

ART AND EXPRESSION CALENDAR

Take an Art Break. Express Yourself.

4 Is there something you want to say to someone, but just can't? Make artwork that says what you can't.

5 Do Dance improvisation. Use your body movement, rhythm and music to express how you feel.

6 Pick an artwork that evokes intense emotion within you. Make a response artwork.

7 Exaggerate your feelings! Make them gigantic in your mind. Then, draw them.

1 Create a clay sculpture of your feelings. If you want to let the feelings go destroy it.

2 Expressionist Art tries to evoke a mood or emotion. Make art that will ignite your current mood in someone else.

3 Use a dictionary to find new words to express your feelings. Pick one of those new words and make art about it.

11 Find a current news story and create a gesture drawing evoking the emotions it makes you feel on a grand scale.

12 Check out a local art gallery, find work you have an emotional response to and try to figure out why.

13 Create an emotion wheel. Use color to identify your basic emotions.

14 Pick two emotions you would consider opposites and create art for each and compare.

15 Make a meditative painting. Take deep breaths, try to relax and mindfully paint.

16 Record sounds today and use them to create an artwork. Free software at audacityteam.org

17 Use line art. Doodle simple lines to visually express how you feeling.

18 Make an art postcard expressing something to someone.

19 Create a collage inspired by one of your favorite quotes.

20 Create Expressionism Poetry. Get rid of the narrative and description. Focus on creating emotion.

21 Create a drawing that represents freedom to you.

22 Create installation art. Make it so that when someone walks in a room they are standing inside an emotion.

23 Think about the people that matter most in your life. Create an art gift for each of them.

24 Make a meal that makes you feel happy.

25 Paint someone or something you lost in your life.

26 Draw two bodies next to one another. Use one to represent anxiety, the other a body free from anxiety.

27 Use bay leaves as paper and write what you are grateful for in your life on them. Create a gratitude banner from it.

28 Do nothing but listen to jazz music for at least 5 minutes. Write down what you felt. Make art.

29 Stare in the mirror and create a self portrait. What emotional state did you express?

30 Paint your body as pure energy. What does your formless state express?

JUNE

Art is Moving
TAKE AN ART BREAK!

artismoving.org