

# ART AND DREAMS CALENDAR

Take an Art Break. Make your Dreams.

**4** Write a verse to a song about dreams.

**5** Tap into your subconscious. Create art by only using symbolism and metaphor.

**6** Explore a recent nightmare.

**7** If your life were a book and you were the author, how would you want your story to go?

**8** Pick a surrealist artist and use them to inspire a new artwork.

**9** Daydream and create art about a perfect day at some point in the future.

**10** Make 2 artworks. Make both about aspirations. One from your childhood, the other from today.

**11** Make a safe zone where your inner child can express itself without criticism and judgment.

**12** Paint your future.

**13** Paint a watercolor tree with roots. Label each root with what you are grateful for.

**14** Make a collage of dreams that have come true for you.

**15** Draw a dream mandala.

**16** If you could be anywhere right now, where would you be? Draw it.

**17** Take a gander at Carl Jung's "Red Book." Make sketch from your favorite image.

**18** Write a letter to your future self.

**19** Try a creative visualization. Focus on your heart center and imagine a flame growing inside you with each breath.

**20** Try Lucid Dreaming. Make an artwork about something you would like to dream. Look at it as you fall asleep.

**21** Draw a work with shadows and place something menacing in the dark.

**22** Make an artwork about an artist that you would like to meet.

**23** Evoke mystery. Take a photograph of something hard to explain.

**24** Pen a poem about a past dream.

**25** Ode to Max Ernst. Create a collage. Weave together trippy images from old magazines.

**26** Throw ink or paint on a paper, fold it half and press it together. Open it and find faces or animals within it.

**27** Honor your ancestors. Make a gravestone rubbing with a crayon and paper in your local cemetery.

**28** Listen to jazz music and see what kind of art it inspires.

**29** Craft your own dream guardian. Create a sculpture to hang above you while you sleep.

**30** Check out what Google's AI dreams about and get inspired.

**31** Create a self portrait of you as a flying mythological creature.

**1** Try automatism. Write and draw with as little conscious control as possible.

**2** Create an artwork about a favorite dream.

Contemplate the **3** power, travel inside, and access your imagination. Draw a cloud to start an artwork and elaborate.

MAY



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