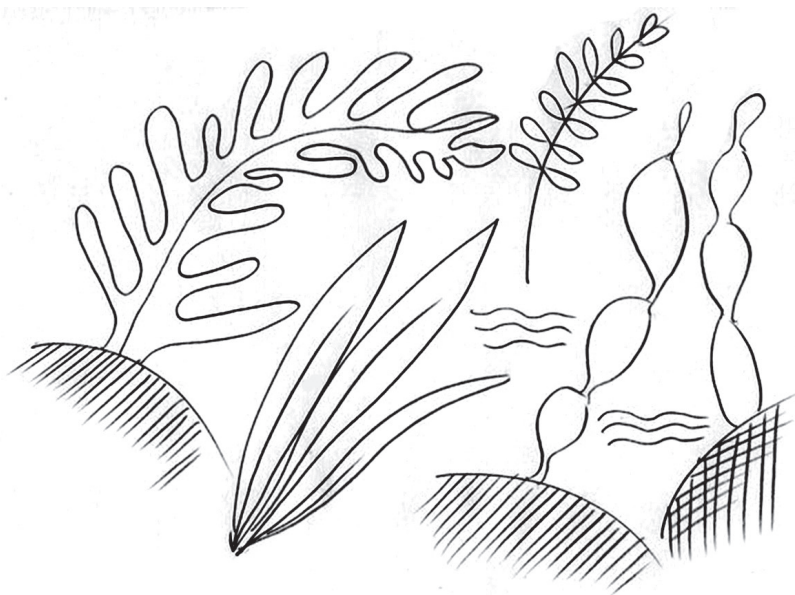


DERWENT

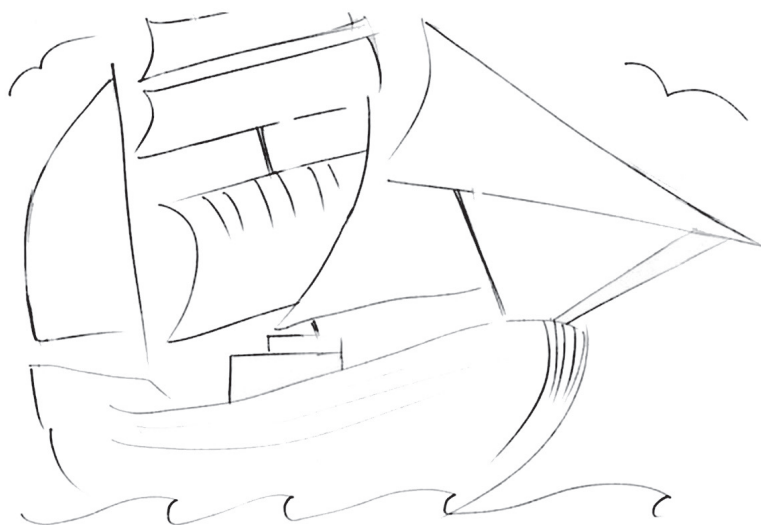
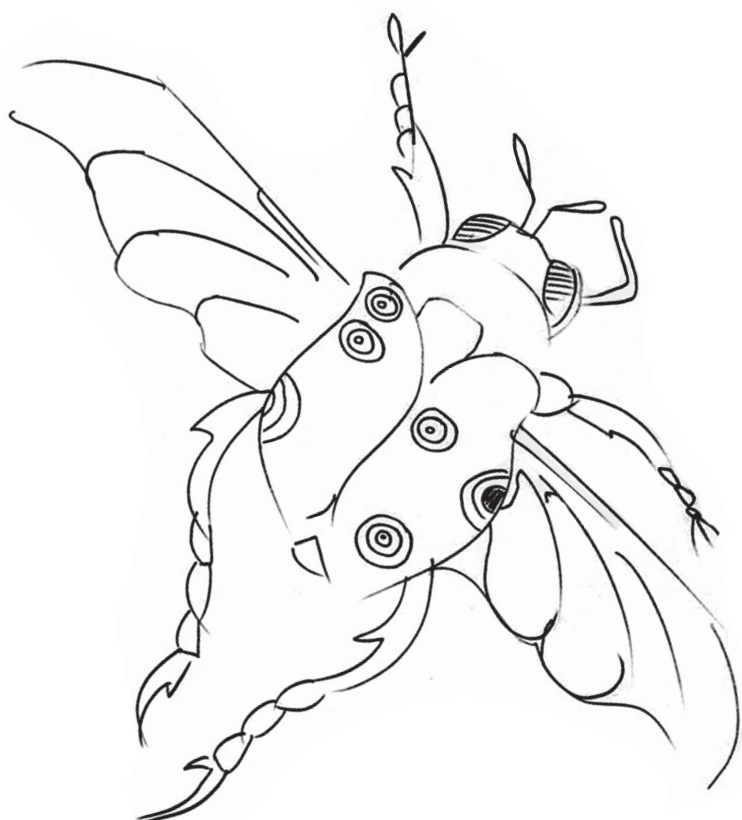
SKETCH-A-THON

Get Started Guide

Not sure where to begin on your Sketch-a-thon journey?
Use the below sketches, created by Derwent Brand Ambassador Beverley Haines.
Copy, trace, colour or use as prompts to start your own sketch.

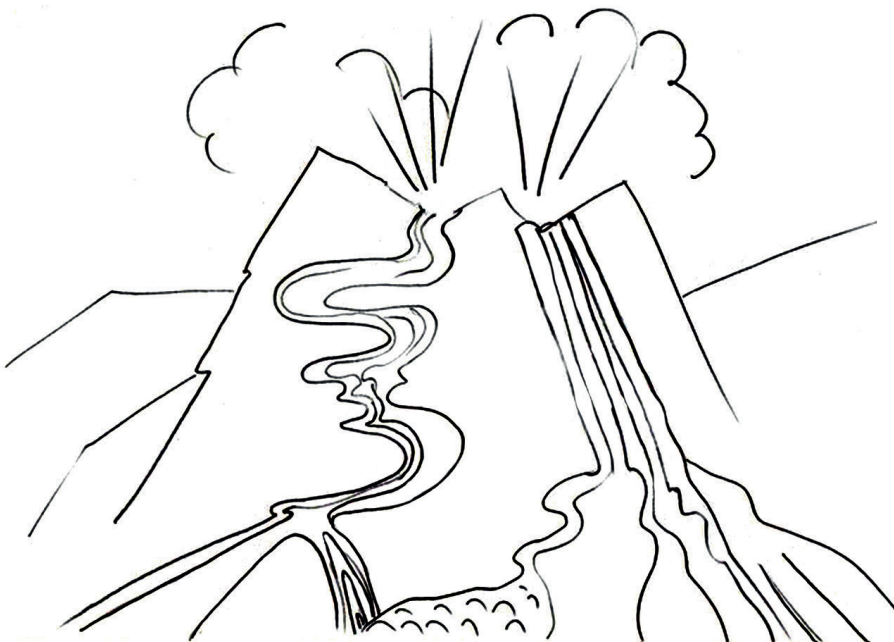
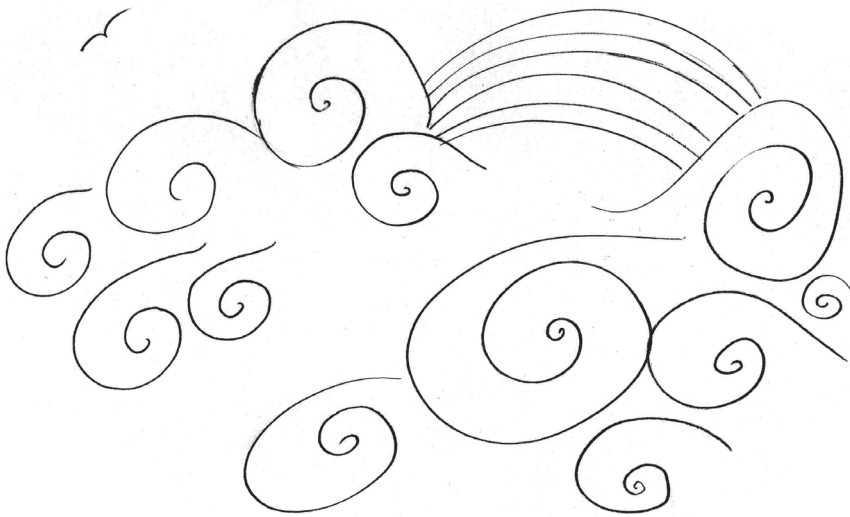
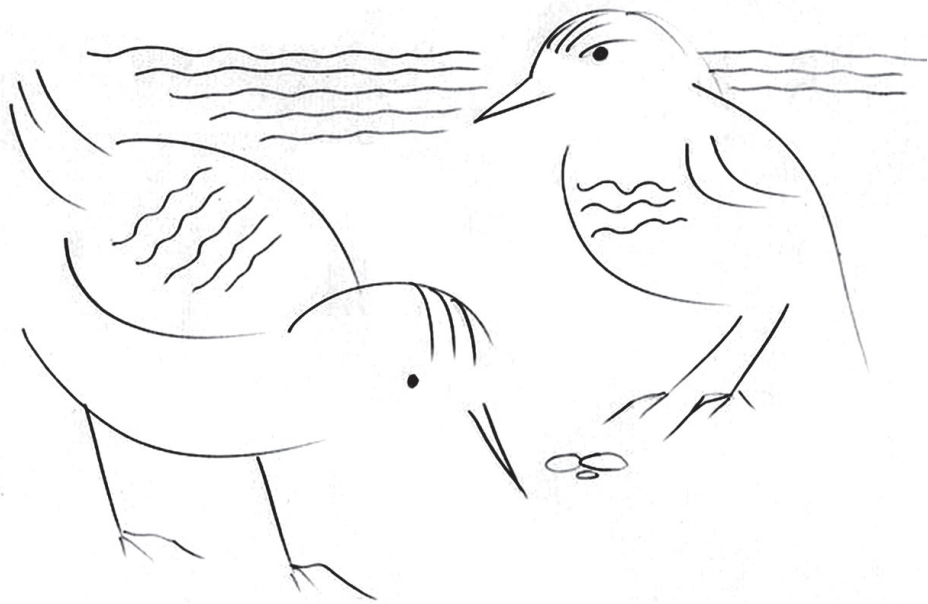


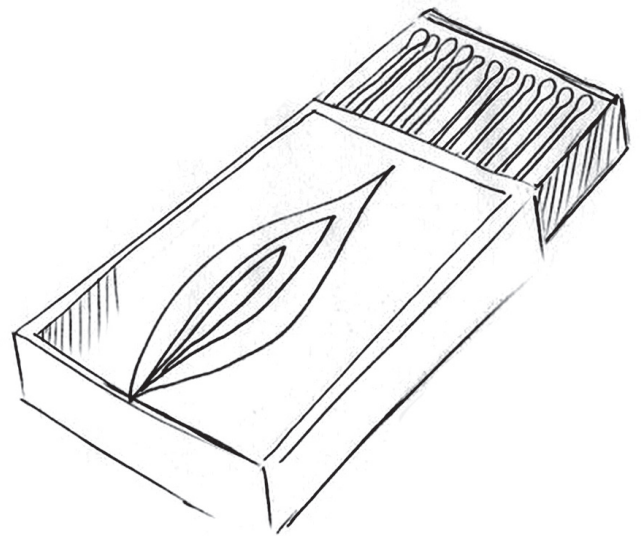
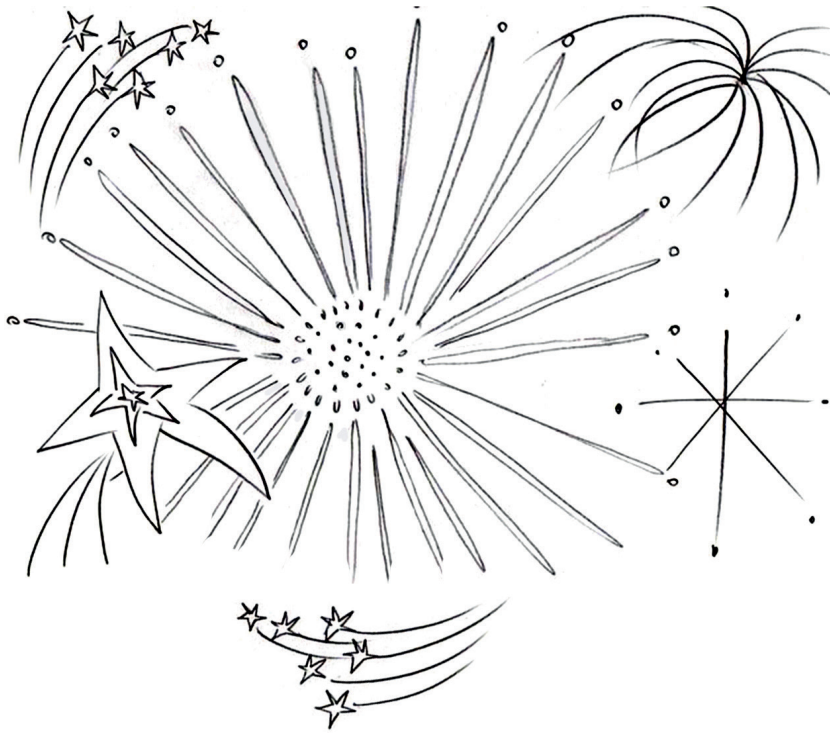
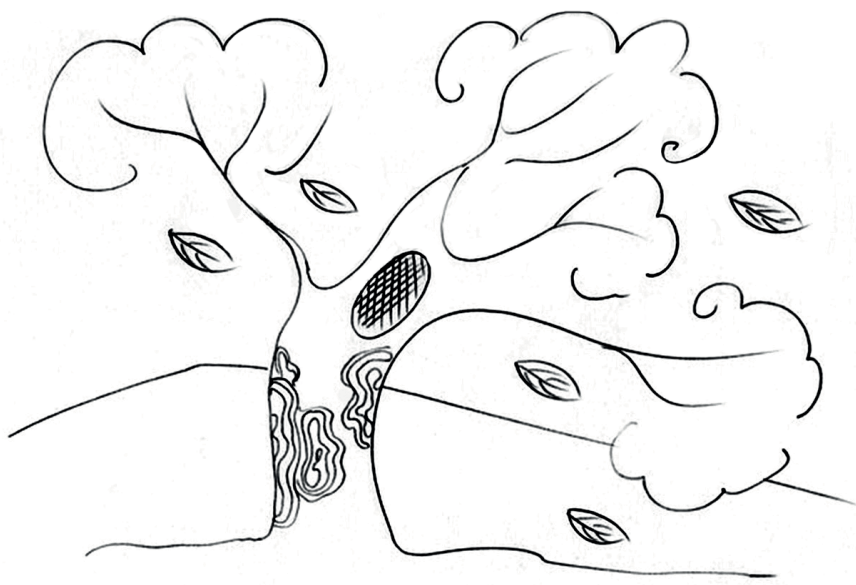
There are 31 sketches to take you through the 31 days of October, but you don't have to stick to the order in this guide. Jump around the pages and pick the sketches for you.

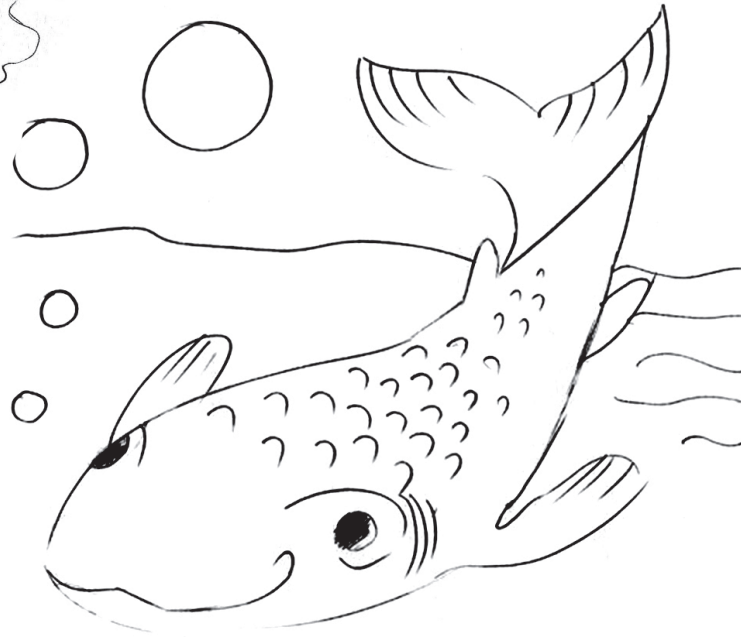
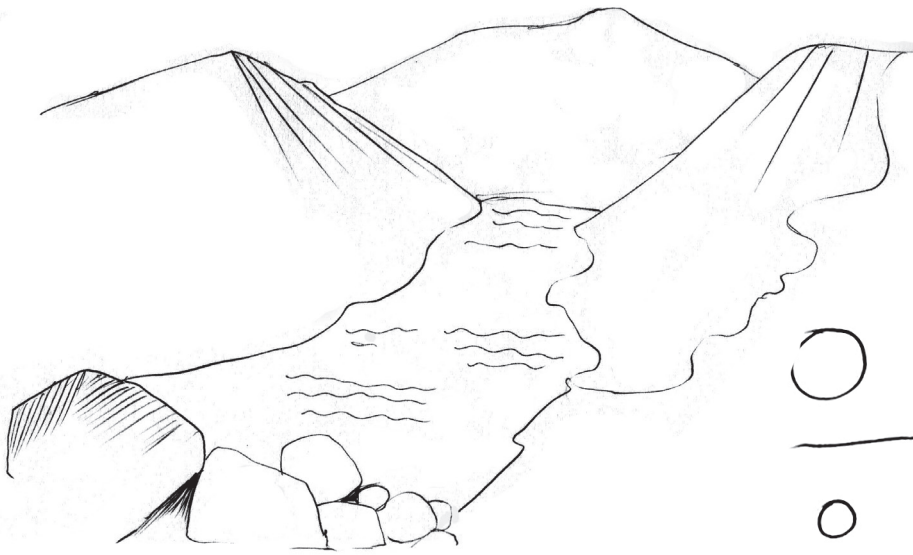


Find out more about Beverley at
www.beverleyhaines.co.uk

At Derwent we believe
in the power of art to
restore and revive,
giving you the opportunity
to take time out for yourself
and create.









Experts agree taking time to be “mindful” every day improves our mental wellbeing; paying more attention to the present moment, to our own thoughts and feelings, and the world around us. Regular practice of mindfulness is proven to lower stress levels, reduce anxiety and improve mood – all important in nurturing our ability to stay happy and well.



