

# 10 Minutes 10 Days with Paperfinger

*A Workshop for Skillshare*

## WORKSHEET *No. 1*

## ESSENTIAL STROKE FITNESS

### *Instructions*

Write a line of practice for each of the following strokes. Fill your page.

You may not be able to complete all of the drills so feel free to pick and choose.

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### *Considerations*

- Texture and beauty of the page
- Line steadiness
- Spacing within and between the letters
- Speed -- experiment with results from slower to faster
- Line weights -- consistency or variation
- Height of the strokes
  - how do smaller or bigger forms impact the quality of your line and your physical comfort
- Mindfulness, meditation, breath
- Rhythm
- Slant
- Your physical positioning at the table
- Grip and use of hand/arm muscles