



# Automatic Drawing

By Laura Godfrey-Isaacs

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What is  
AUTOMATISM



'Automatism' is a method where conscious control over the creative process is suspended which allows the unconscious mind to dominate. Early 20th century movements such as the Dadaists and Surrealists used the technique in drawing, painting and writing. Women surrealist artists include Leonora Carrington, Frida Kahlo and Dorothea Tanning.

## Materials:



## Exercises

1

### 'How are you feeling today' - 20 minutes

- How are you feeling today - choose a coloured crayon using expressive mark-making, eyes closed - 3 mins
- Look at page, and add some more marks - 3 mins
- Go back to that drawing and add words (descriptive) with a different crayon or pencil i.e. happy, irritated, anxious, sick, tired - 3 mins
- Overlay on top of your drawing using stencils with pencil & pen, or collage material - 6 mins
- 'Add 'decorative' mark-making in paint: blobs/stripes/wash' - 5 mins



2

### 'A pregnancy or mothering experience'

i.e. finding out you are pregnant, scan, birth, first time you felt the baby etc. (same process as above)

### Sharing - 30/40 minutes

If in a group, come together and each participant talks about one drawing, or share online using: #maternaljournal



30-40 Mins



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