Made in the UK

RELAX, DRAW, COLOUR



THE ADULT COLOURING SKETCHBOOK

MORE THAN A COLOURING BOOK!



JULIE ANGEL & Co

Specialist Art Teaching Company

RELAX DRAW COLOUR

Written and illustrated by Diane Rogers and Julie Angel

Pattern designs by Diane Rogers

Made in the UK

We have created this book to encourage people of any age to Relax Draw & Colour

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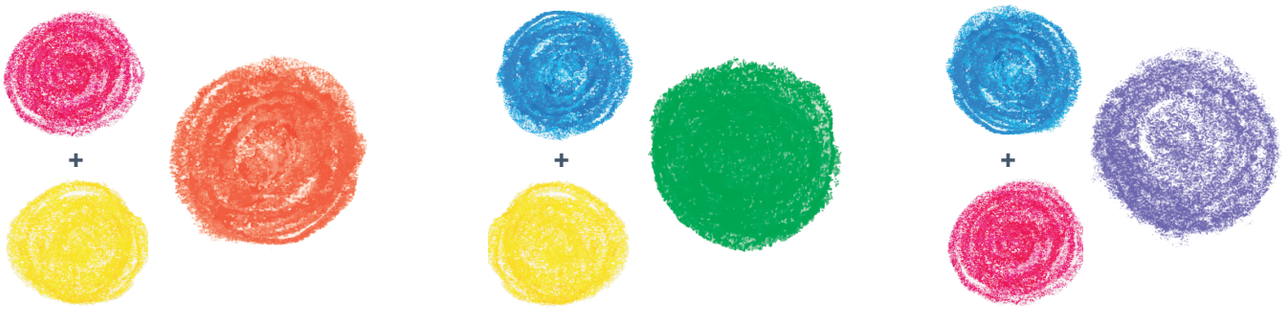
HINTS
& TIPS

COLOUR

A wide variety of fun, popular images have been chosen for you to colour. All examples were coloured using only 5 pencils from the Academy Range of quality, coloured pencils, manufactured in England by Derwent.



These can be mixed and blended to produce many more colours. On each colour example page, we have indicated which colours were used, should you wish to reproduce the image as shown.



TEXTURE

If you have a sharp tip on your coloured pencil it will create a good line. By using the side of the pencil tip, you can create a textured mark.



A hatch is a slanted line



A crosshatch is made by two lines crossing over each other.



Hatching is used in drawings as a way of building up areas, to create light and dark and tone. When mixing and blending two colours together, crosshatching is a great way to build up colour.

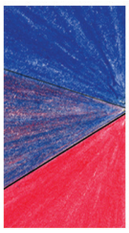
HINTS
& TIPS

HARMONIOUS COLOURS

Harmonious colours are colour friends and are next to each other on the colour wheel.
Choose from the combinations of harmonious colours below to colour in the blank beach huts.



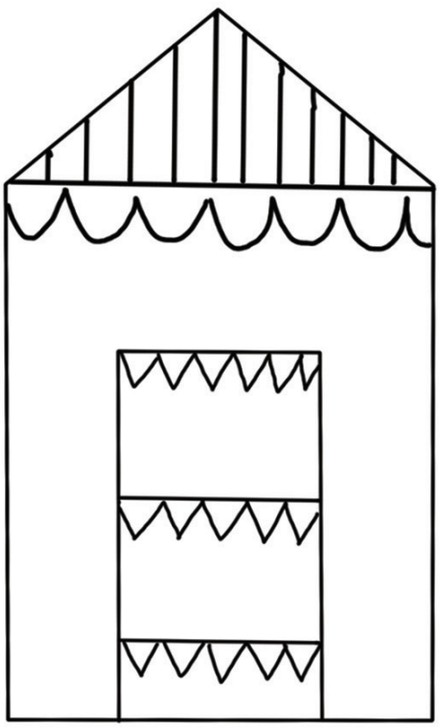


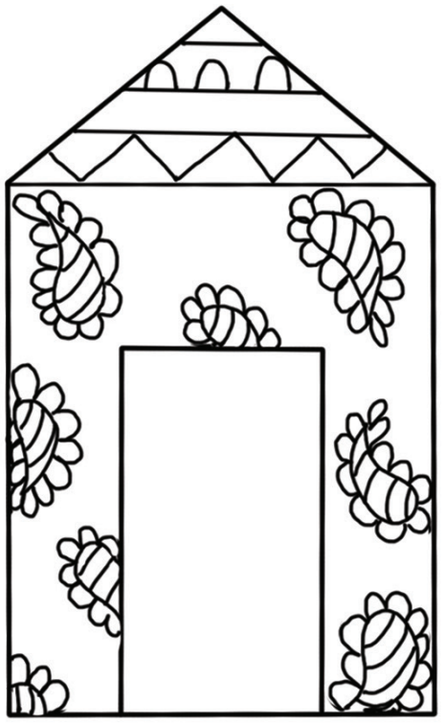


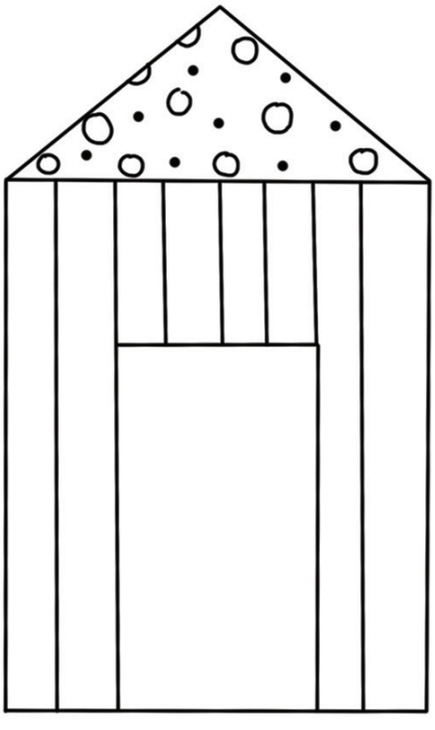


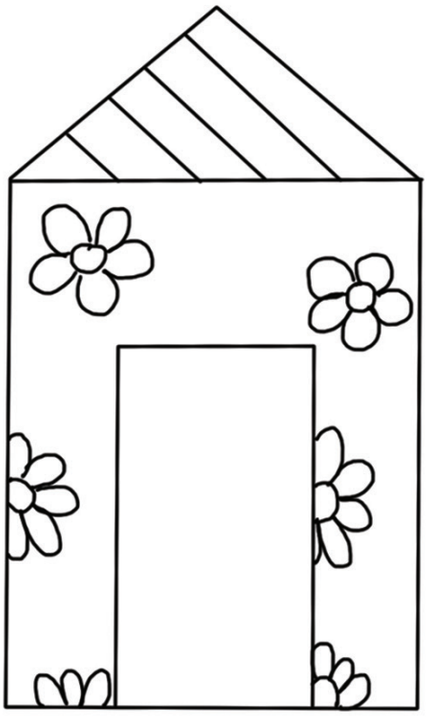










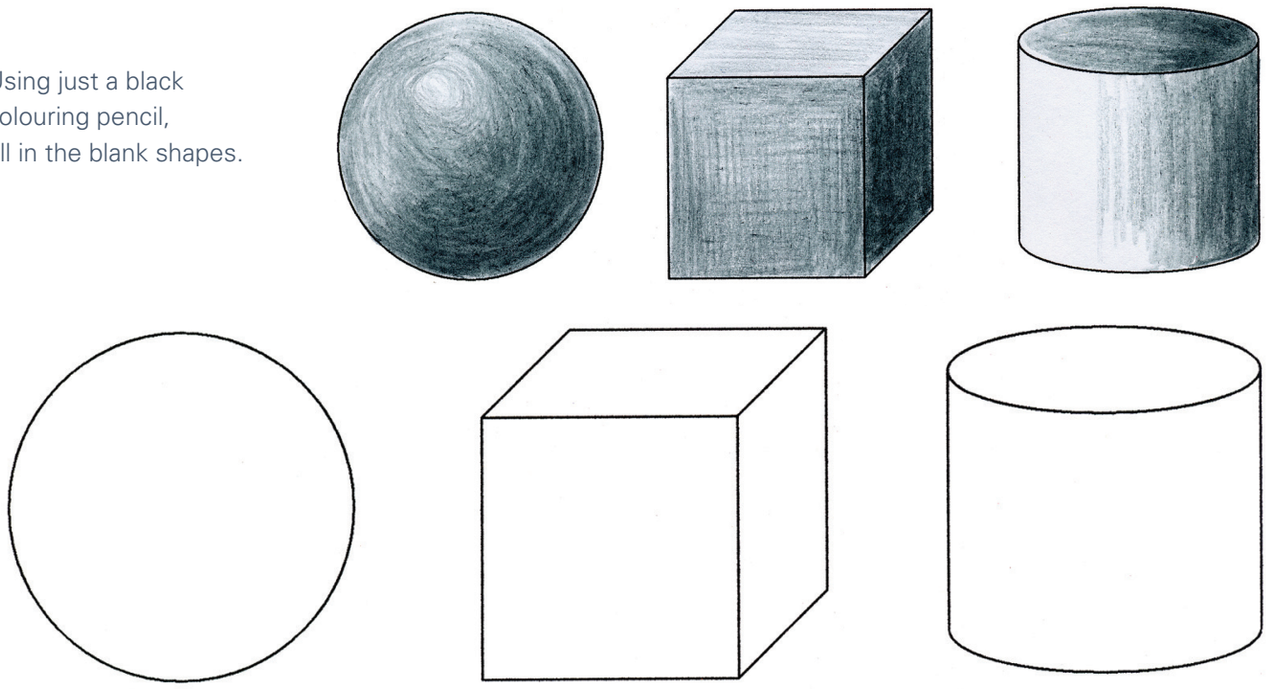


HINTS & TIPS

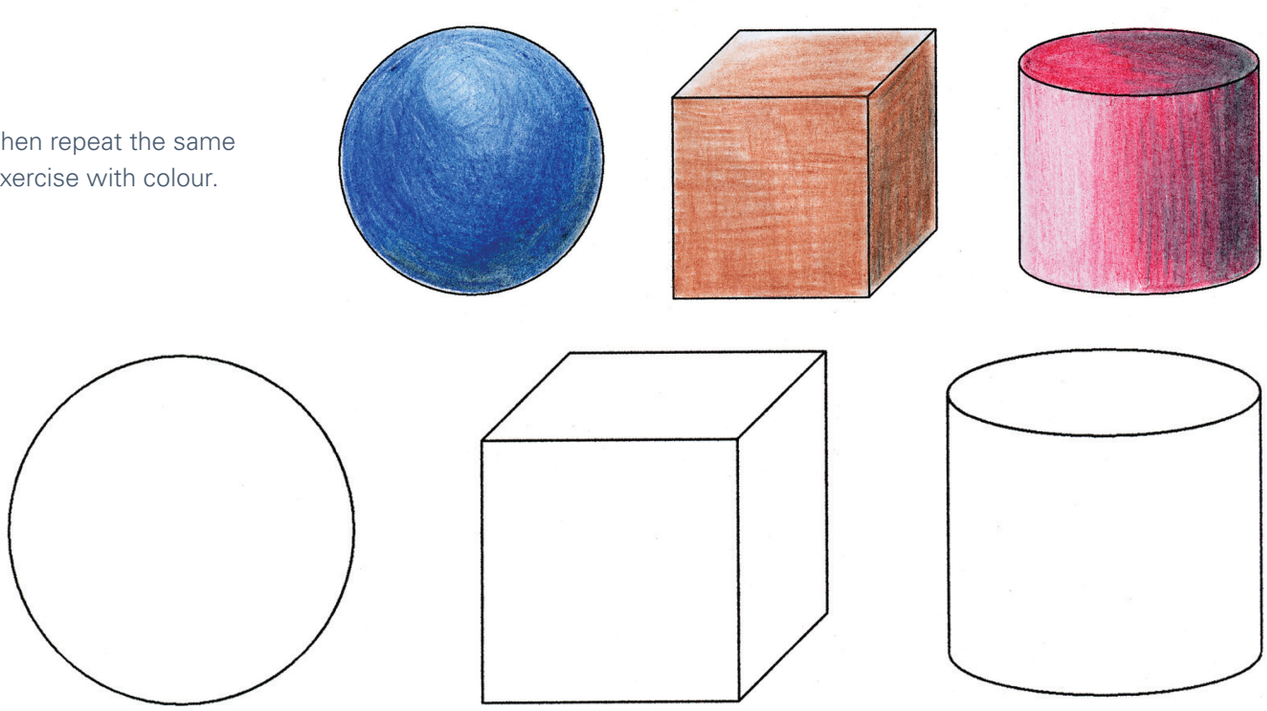
TONE

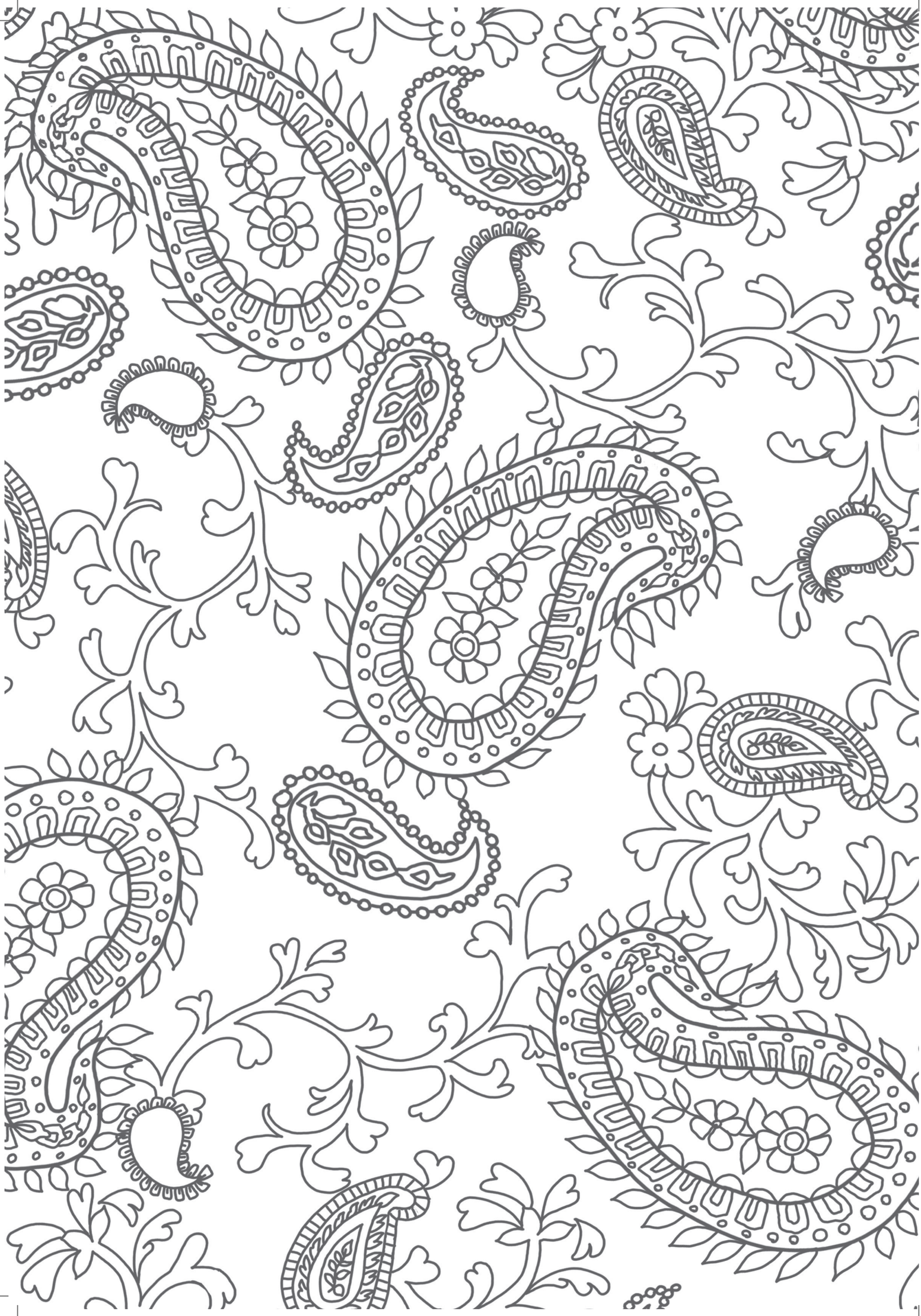
Tone or shading is used to make objects look 3D. Press down harder to make the colour stronger and darker and make your lines closer together to create darker areas. For lighter areas, apply less pressure and make your lines further apart. Crosshatching is very useful for this technique.

Using just a black colouring pencil, fill in the blank shapes.



Then repeat the same exercise with colour.









10–30 minutes

POSTAGE STAMPS

- Use any colours of your choice to create these stamps.

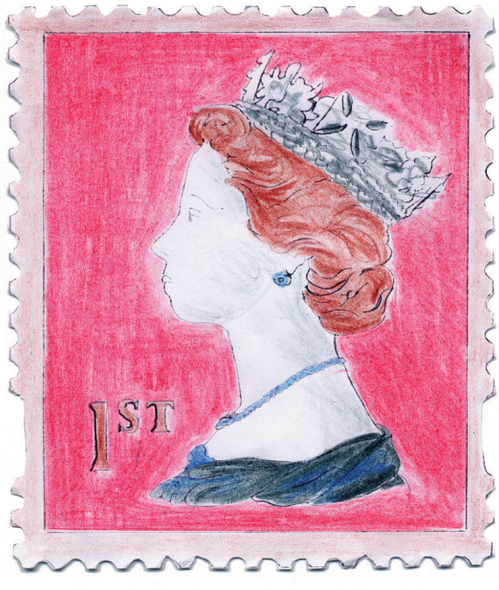
Why not...

Use for decorative purposes only on envelopes and cards or on a box to store your stamps










1ST


1ST


1ST


1ST

30 minutes

DELICIOUS CUPCAKES

- For a lovely rich chocolate, apply a yellow base adding brown, red then black in very dark areas.
- Sharpen pencils regularly and crosshatch to blend two, three or more colours.
- For the sponge use a yellow base and crosshatch brown and a little red to add texture.





Why not...
Why not make greeting cards or gift tags?













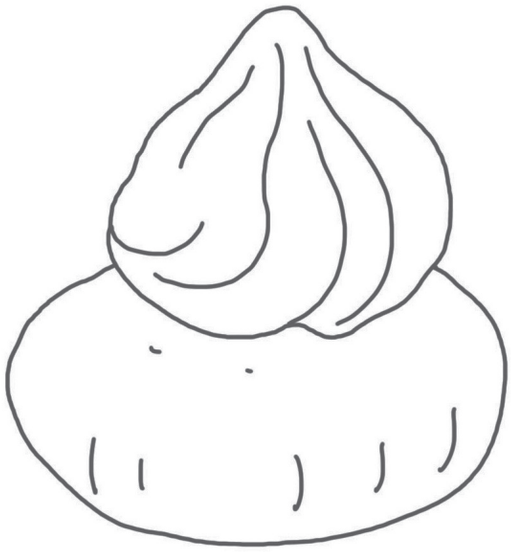
30-40 minutes

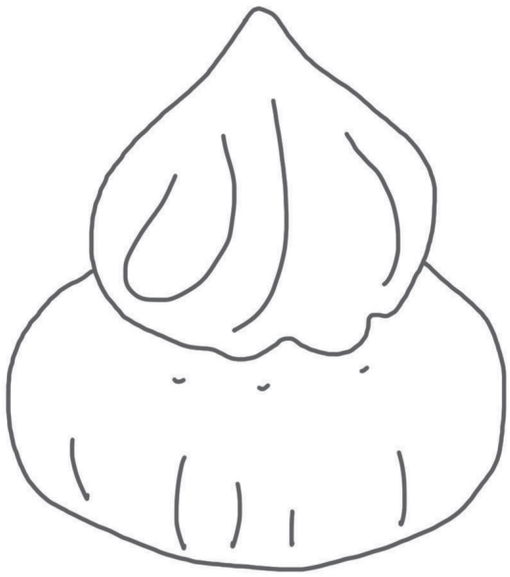
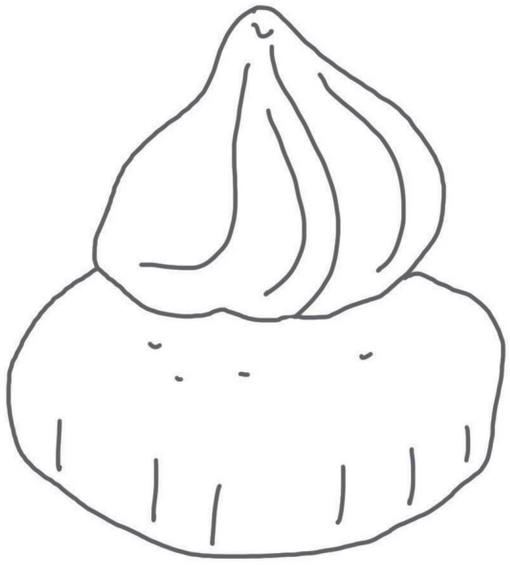
ICED GEMS

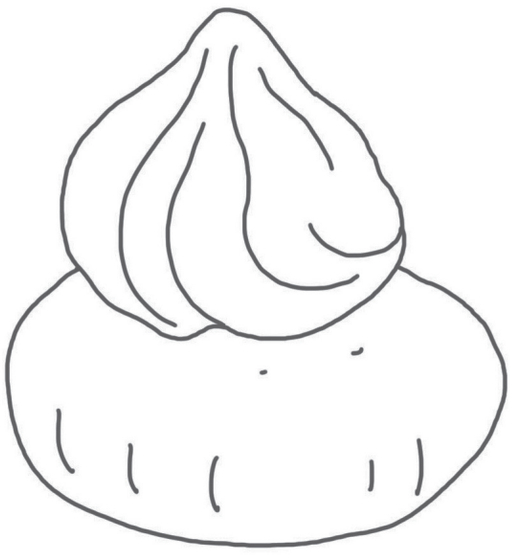
- Use light pressure for the icing in a colour of your choice.
- Use stronger pressure and a darker colour for the shadows to create the folds in the icing.
- For the biscuits, start with a yellow base then use red and brown for the darker areas.



Why not...
cut out the iced gems and make coasters for afternoon tea?





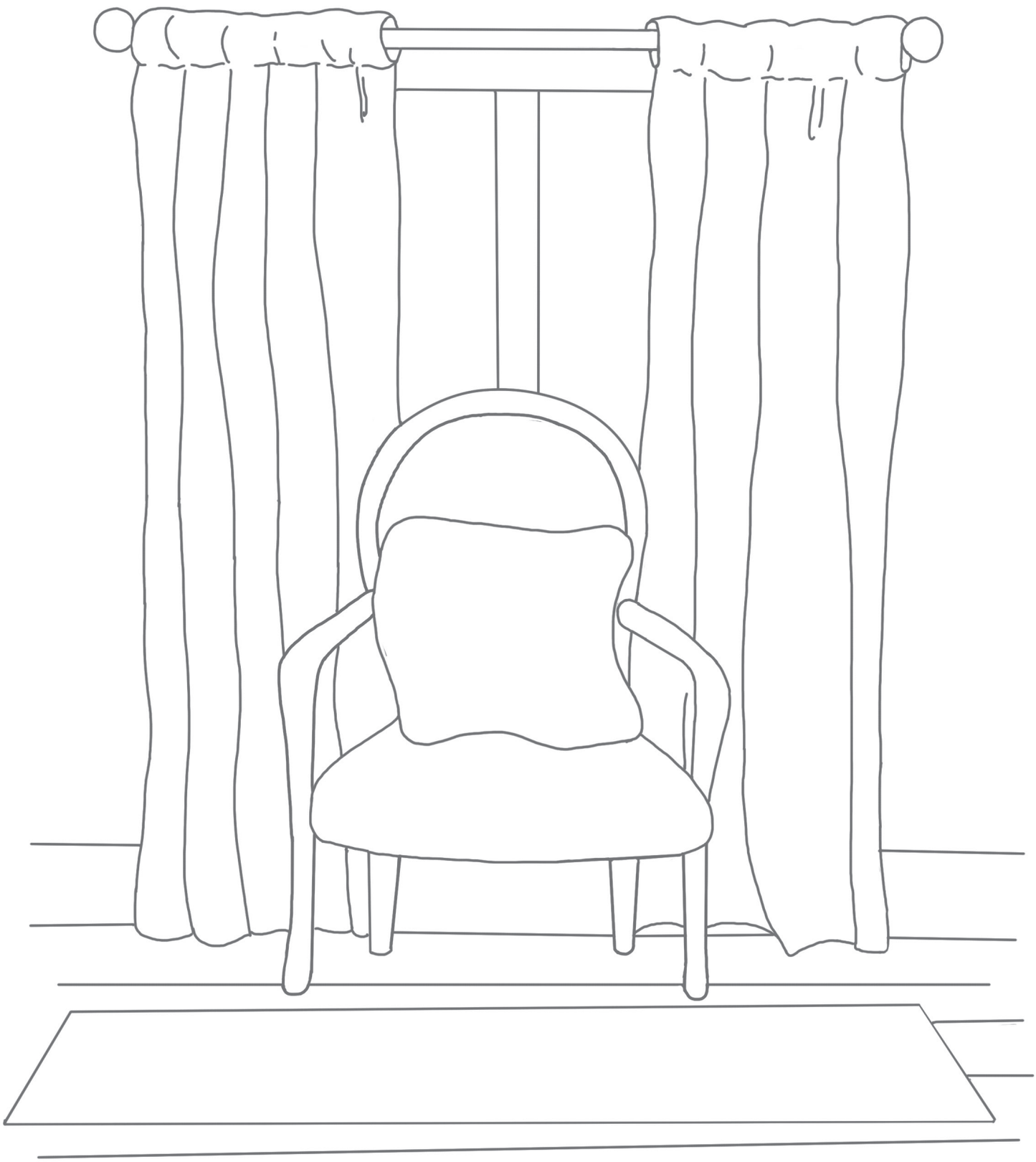
30 minutes

COOL INTERIOR

- Make up patterns of your own.
- Find inspiration from nature, magazines, or from your own home.

Why not...
frame your interior and hang it on your wall.

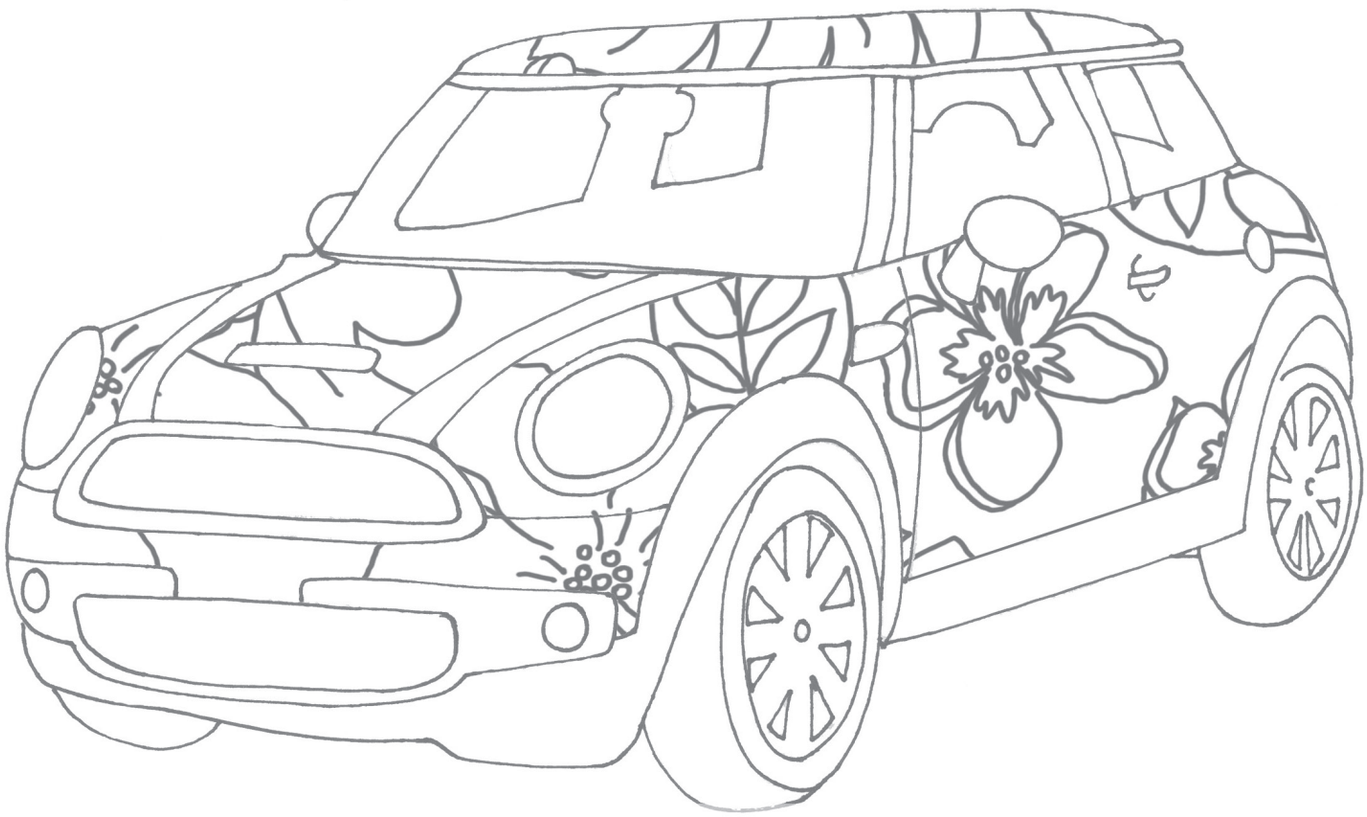


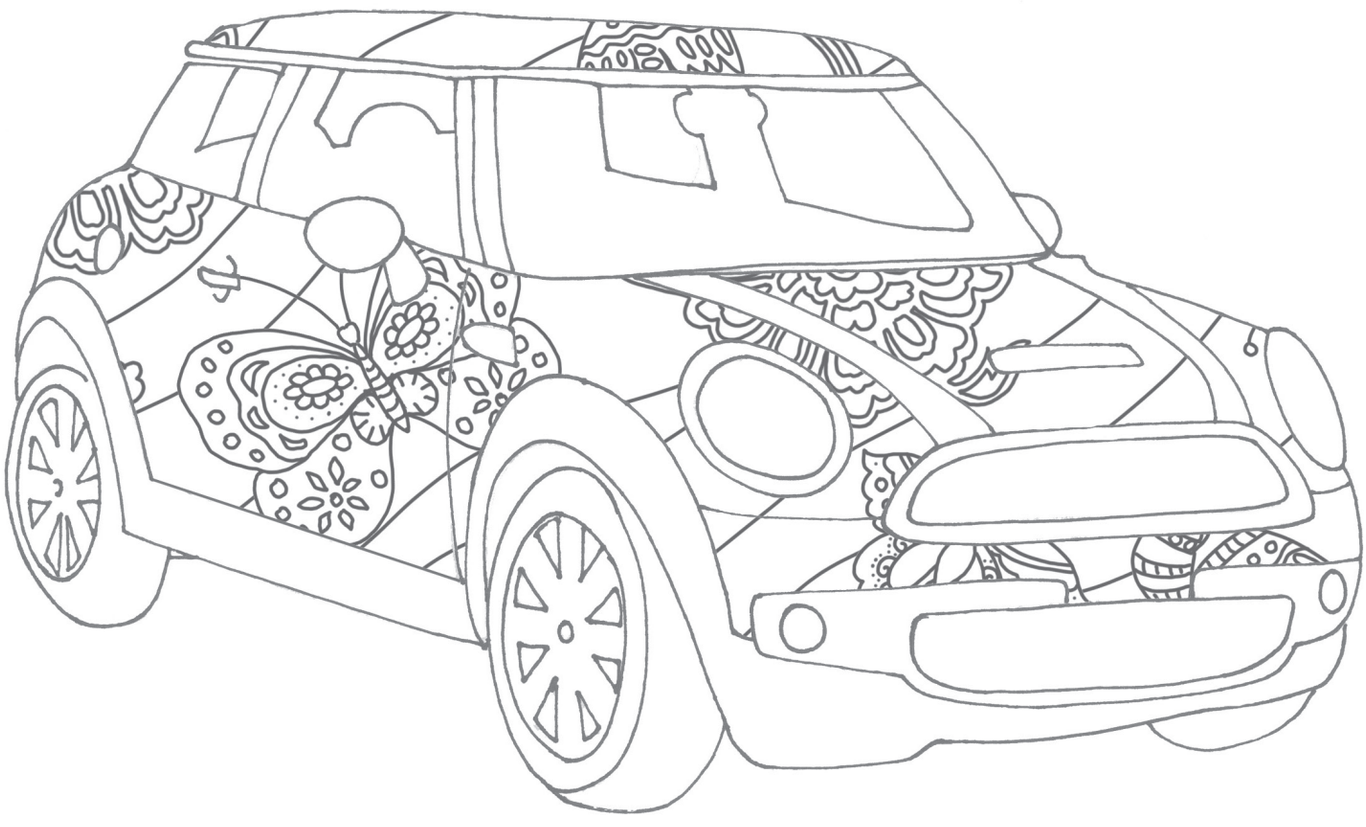


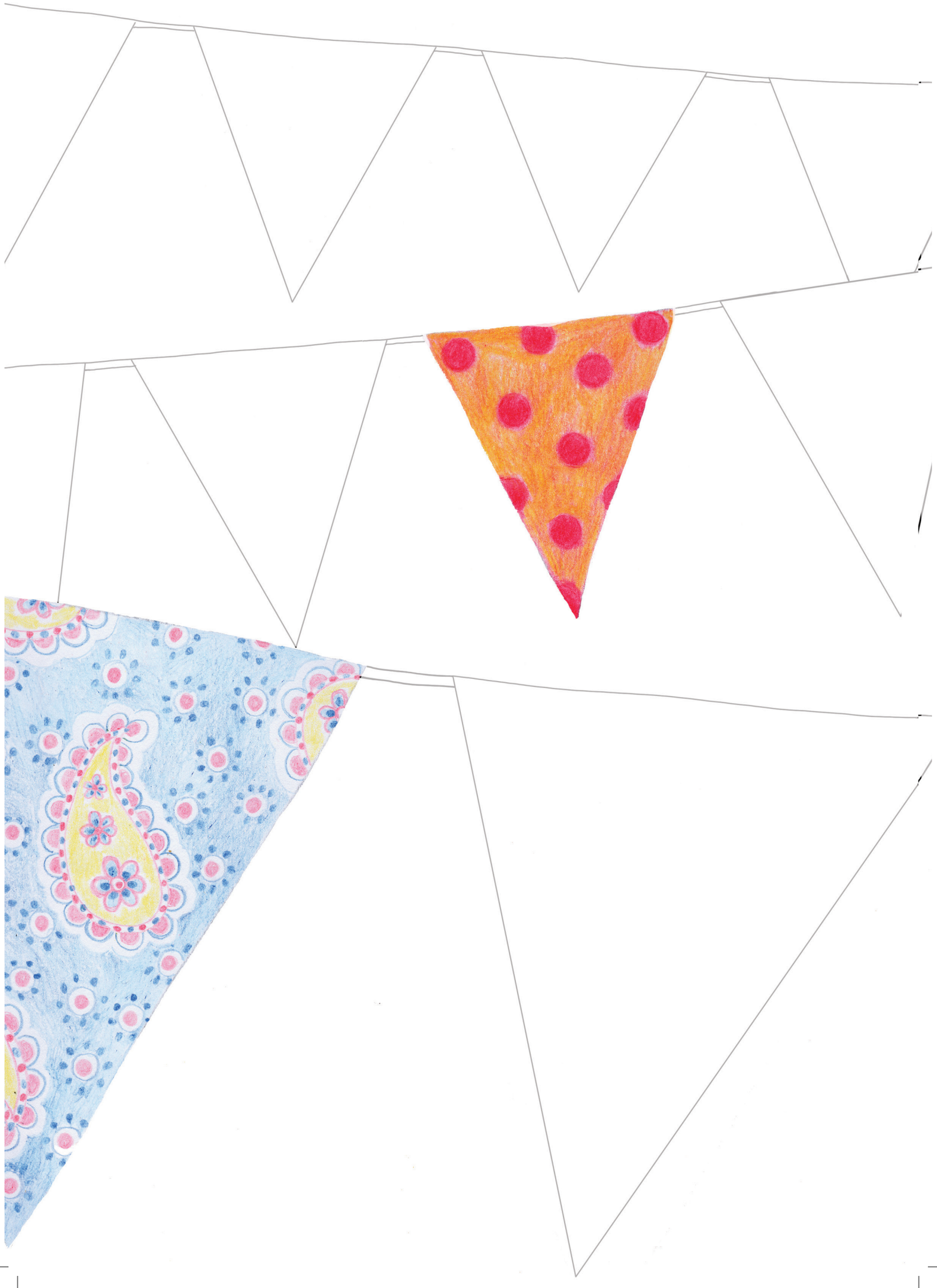














1–2 hours

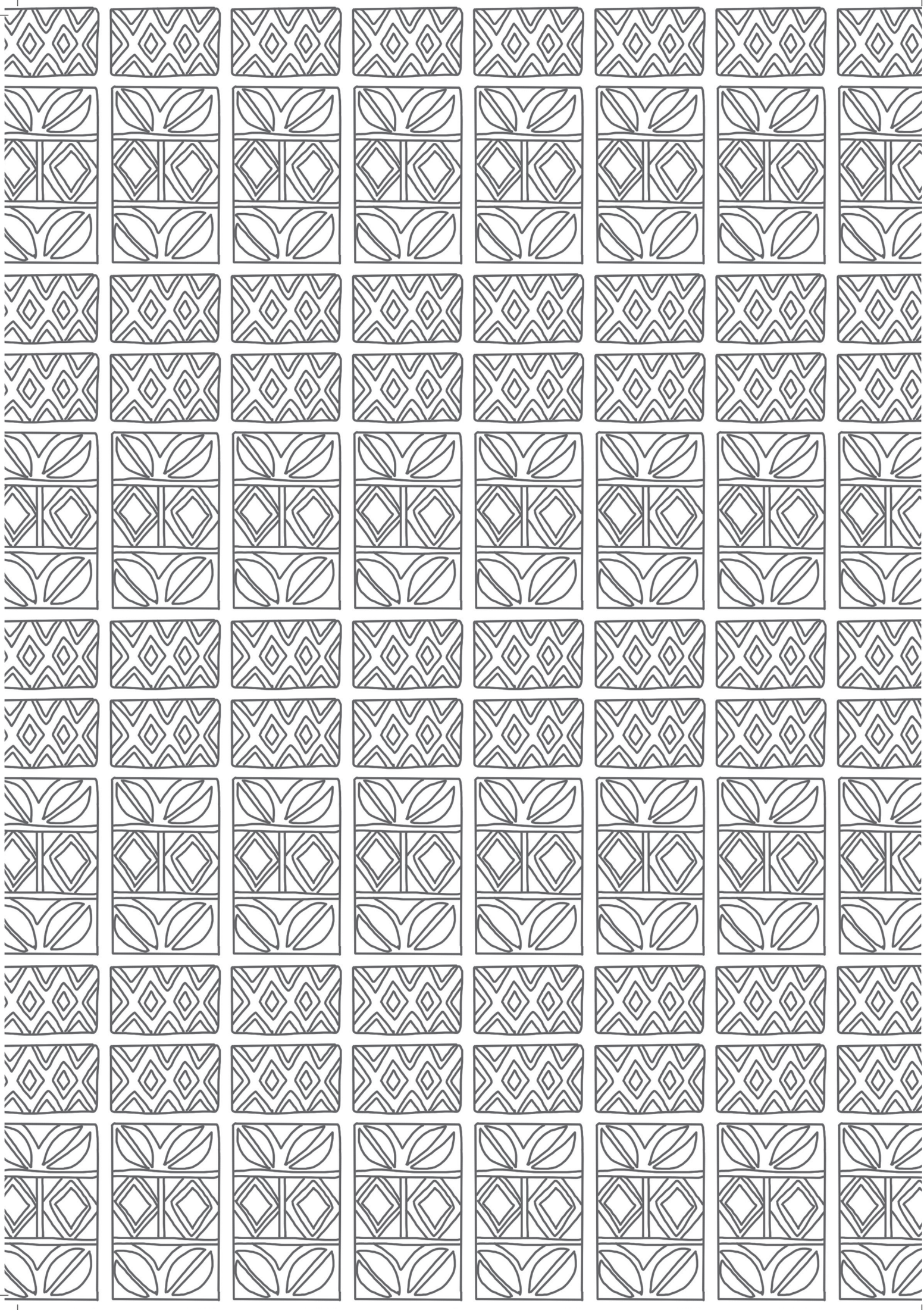
BEAUTIFUL HANDBAG

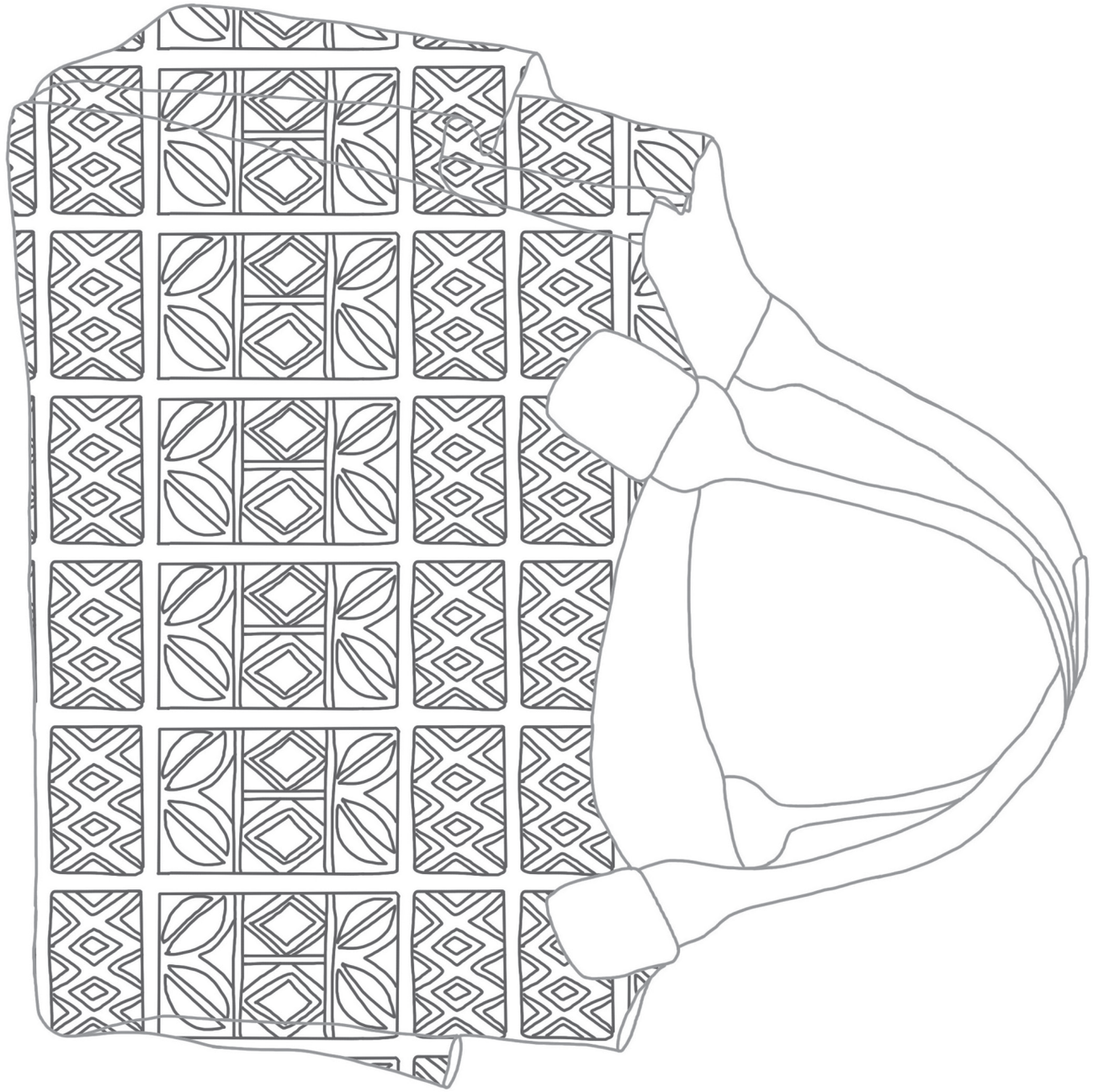
- You could change the colours on the bag or design a pattern of your own
- Add black to get the darker area inside the bag.

Why not...
Why not use decoupage on hooks or pegs?









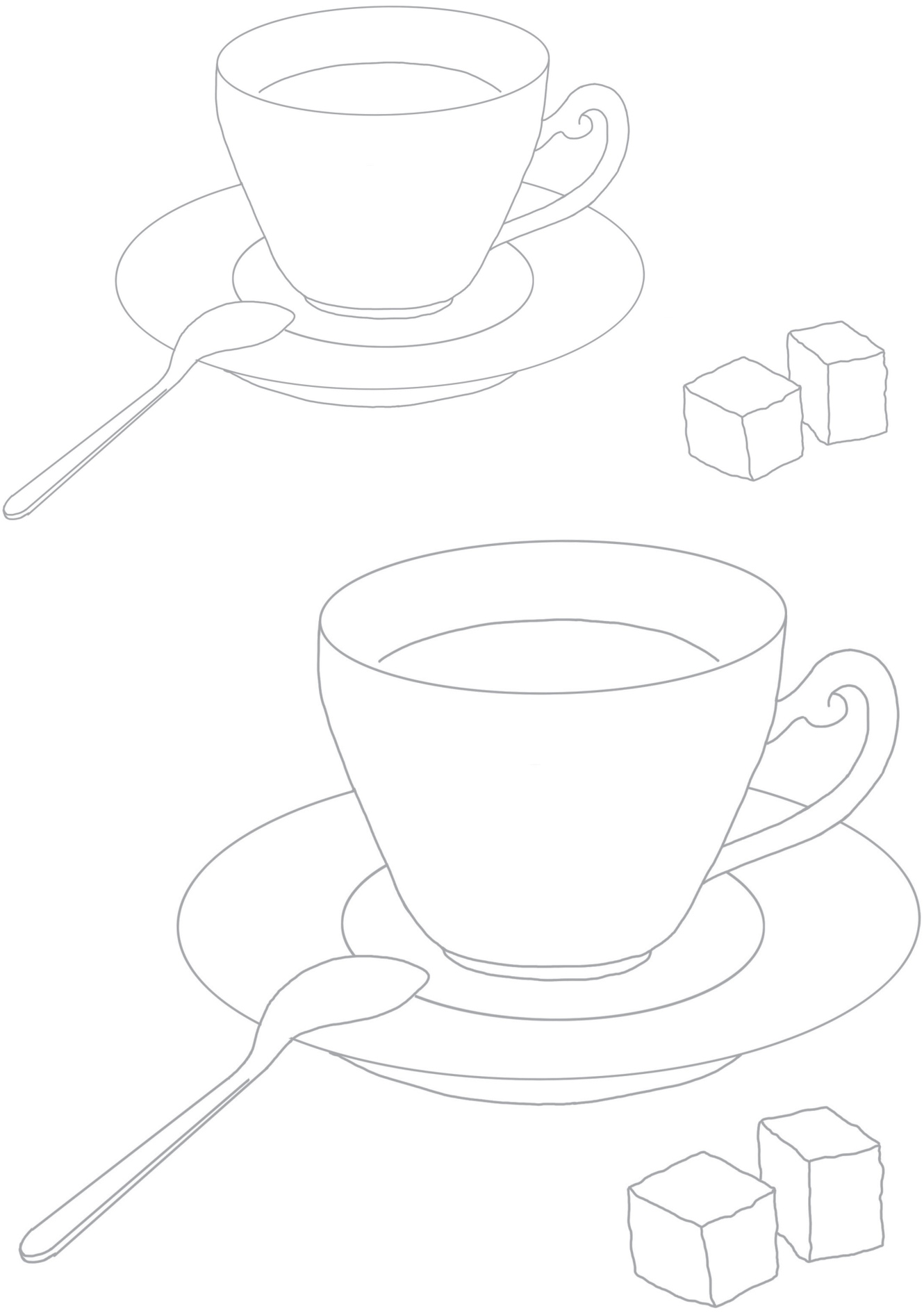
45 minutes

CUP OF TEA?

- To make green, use blue lightly and add yellow over the top.
  Use a green pencil if you prefer but remember to add dark and light.
- For the sugar cubes, use a sharp black pencil, or use an ordinary HB pencil.
  Lightly add circular lines for texture.

Why not...
make personalised invitations for tea?





30 minutes

JAMMIE DODGER

- Start with a yellow base on the biscuit, then brown and red in areas as shown in the example.
- For the raspberry jam heart, use a red pencil, pressing down firmly, remembering to leave a few areas white as shown.
- Use a sharpened black pencil to add darker areas.



Why not...
make round gift tags for hampers.



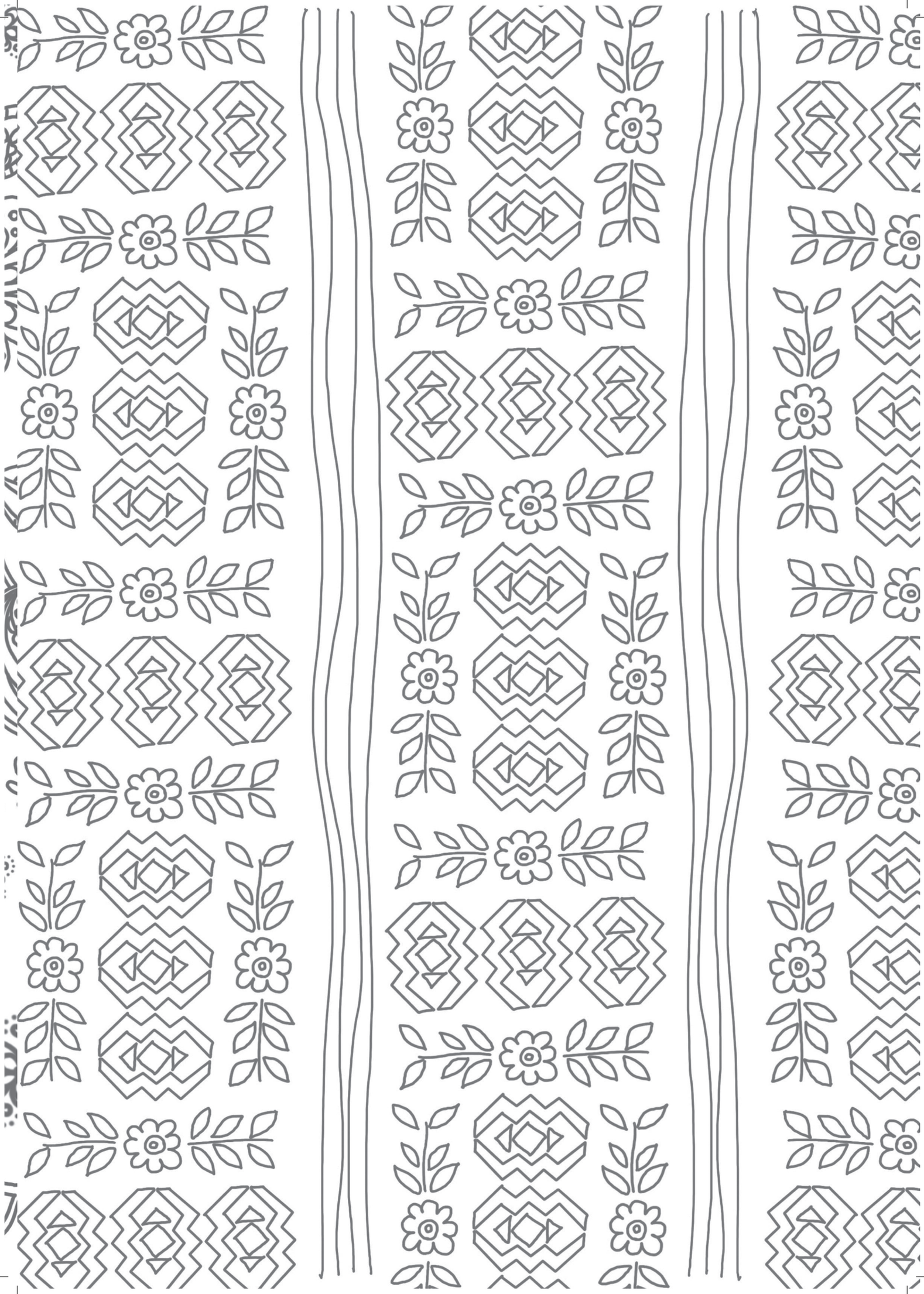












20 minutes

CREAMY ICE CREAM

- For the cone, put a yellow base down and crosshatch red over the top.
- Use the black pencil pressing lightly for the ice cream and for the darker areas on the sauce.
- For the flake start with yellow then add brown and a touch of red, following with the black.
- Why not colour a background



Why not...
make copies and cut out to make bunting?





2 hours

STREET PARTY

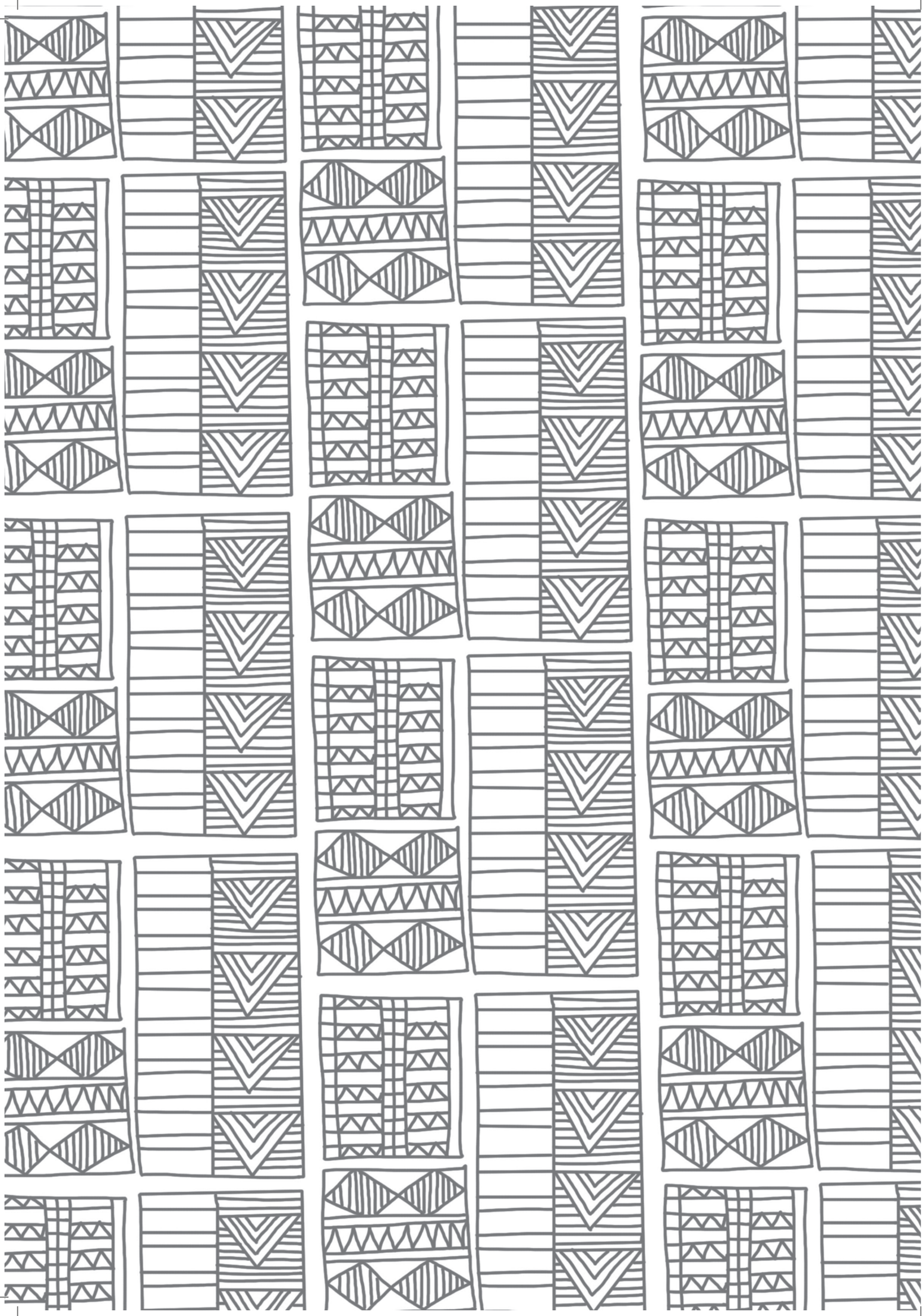
Why not...
make cards or invitations for a party?











HINTS
& TIPS

DRAW ANYWHERE, ANYTIME, ANYPLACE!

You don't need lots of time and expensive materials to draw. Use any ball point pen and paper, the back of an envelope or an old receipt will do.

Standing in a queue, sitting in a waiting room, or on a bus or a train, is time you can use to draw.

The physical act of drawing can be enough to de-stress, so have a go!

Take up doodling as a way of relaxing.

Start with random shapes and scribbles, then fill in with dots, lines and simple shapes.

This can be done on anything and for any length of time from a few seconds to hours.



Made in the UK

COLOURING SKETCHBOOK

This colouring sketchbook contains everything you need to help you create fun images and designs.



FULL COLOUR EXAMPLES

OUTLINES TO GET YOU STARTED

HINTS & TIPS

COLOUR & TONE EXERCISES

A BOOK FOR ALL AGES

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