

1

making  
an ugly  
drawing

## Introducing the activity

This activity introduces art therapy and the importance of the artistic process rather than of the final work.

## Time required

The activity lasts a total of 1 hour.

- 30 minutes for instructions and creation.
- 30 minutes to share the drawing and discuss the theme of beauty.

## Materials required

-  Recycled white paper of any size.
-  Colored pencils (markers, crayons, etc.)

## Group organization

-  The drawing activity is done individually, with each student in his or her place.
-  Group discussion takes place in a large circle, with everyone seated on the floor, so that everyone can see each other and feel included. Sitting in a circle facilitates group discussion, changing from the typical classroom seating in a row.

## Procedure and instructions

For this activity, we're going to make an ugly drawing. In other words, we're going to intentionally make our drawing ugly. It's not necessarily the object of the drawing that will be ugly, but rather the idea is to not think about whether the result will be beautiful. Your drawing can be abstract or of something specific, it doesn't matter what the colors are, as long as you think it's ugly.  
[Around 20 minutes for drawing]

## Discussion

Let the children who want to share their drawings

What was it like to draw something intentionally ugly? How did it feel, what were your thoughts?

Philosophical discussion on the subject of beauty and art

- What makes your drawing ugly?
- What makes art beautiful or not?
- Is art only valuable for its beauty?
- Based on the creations you've made, do you think we have different perceptions of what is ugly?
  - Is it the same for beauty? Why so?
- What does beauty mean to us?
- What makes something beautiful or ugly?
- How might the perception of others influence the way we see beauty?
- Who decides what is beautiful or not?
- Can the same thing be ugly and beautiful at the same time?

## Conclusion

Over the next weeks, we will be doing some art, but unlike when you have an art class, here we are going to try to focus on the process of making the art rather than on the finished product or on creating something that must be beautiful. Sometimes we will have something in mind of how we want it to look, but remember, the goal here will be to bring our focus on what happens during art making. What feelings we might have, emotions, thoughts, and how we deal with these as we create.

Examples of drawings

