In celebration of Autism Awareness Month, we recognize Amrit Khurana, a young artist on the autism spectrum from Noida, India. Amrit uses her art as a way to communicate and often depicts the world around her as she perceives it. She creates work she calls “The Figurative Abstracts” of people, objects, and spaces using strong lines and flat tones. To celebrate Amrit we will be creating art in her unique perspective using the continuous contour line technique for our line work and construction paper to create flat colors.

Gather materials:
- Paper
- Color Pencils
- Black Marker
- Construction Paper
- Glue
- Scissors

Find a reference image of a person - you can use a mirror, snap a selfie, or find a fairly large image from a magazine or internet. Another option is to use your imagination as your source and reference point and draw the portrait with your eyes closed.
3. Grab a black marker and paper. While looking at the image, draw the figure without lifting your marker off the paper. This will make your portrait one continuous line.

4. You will need to make “extra” connecting lines as paths to get from one place to another. This is a challenge, so it is ok to lift up and start somewhere else to complete the figure. The idea is to try to draw a figure with as few continuous lines as possible.

5. Use coloring pencils to fill in the areas of the contour lines that cross over each other. You can choose to color the entire figure with different colors or, as Amrit does, color only the accents you want to stand out.

6. Using pieces of construction paper, cut out shapes to fill in your flat color background. You can add multiple colors to add dimension to your piece.

PRO-TIP: To simplify the project, make a continuous line that scribbles around the page in an abstract design and follow the remaining steps of the project.
Lay the cut pieces next to your figure and cut out any excess parts so that the background fits as close to the figure as possible.

Add a small amount of glue to each section and secure the background pieces on.

You can add any other details to the background using your colored pencils as you like and then you are done with your figurative abstract!