



NEUROGRAPHIC ART CHALLENGE

Well Being

By the end of this lesson -

- You should be able to recognise, understand and appreciate the Neurographic style of art.
- You should be able to appreciate that art can be used as a therapeutic tool.
- You should be able to understand and recreate the process used to create a neurogenic piece of art.
- Reflect on the process and the final outcome.



WHAT IS NEUROGRAPHIC ART?

- Neurographica, is an entire process that is based off of a psychological method. It was created by the Russian psychologist Pavel Piskarev in 2014. When we draw using the Neurographica algorithms, it helps us engage more neurons.
- Neurographic art is very therapeutic to create.
- This art form is a way to capture how the inner being reacts to the outer world.
- Neurographical art is a way to transform the fear and chaos of our world into something more calming and peaceful.

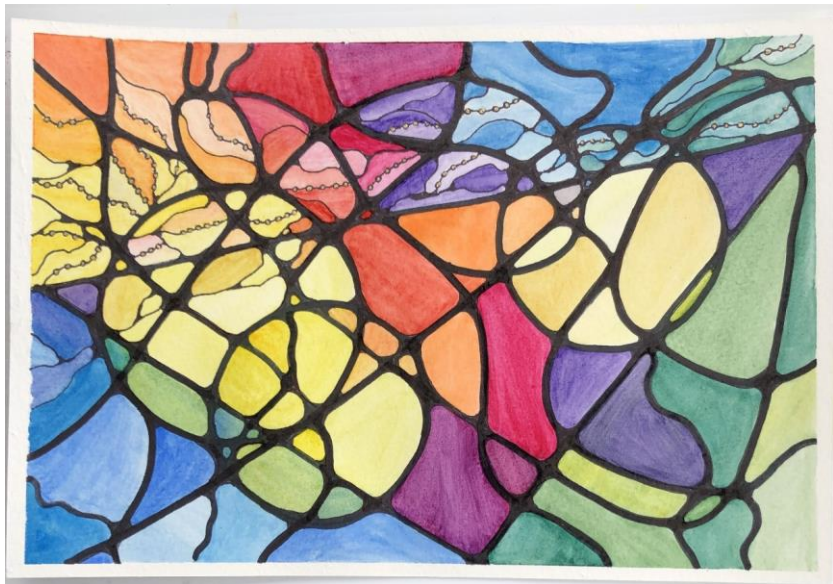


NEUROGRAPHIC ART

TUTORIAL

NEUROGRAPHIC ART PROCESS AND ACTIVITY

- The starting place is to identify an issue that is annoying you, stressing you out or challenging you in some way. It should be something you are trying to find peace with in your life.
- The next step is to think about your topic and the stress it causes as you draw on your paper.
- Create a series of lines on a piece of paper you - let your hand flow – you should simply be releasing energy, not attempting to draw.
- Go over the line, thickening the line. Extend the beginning and end to go off the paper.
Add more lines (called neurolines) that will travel from one side to the other.
Thicken and curve any sharp edges.
- As you are going through the steps, meditate(think about) on your issues.
- Add color. There are no rules to adding color. You can let this be intuitive and respond emotionally. Maybe you feel peaceful and want the colors to be harmonious, for example.



**SOME INSPIRATION-
REMEMBER TO HAVE FUN**

SOME ADDITIONAL APPROACHES -



REFLECTION

Did the process work for you? Did it help in some way to deal with an issue that is annoying you, stressing you out or challenging you in some way?

Think about your finished piece of art - What do you think you did well?

Think about your finished piece of art – What would you change if you were to do it again?