

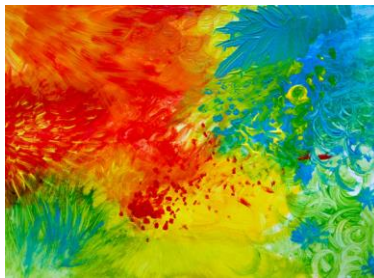
Art & Wellness

Part of balanced life involves taking time to be creative. Tapping into our creative side helps us explore ourselves at a deeper level.

If you have ever gone to a museum or looked at any form of art online, you will notice that all artists use their own unique style.

You also have your own unique style!

Art is a great way to express ourselves, it is also a great way to focus within and calm our thoughts which may help with any stress we are experiencing.



www.design.tutsplus.com

Your task this week is to try the exercises below

#1 Draw or Paint to Music

Listen to a piece of music (*Tip – choose one without words).

- Tap out the beat you hear with a pencil, pastel or paint. Is it fast or slow? Loud or soft?
- Try making different lines inspired by the music. Are they smooth or choppy? Curved or pointy?
- Choose a colour that the music makes you think of. Draw with just that colour. Switch colours as the music changes.
- Try this again with several other pieces of music. How are the artworks similar? How are they different?

#2

Create a pattern using the first letter of your name. Flip the letter in different directions as needed.



www.dreamstime.com

#3

Andy Warhol ate the same thing for lunch every day: a can of tomato soup. He said, "I used to have the same lunch every day, for twenty years I guess, the same thing over and over again."

Make a drawing of what you like to eat for lunch. How will you represent, or show, your meal?



Andy Warhol. *Campbell's Soup Cans*.1962

www.MoMA.org

Online Resources:

If you are interested in learning how to draw Mark Crilley's YouTube channel has some great videos to show you how.

<https://www.youtube.com/channel/UCno-YPZ8BiLrN0Wbl8qICFA>

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