Get ready for a five minute super sketching challenge.

You will need:
- 2 sheets of paper plus the back of this sheet.
- a pencil.
- a board to lean on.
- a watch or timer.

Choose one object or art work to sketch from anywhere in the museum. You have 60 seconds for each challenge.

Challenge 1 - Quickly does it
Sketch your chosen object quickly for a maximum of 60 seconds. Loosen up! On your marks, get set, go!

Challenge 2 - Continuous Line Drawing
Now do a drawing of your chosen object again, but this time without taking your pencil off the paper. How does it look? Lots of swirly lines or neat and tidy?

Challenge 3 – Swap Hands
Now swap your pencil to the other hand and draw your object again. How does it look? A bit wiggly?

Challenge 4– No Peeking
Put your pencil back into the hand you used first. Draw your object, but without looking at your hands or the paper. You can only look at the object. This is tougher than it sounds.

Challenge 5 – Really No Peeking!
Now close your eyes and draw your object from memory only. Seriously - don't peek!

Well done, you’ve finished. Compare the results of your 5 challenges. Which sketch do you like best?