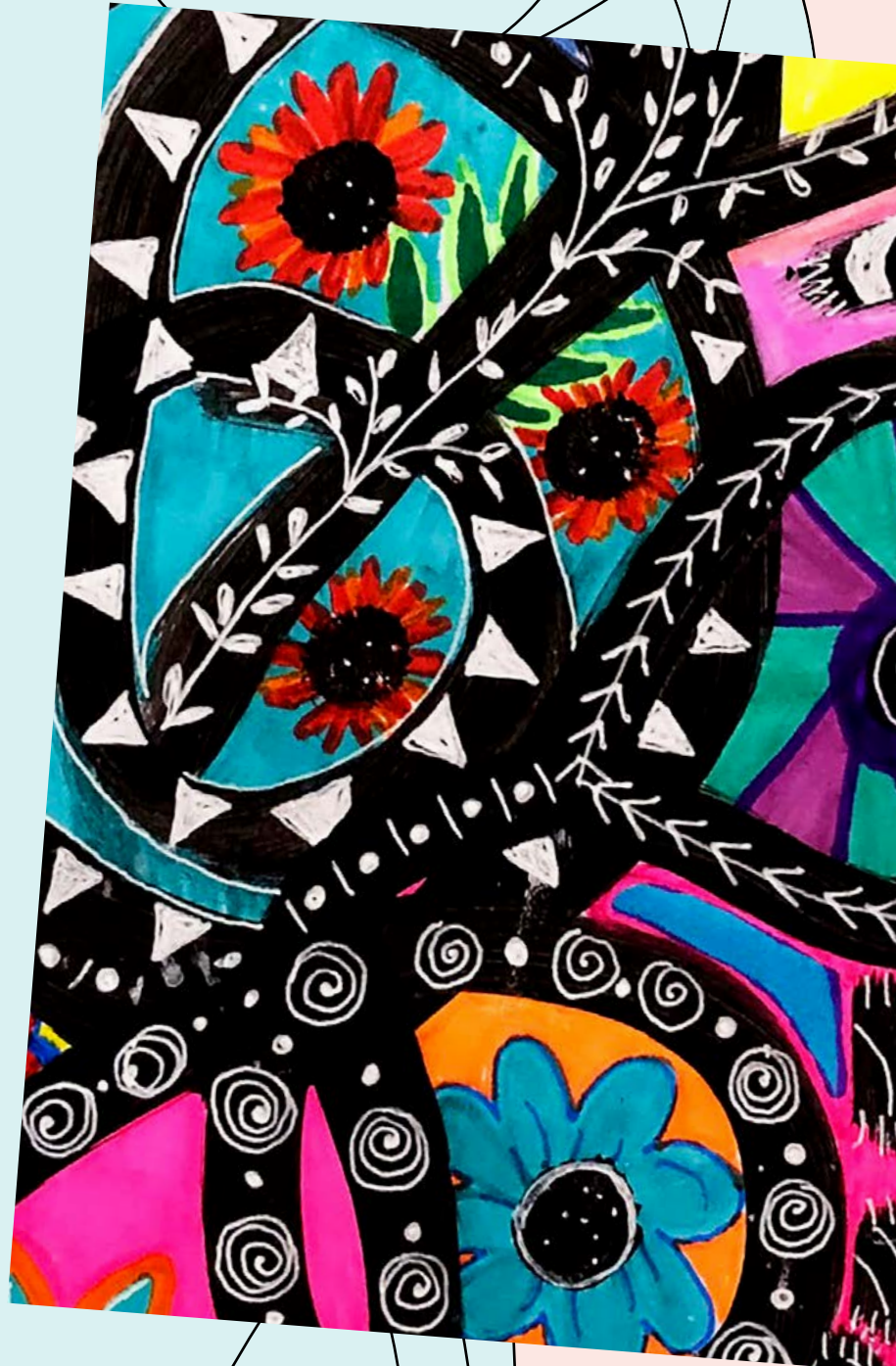
- AI.1** The student will apply creative thinking to original artistic works.
- AI.2** The student will identify and apply steps of a creative process to develop ideas and artwork.
- AI.12** The student will select and apply elements of art and principles of design to communicate meaning in works of art.
- AI.15** The student will exercise increasing skill and control in the use of media and techniques.
- AI.16** The student will use a variety of two-dimensional, three-dimensional, and contemporary media to create works of art.

Intro

Neurographic Art was designed and formalized in 2014 by Russian psychologist Pavel Piskarev. Pavel's defined Neurographic Art as a creative method for world transformation. It helps evolve our reality by engaging our emotional and aesthetic intelligence for discovering solutions to a variety of issues you may be working through.

Pavel believed that creative processes engage additional neurons making new connections and that those connections create energy. He thought that act of being creative enhanced your ability to focus on and acquire new skills, improve decision making, and increases information retention—in all areas of your life.

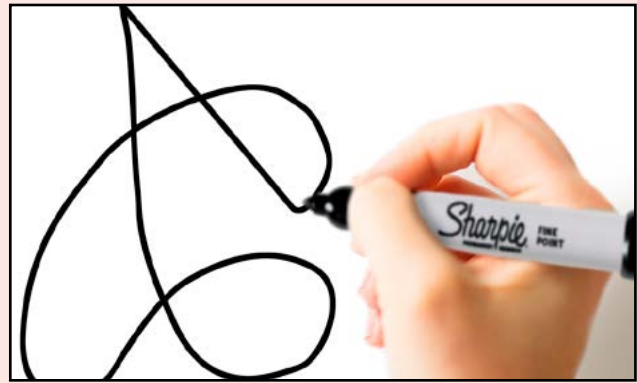
There are courses in Neurographic Art that teach the formal aspects of it. This lesson plan has not been created by a formally trained teacher, but follows the principles and has been adapted to a more simplistic and meditative practice that is highly relaxing and nourishing to your creative spirit.



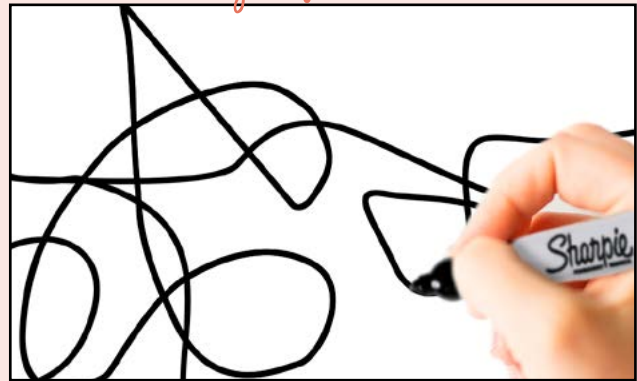
Instructions:

- Once your materials and supplies are set up in front of you, take a moment to relax your body, quiet your mind, and take a couple of deep breaths.
- The first step in Neurographic Art is the intuitive scribble. Using your fine Sharpie® marker, scribble on the page. Connect the ends of the scribble to the edges of the paper. There is no right or wrong in this process.
- Begin adding in Neurographic lines across your page. There are only two rules for Neurographic lines:
 1. They are conscious in thought and do not follow a repeated pattern/design .
 2. They should begin and end on an edge of the paper. They may run through your scribble, around it, or over it. Keep adding in lines until the space feels weighted, but not full.
- Then, choose one simple geometric shape (circle, oval, triangle, rectangle or square) to layer over your design. Add as many of the shape as you would like, but stick to one single shape — do not mix them up.
- Now you want to integrate the lines and shapes. This is done by rounding out any place where two lines meet or intersect. You will draw a $\frac{1}{4}$ circle that curves toward the intersection.
- Next, add any additional lines, shapes, or divisions of space you feel are needed for the image to feel whole. Be sure to go back and curve out new intersections!
- The final step Neurographic Art is to apply color. Again, there are no hard rules, but a general guideline is to repeat your colors throughout the sections. You can use any media you like and apply it with any technique you prefer. It may be fun to use water-based markers to outline shapes and then run a paintbrush with water over it causing the markers to bleed into the entire space.

intuitive scribble



add neurographic lines



integrate the lines and shapes



apply color





Materials

- Black Sharpie® Ultra Fine Tip Marker (9730243)
- Black Sharpie® Fine Tip Marker (9726841A)
- Mix Media Paper by Canson (9734681)

Additional optional materials

- Crayola® markers (9729407 or 9729408)
- Aqua pen or paintbrush
- Colored pencils (9705758 or 9705759)
- Any pens or markers available



Resources

<https://amarnaneuroart.com/>
<https://neurocreativelife.com/about>
<https://neuroartcoach.com/about/>

Nasco
education

1.800.558.9595

NascoEducation.com

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