

Neurographic Art Lesson Plan (Elementary and Middle School)

Presented By: Chelsea Derossi (artist and an art therapist)

Medium: Sharpies (black permanent marker) + Watercolor

Grade Level: Tk–8 (can adapt for older or younger grades)

Time: 1 class period (45–60 min)

Artist Inspiration: Pavel Piskarev (creator of Neurographic Art)

Learning Objectives

Students will:

- Understand the basic idea of Neurographic Art (art that turns feelings into flowing lines and shapes).
- Practice the traditional 7-step neurographic process.
- Use line, shape, color, and blending techniques.
- Express emotions visually in a safe, abstract way.

Vocabulary

- Abstract
- Organic “neurographic” lines
- Intersections
- Rounding
- Composition
- Watercolor wash
- Blending

Materials

- 9x12 watercolor paper (thicker paper works best)
- 2 Black Sharpies (regular/medium and fine/ultra fine)
- Watercolor Paints (for younger grades can adapt to using markers if desired)
- Water Cups
- Brushes (whatever watercolor brushes available, variety of sizes small/round)
- Paper Towels

Introduction (10 minutes)

1. Briefly introduce abstract art.
2. Show examples of Neurographic Art.
3. Explain that this process was developed by **Pavel Piskarev** and is meant to help connect feelings and creativity. Discuss the science of Neurographic art and “how it works!” Our brains tend to feel more at peace and calmer with rounded imagery or curved shapes rather than jarring sharp corners. By creating rounded shapes from the corner/intersections it allows your brain to “soften” any concerns or worries.
4. Emphasize: *There are no mistakes—only transformation!* Everyone’s art will look different and have rounded or smooth shapes to support neural connection and positive emotions.

The Traditional 7-Step Neurographic Process (Kid-Friendly Version)

Step 1: Set an Intention

Students silently choose a feeling, goal, or problem (ex: “I want to feel calm” or “I’m excited about summer”).

They do NOT write it on the paper—just think about it.

Step 2: Draw the First Neurographic Line

Using Sharpie:

- Draw one long, flowing, curving line across the paper.
- It should loop and move organically.
- No straight lines!

Encourage movement from the shoulder, not tiny wrist movements. Cover the page (not with fast “scribble scrabbles” but rather smooth flowing lines.

Step 3: Add More Lines

- Add 4–8 more flowing lines.
- Lines should cross over each other. Lines should extend potentially to the outer edge of the page.

Remind students: The lines represent thoughts and connections. Use thinner sharpie to create thinner wavy organic lines, and use thicker sharpie to create heavier more substantial thoughts/connections/lines.

Step 4: Round the Intersections (MOST IMPORTANT STEP)

Wherever lines cross or create an intersection:

- Round the sharp corners. Draw out sharp corners and show how to use “rainbow” arc or “smile” arc to create rounded edges.

- Turn pointy intersections into curved, smooth shapes.

This step takes time and patience.

Explain that rounding “softens” problems and creates harmony.

Step 5: Outline & Strengthen

- Trace over rounded areas if needed.
- Thicken some lines for emphasis.
- Add additional small wavy “vein or arterial” lines where composition needs additional support, movement or has empty space to fill.

Students now see organic “neuro” shapes forming.

Step 6: Add Additional Shapes (Optional but Traditional)

- Add circles or organic shapes in areas that feel empty.
- These shapes should connect to the network.
- Round any new intersections.

Step 7: Integrate the Whole Image and Watercolor

Students look at their artwork and:

- Make sure all intersections are rounded.
- Add small balancing lines if needed.

- Decide where they want color emphasis.

Watercolor Process

1) Color Planning

Students choose 3–5 colors or variety of colors if they are older.

Encourage:

- Warm colors for energy
- Cool colors for calm
- Complementary colors for contrast

2) Painting Shapes

- Paint inside each section created by the lines.
- Leave black lines visible.

3) Use of Blending & Wash Techniques

Teach:

- Wet-on-wet blending inside a shape and Wet-on-dry blending for optional more vibrant and less blended colors.
- Gradient from dark to light
- Light wash vs bold color

Encourage experimentation.

Differentiation

For younger students:

- Reduce number of lines. Possibly pre-teach rounding with a practice sheet or practice drawing circles for youngest grades.
- Use markers instead of watercolor in order to provide more controlled medium if desired and/or if time constraints or time is more limited.

For advanced students:

- Introduce controlled color gradients.
- Add metallic watercolor accents, salt watercolor techniques or use water droplets to create different water marks and techniques within the neuro-shapes.

Classroom Management Tips

- Play calming instrumental music during drawing if desired.
- Model rounding intersections slowly on document camera.
- Encourage slow, mindful working pace.
- Remind students: perfection is not the goal—emotional connection, color, creativity and fun is the goal!

