

# ART AND MOVEMENT CALENDAR

Take an Art Break. Feel the Movement.

**4** Watch something move with the wind and mimic it in an artwork.

**5** Create a drawing about the passage of time

**6** Make art about something that moves you to tears.

**7** Paint movement: Make the viewer's eye move around the canvas.

**8** Make art about an object that moves.

**9** Research three art movements. Create a collage combining them all.

**10** Make art that will put a smile on the viewer's face.

**11** Turn on your favorite tunes and paint while you dance.

**12** Create a claymation video.

**13** Grab a partner and mirror each other's movements.

**14** Watch someone dancing and then create art about it.

**15** Research movement artist Anna Halprin.

**16** Get moving. Exercise and then make art right after you're done.

**17** Sculpt emotion using clay.

**18** Make art about something that moves you to laughter.

**19** Take a walking Selfie video.

**20** Find a local theater and get tickets to their next show.

**21** Make an artwork to inspire and change the world.

**22** Create art about growth.

**23** Study the visual movement of "The Great Wave off Kanagawa" by Japanese Ukiyo-e artist Hokusai.

**24** Try learning Improv. Or if you're familiar, do some.

**25** Create a body map by integrating art and yoga.

**26** Create a series of work where you start with one object and it morphs into something else.

**27** Find a local labyrinth and walk it (If your community does not have one, create your own).

**28** Study the art movements and pick a favorite. Make art for that movement.

**29** Use charcoal medium to create a picture of the internet as a living system.

**30** Create a maze and then give it to someone else to try and solve.

**1** On raw canvas, use your whole body to create a work of art.

**2** Pick an art movement you know nothing about, research it and use it as inspiration.

**3** Make a kinetic mobile inspired by Alexander Calder.

NOV  
EMB  
ER

Art is Moving   
TAKE AN ART BREAK!

artismoving.org