

ART AND LOVE CALENDAR

Take an Art Break. Spread the love.

- 1 Here's an art journaling prompt. What do you love about yourself?
- 2 Make art for someone you love.
- 3 Make art with someone you love.
Visit: us.loveisartkit.com
- 4 Track down your favorite art about love. Look at it and figure out why it's your favorite.
- 5 Start a "_____ Appreciation Day" and celebrate someone you love. Make them art!
- 6 Look at the acts of love you receive today. Do those acts for someone tomorrow.
- 7 Honor your 5 year old self! Draw a doodle or character you remember making as a child.
- 8 Ask someone you love to give you an art assignment about harmony.
- 9 Practice Ho'oponopono. Say: "I'm sorry, please forgive me, thank you, I love you" to yourself
- 10 Make art about the best advice your mother ever gave you.
- 11 Make art about the best advice your father ever gave you.
- 12 Make a Series of hearts with love quotes on them. Randomly gift them to others.
- 13 Create Eco Art. Wander in nature. Make a mandala from found materials.
- 14 Gather your friends and family and go to an art making event.
- 15 Creative Visualization. Place attention on your heart and imagine unfolding in its center.
- 16 Write a love letter to yourself. Write words of encouragement for when you really need them.
- 17 Do some art history digging to discover your favorite art couple.
- 18 Look at a fork and dream up 5 ways to improve it.
- 19 Bake some heart shaped cookies for someone.
- 20 Make a poster for the inside of your front door telling you something you love about yourself. Shine on!
- 21 Make art while listening to your favorite love songs.
- 22 Create a photo collage of a favorite memory with a significant other.
- 23 Write the word love on a piece of paper and cover it with art (paint, pastels, crayons)
- 24 Take to the road with your camera and chase the sun across the horizon.
- 25 What color represents love to you? Wear it, eat it, look for it, and make art with it.
- 26 Decorate post it notes. Include the words "I love you." Put them on every mirror in your house.
- 27 Make a video about what you love about Planet Earth.
- 28 Cover a piece of paper by writing the word love over and over again.

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