

Peekfree Doodles

TEST KITCHEN

Take about 60 seconds and draw each object without looking at your paper.

how to DO
a PEEK FREE
Doodle?



Keep your eyes, (or your mind's eye, if it's a memory) focused on the object while you draw the entire thing- no peeking! The drawing is finished when you intuitively feel it's done, or if you accidentally look down and break the peekfree spell.



PROMPTS:

- Selfie portrait (in a mirror or on your phone)
- A friend (Or a stranger that you don't mind staring at for a few seconds).
- The thing closest to you on the table
- Look outside, 'Peekfree' the first thing that you see
- Your shoe (Or your bare foot)
- Your coffee cup
- Your mum or dad, from memory
- A plant, flower, or tree you can see
- Your favorite animal, from memory
- An eyeball, from your imagination (Or someone that will let you stare into their eyeball for a few seconds)
- Nearest lamp or light fixture
- Form of transportation nearest you

TK TIP

Surrender and let your hand guide your pen while your eyes and brain take a break from deciding what line comes next, or if something looks "right" or "wrong".

This exercise is all about the process, not the finished product. (Though, as a bonus, you may find that the finished product looks pretty cool.)

Happy Doodling!

Be sure to share your peekfree creations on the [Test Kitchen Facebook Page](#) or use our [hashtag on Insta #tktheblog](#)
We love seeing what our creative counterparts come up with!
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