

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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