

## ACTIVITY 3

# ANATOMY CHEAT CODES

## Part 2: The Body

*This is a drawing tutorial on little “cheat codes” to help better understand the Anatomy of the human body.*

Ages 10+ / Activity Length: 30+ minutes

### Materials:

*Paper, pencil, an eraser.  
A whiteboard and markers for demonstrating, or projector.*

### Step 1

Start with drawing the head.  
When measuring bodies in art we use “heads” as a unit of measurement for their height. Typically, an adult is 8 heads tall.

Measure the length of the head from top to bottom with your pencil and make 9 guide lines, each 1 “head” apart.

### Step 2

Number each line from 1-9.

Each line will reach a certain part of the body. Use them as a reference so work out the bodies proportions.

1. Top of the head.
2. Bottom of the chin
- 2.5. Top of shoulders
3. Nipples
4. Base of elbows
5. Hip joints, top of wrist, crotch
6. Finger tops (stretched open hand), Mid thigh
7. Base of knee
8. Bottom of calf muscles
9. Soles of feet

### Step 3

Draw in the neck, shoulders and chest.

The neck is not a straight line but gradually makes its way into the shoulder muscles which wrap around it.  
The chest muscles attach just below the Armpits

### Step 4

Flesh out the arms with curved lines.

### Step 5

Draw in the ribcage just below the chest, come out from under the armpit.  
The belly button comes in just below (4).

For the hips, if you are drawing a woman, the hips usually start at (4) or even a little higher and are a bit wider. For men they are smaller and start just below (4) and end just before the buttocks.

### Step 6

Connect the hips to the top of the thighs and flesh out the legs down to the feet, using the previously drawn guides.

### Step 7

Remove any unnecessary guidelines to clean up the image.

DONE!

## ACTIVITY 2

**1**

**2**

**3**

**4**

**5**

**6**

**7**