

## Can I create a piece of op-art?

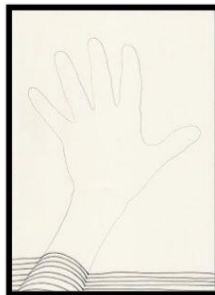
Choose one of the ideas below to create your own piece of art using optical illusions.

# op art hands:

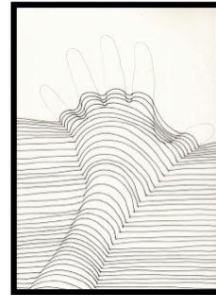
*a style of abstract art that creates optical illusions with lines, shapes, and forms*



↑ Step 1: Trace your hand lightly using a pencil. Do this step as lightly as possible because your original outline of your hand should not show when finished.



↑ Step 2: Start at the bottom of the page where your arm is and draw a curved line on the arm and then straight lines for the background.



↑ Step 3: Continue adding lines and moving up the paper towards the top. When doing the fingers, curve your lines in the opposite direction instead of adding straight lines.



↑ Step 4: The most difficult part of this project is ending the fingers. Try to flatten out your background line as much as possible so it no longer matches the curve of the fingers.



↑ Step 5: Choose three colors, using a color scheme, and color between your black lines using colored pencils.

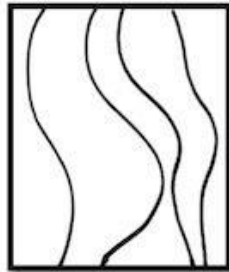


↑ Make it your own! Try adding multiple hands or change the background.

You could include your whole family's hands in your design and create a piece of 'lockdown art' to remind yourself of this time!

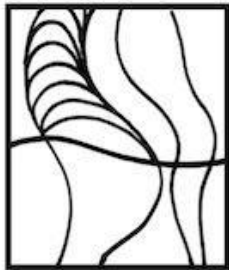
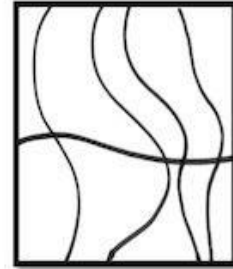
# op art tubes:

*a style of abstract art that creates optical illusions with lines, shapes, and forms*

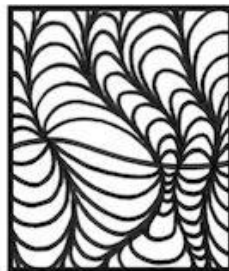
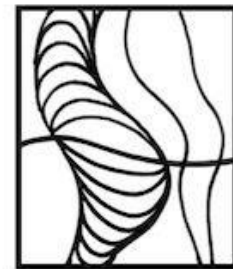


← 1. draw 4 wavy vertical lines

2. divide your paper in the middle →

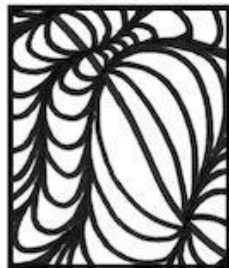


3. add upward curved lines above the  
← middle line, and downward curved lines below →

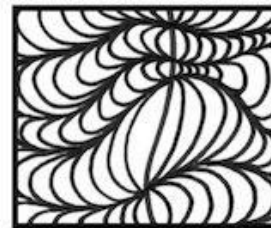


4. fill in the page  
← with curved lines

5. choose a color →  
scheme. create 3-d  
value by pressing  
harder near the  
edges and softer in  
the middle of each  
section.



make it your own!  
← draw diagonal lines  
instead of vertical for  
step 1. or horizontal  
lines instead of  
vertical →



This is a great way to relax – it is a bit like those mindfulness colouring sheets!