This step by step "how to draw" book will help you to build confidence in your ability to draw. I have heard many people say, “I can't draw a straight line”. Well, wiggly lines are much more interesting than straight lines anyway. It got me thinking about learning how to draw people starting with a stick person. If you can draw a stick person, you can learn to draw people.

Some of us find it easier to identify the lines that make up an object; others of us find it easier to identify shapes, so both methods are included. Remember drawing from real life or 3-D objects is best for developing drawing ability. Drawing 3-D objects tunes us into the details that make a difference and add interest.

As with any skill; how good we get depends on how much we practice.

This step by step format is used by many "how to draw" books. The learner compares each step with the next step to see what new lines or shapes have been added. The steps are added one at a time to build the image. This is a fun way to increase one's higher order thinking skills.

Above are a couple of drawings I drew of myself, self portraits. One is cartoon like; the other is more realistic. I like to try drawing in many different styles. I love learning new things and practicing what I already know. I also love to use my imagination. You can find a link to more of my art work on www.expandingheart.com.
Read, like a book, from left to right. Add shapes and lines until the picture is complete. Enjoy making goofy drawings even if you don't quite like the way they look. No one starts out an expert; it takes practice.
Change the angle and direction of the lines to get that stick person moving.

Hey bro... please loosen up. Try not to be so stiff.

Please try bending my arm at the elbow.

And bend my knees too. Thank You!

Feels good to sit down.

Would you please give me some muscle. Add a line evenly spaced all the way around my skinny bones. Clothes would be nice too. I'm a little chilly.

Erase my guidelines. Give me some hair. I'll be ready to walk on my hands anywhere.

Oh yeah. Add muscle.

You can't catch me. I'll run as fast as I can.

A chair too! Thank You!

Please try other poses using the same techniques. Make your own.
I Can’t Draw... Until I Practice!

People: Body Language with Lines

Body language speaks loudly through lines.

I look like a stick.

Arrgh! I feel frustrated.

Please trace around my stick figure briefly to give me some muscle. Thanks!

I'm so angry. Okay... take deep breaths. Think a pleasant thought. It's going to be okay.

WHAT ATTITUDES/EMOTIONS CAN I IDENTIFY???

Yes...I'm relaxed.

Practice! Practice! Look at (watch, observe) people in action. Then practice some more. It's the best way to keep getting better and better.

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Variety is the key. There are so many different kinds of people in the world. It’s great!

How many different shape heads can you make? Use your imagination.

Look at people and see a great variety of shapes of heads.

Stretch your imagination. Using different kinds of lines creates different expressions.

The possibilities are endless.

Try using all these different kinds of lines.

The same face can have many different expressions.

Happy (Alegra) Sad (Triste) Silly (Chistoso) Tired (Cansada) Frightened (Asustado) Proud (Orgulloso) Confused (Confundido)

Impatient Angry (Enojado) Stressed Snobby (Narison) Humble Embarrassed (Apenado) Tough (Rudo)

Most faces are circle, oval, or rounded square shape, but why not try all different kinds of shapes for practice and fun.

Circle Oval Rounded Square Triangle Heart Diamond

How many hair styles can I think of?

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I Can’t Draw... Until I Practice!
People from Shapes

When you look at yourself in the mirror or look at another person, what shapes do you see?

There are as many ways to learn to draw as there are different kinds of people.

Some people find it easier to identify shapes when they draw.

The shapes I make do not have to look exactly like the objects I am trying to draw.

I could use a camera if I wanted an exact replica.

Start with an oval-like shape (or other shape) for the head.

Add a small rectangle for the neck.

Add a rounded rectangle for the body.

Add two more rectangles for arms. Try to overlap them as shown.

Add two more rectangles for legs.

Remember any rectangle-like shape will do. People come in all shapes and sizes.

Wow! We are doing great!

Add oval-like shapes for hands and feet.

Add a ‘U’ shape for thumbs. Add lines for fingers. Add facial features (eyes, nose, mouth...)

Decide on gender. Add hair and clothes.

Add more detail.

Erase unwanted guidelines.
It's the angle (tilt) and direction of the shapes that create the appearance of movement.
Putting the eyes too high on the face is the most common mistake when drawing faces.

PORTRAITS
A portrait is a picture of a person.

Make eyes. Divide bottom 1/3 in 2 parts.

Make nose. Divide button ¼ in 2 parts. Their make mouth.

Ears are between eyes and nose guidelines.

Oh yeah! Get all dressed up. Add lots of details. Oh and erase the guidelines.

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The more you practice the more realistic you can draw, if that is one of your goals.

**PORTRAITS**

A portrait is a picture of a person.

Portraits have proportions. Proportion is how the parts relate to the whole. Simple math comes in handy here.

The picture or image can really look like the person or simply represent the person. A portrait can be symbolic or abstract. I'm real looking.

This is a close-up portrait.

The side view of a person's face is called a profile.

Oh my goodness! Mercy me! Draw a portrait... A portrait of me!

A picture of myself is a self-portrait.