

# ART AND RENEWAL CALENDAR

**Take an Art Break. Feel Revitalized.**

**4** Look back at some old, unfinished art and either finish it or use it to inspire new work.

**5** Deep clean your living space. Clear the clutter, get balanced and ready for a new season.

**6** Find a painting at a local reuse or thrift store and add something new to it.

**7** Draw a cartoon animal having fun in nature.

**8** Do at least 5 minutes of mindfulness meditation. When the timer goes off make some art.

**9** Have a food art picnic in the park.

**10** Find a dance tutorial. Let go, get funky, and learn something new.

**11** Take photos of trees budding in the sunshine.

**12** Visualize the life cycle of a seed. Now make some art about it.

**13** Embrace your inner child. Search for or sketch some four leaf clovers.

**14** Ask a local youth center if you can donate supplies and time to take an art break with kids.

**15** Begin a nature art journal. Be inspired by the four seasons: winter, spring, summer, and fall.

**16** Grab a drawing tool. Pay attention to your breath and represent it with lines on the paper.

**17** Light some candles, grab a red pen, and write down what you need to let go.

**18** Find a piece of paper as big as you. Grab art supplies and have fun!

**19** Create a collage of copies photographs of you changing and growing through life.

**20** Renewal. Regenerate. Rebirth. Restoration. Use these words as a starting point for a new artwork.

**21** Literally, plant some seeds! Start an art garden or herbs.

**22** Grab a leaf, stick, or rock from outside and use it as a paintbrush.

**23** Create your own Holi Fest. Celebrate the new season and throw powdered colors.

**24** Invite a friend you haven't seen in a while over for an art break.

**25** Leap into action. Go for a brisk walk and feel the greatness of your body and brain.

**26** Find something old (table, clothes) that needs restoring. Restore it and make it new again.

**27** As the days are getting longer or shorter, create a charcoal drawing about light and shadow.

**28** Make copies of old photographs and use them as a background for a new artwork.

**29** Get grounded. Turn off all electronics and spend time outside. Try hugging yourself, squeezing tight.

**30** Grab art supplies and go somewhere you can be still for a while. Let the surroundings guide your art.

**31** Celebrate the full moon. Paint some art eggz! Be inspired by the Fabergé egg designs.

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**Art is Moving**  
TAKE AN ART BREAK!

[artismoving.org](http://artismoving.org)