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Drawing Forms - Endless Loops

20 endless loops to trace, copy and draw
from memory

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PRINT SETTINGS

Please use Acrobat Reader to print and make sure that the settings 'Actual size' and 'Auto portrait/landscape' are selected.

SAVE PAPER & TONER

Only print out the pages you need.

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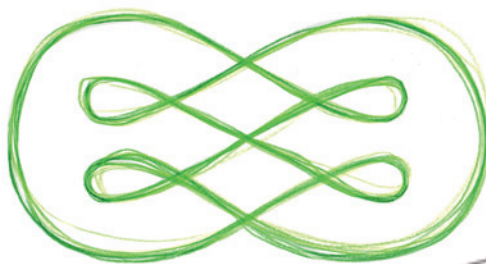
INTRODUCTION

Drawing Forms - Endless Loops

The drawing of forms is a pedagogical method that comes from Waldorf educational theory, and it's a widespread part of anthroposophic art therapy. The forms that are drawn often stem from the Neolithic and Bronze Ages, as well as the line art of the Celts and Lombards. The most well-known endless loop is the number eight. A horizontal eight - Bernoulli's 'lemniscat'e - is the mathematical symbol for infinity.



In contrast to figurative drawing, form drawing is understood as a line in motion. The up and down of the line can, for example, result in endless loops. The movement sequence is rhythmic and shifts between concentration and relaxation. This basic rhythm is always repeated without putting down the pencil. When you concentrate and carry out such repetitive motor movements for some time, the mental processes in the brain slow down and you become calmer. Such exercises are often used in art therapy due to the calming effect they have on the nervous system.



Form drawing is not so much about the creative process as it is about practicing skills and repetition. You draw the motif until it is not only 'right' but also 'aesthetically pleasing'. Ideally you draw until you no longer need a template. You can also trace the shapes on the paper with different colored pencils - over and over again... and then try to do the whole thing with your eyes closed, allowing your hand to register the forms.

You can trace a motif in the air with different fingers or let an adult guide your hand and close your eyes. The forms can be drawn on a chalkboard with a wet sponge or in the sand with a stick.

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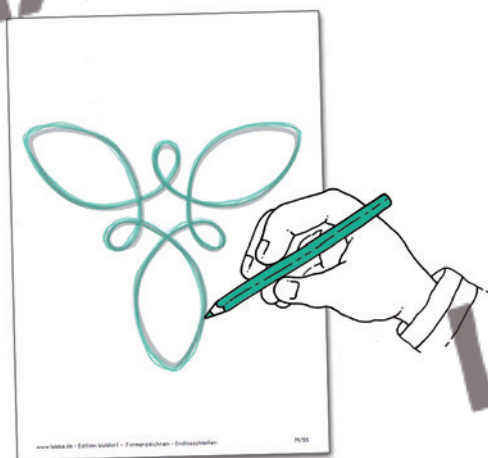
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The best idea is to work at a large table. Try to sit in a loose and relaxed position. When drawing forms, you shouldn't worry about wasting paper. If possible, the paper shouldn't have too smooth a surface. You can use soft colored pencils and pencils for drawing. An eraser shouldn't be used under any circumstances! As with any artistic practice, it's important not to draw for too long at a time, but as often as possible.

Micha Labbé

HOW TO DO IT

Drawing Forms - Endless Loops



① Print out the desired form. Beginners should start with one of the large motifs.

② Use a colored pencil or leaded pencil to trace the line several times. You can use different colors for this if you like.

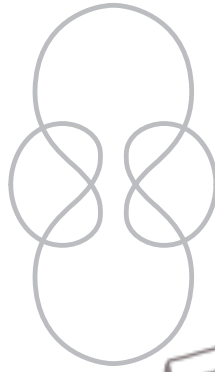
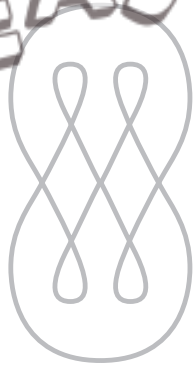
③ Once you've got the hang of it, you can trace the motif using the smaller template.

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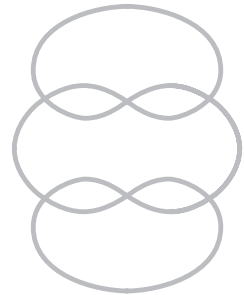
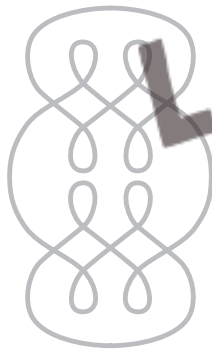
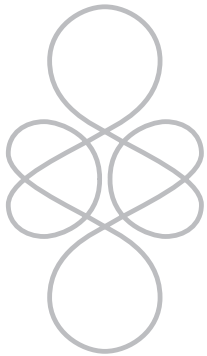
OVERVIEW

Drawing Forms - Endless Loops

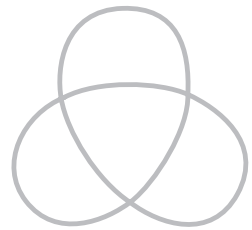
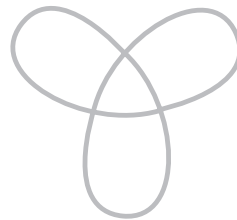
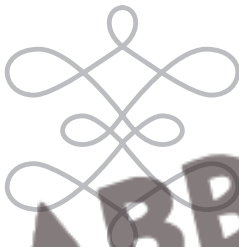
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