

CREATE WEEK

NEUROTROPHIC ART WITH JULIA ROY-WILLIAMS

Neurotrophic art is a playful and meditative drawing technique that mimics the beautiful branching connections in the brain. It's part doodle, part daydream, and allows you to create artwork that is uniquely yours.

MATERIAL LIST

You will need

- Paper
- Any pens, pencils, markers or colouring materials you have
- Items to draw around e.g. sellotape roll, paper cup (it doesn't have to be circular)

DAY 1
Drawing



STEP 1

Gather your materials

Find a few objects with simple shapes (like a cup, a jar lid or a tape roll). Get your paper ready and a selection of things to colour with.

STEP 2

Trace Shapes

Place your chosen objects on your page and trace around them using a pen or pencil.

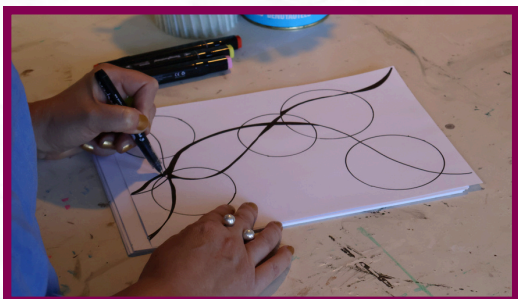
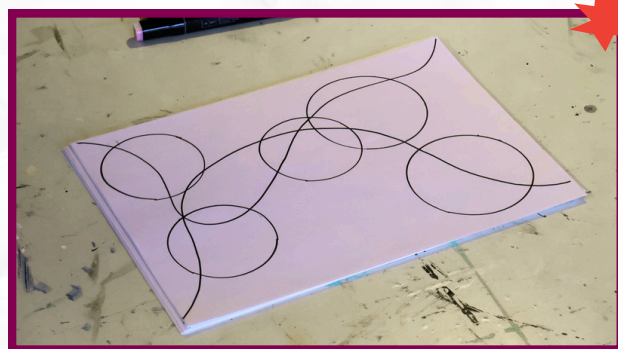


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STEP 3

Connect with lines

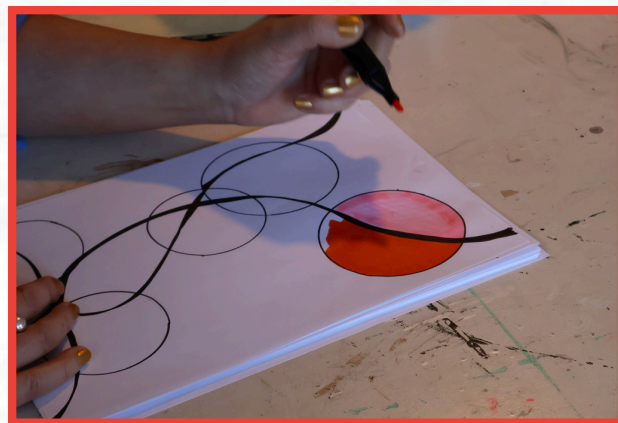
Use flowing, curved lines to connect your shapes. Be free - there's no right or wrong way to do this.



STEP 4

Soften the crossings

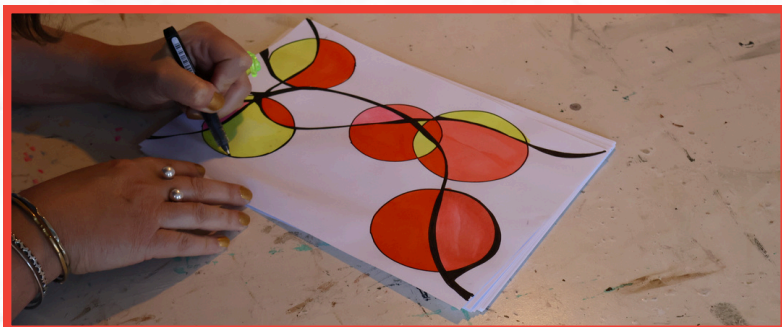
Where your lines cross, round off the edges to create softer more organic shapes.



STEP 5

Choose your colours

Pick colours that reflect how you're feeling today. Ask yourself: 'What colours represent my emotions?' For example, maybe blue feels calm to you or yellow feels hopeful.



STEP 6

Colour it in

Fill in all your shapes using the colours from your personal palette.

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STEP 7

Finish and share!

Proud of your work? Share a photo of it on social media using #CreateWeek - and join a community celebrating creativity together.

👉 **DON'T FORGET TO TAG YOUR CREATION ONLINE USING #CREATEWEEK SO WE CAN SEE WHAT YOU MADE!**

ABOUT THE ARTIST

Julia Roy-Williams is a multidisciplinary artist, maker, and educator based at Islington Mill. She creates bold, joyful jewellery and objects under the name WONDERHAUS, working primarily with repurposed, reclaimed, and sustainable materials.

Alongside her own creative practice, Julia runs hands-on workshops that invite participants to explore making in a playful and thoughtful way. Whether working with young people, adults, or fellow artists, she is passionate about sharing skills, sparking ideas, and celebrating the power of making to foster connection — with materials, with others, and with ourselves.

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