

BILATERAL DRAWING SLOWBOOK

DRAW WITH BOTH HANDS - BREATHE - CREATE WITH INSPIRIMO



FRUIT BASKET



SLOW DOWN
CREATE
ENJOY



TRAIN BOTH HANDS
BOOST FOCUS
RELAX YOUR MIND



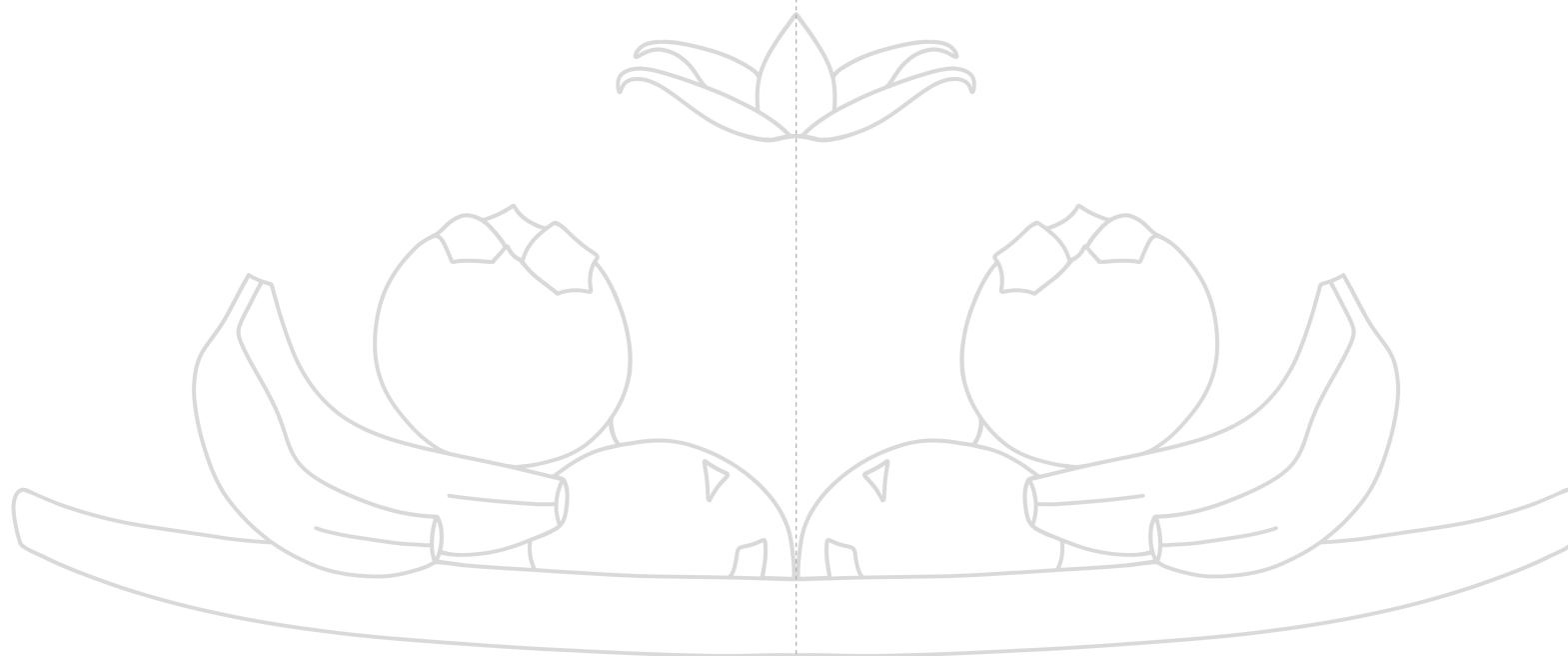
PRINT AT HOME
DRAW ANYTIME
DISCOVER MORE

INSPIRIMO

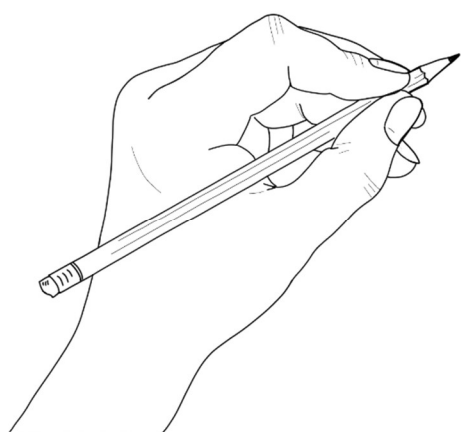
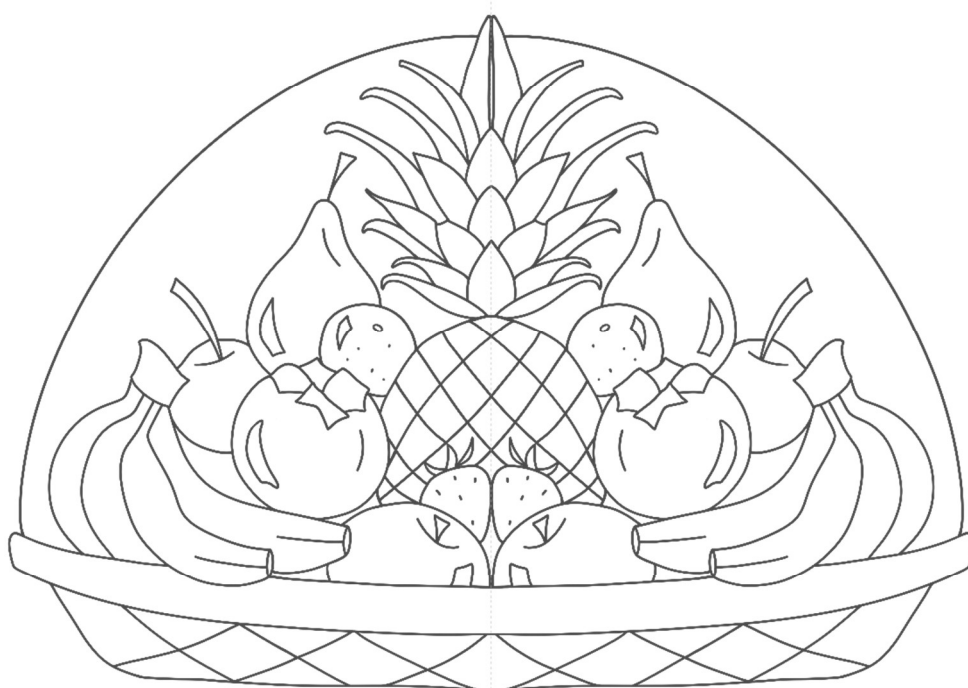








How to Use Bilateral Drawing Slowbook



Welcome

This slowbook is an invitation to explore bilateral drawing — a creative activity in which both hands move at the same time, drawing mirror-like shapes.

The exercise may look simple, yet many people experience it as deeply engaging and rewarding.

What is bilateral drawing?

Bilateral drawing is a practice where both hands work simultaneously, performing similar movements on each side of the page. This kind of activity:

- supports cooperation between both sides of the brain
- strengthens fine motor skills
- encourages focus and patience
- gently activates the non-dominant hand
- offers a calm, mindful creative experience

No special skills are required.

What You Need

- Two pencils, crayons, or pens
- A calm, comfortable place
- A few uninterrupted minutes

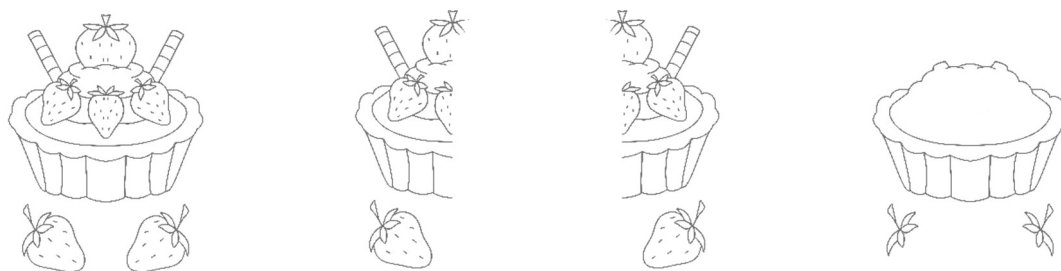
How to Begin

1. Sit comfortably at a table or desk.
2. Hold one pencil in each hand.
3. Rest your hands on the paper wherever it feels most natural for you to begin.
4. Begin drawing both sides at the same time, moving your hands symmetrically.

While Drawing

- Move slowly and gently.
- Try not to correct or judge your lines.
- Focus on the movement rather than the result.
- Breathe naturally and allow your hands to flow.

Understanding the illustration versions (Example from *Slowbook: Sweets* by Inspirimo)



Inspirimo

Each illustration appears in four variations:

1. Full illustration: use this version to become familiar with the shape and rhythm of the drawing.
2. Left side visible: the right hand works more independently.
3. Right side visible: the left hand works more independently.
4. Partially visible illustration: this version leaves space for imagination and personal interpretation.

In all versions, try to keep both sides as similar as possible — gently and without pressure.

Creative exploration

You may choose to:

- trace or draw outlines
- color or paint with both hands simultaneously
- add patterns or personal details
- revisit the same page at another time

There is no expectation of perfection.

Each drawing reflects a moment of focus and creative presence.

Important Notes

- There is no right or wrong way to draw!
- Perfection is not the goal — presence is.
- Each drawing can look different every time.
- Drawing with both hands at the same time can feel challenging at first.
That is part of the experience.
- Every completed page is something to appreciate — regardless of how it looks.
- Practice can be regular or occasional.
Both are valuable.

After Finishing

Take a moment to observe your drawing.

Notice how your body and mind feel.

You may repeat the exercise as often as you like — for relaxation, grounding, or creative play.

Thank you for spending time with this slowbook.

May it bring you moments of calm, curiosity, and creative joy.

