

# ART AND ACTION CALENDAR

**Take an Art Break. Take Action.**

**4** What would happen if you drew with both hands at the same time? Find out.

**5** Sit in a public space & people watch. Sketch the people you see & make up a story about them..

**6** Listen to "How to Make a Happening" by Allan Kaprow. Create a Happening of your own.

**7** Pour coffee on paper. Let dry. With a pencil pull out the visions, faces, animals, etc. that you see. .

**8** Pick something you do every day. Make a video about it.

**9** Color your mood. Use pastels to color a description of your mood and environment.

**10** Come up with an art project that promotes community engagement.

**11** Zoom into something ordinary. Sketch the magnified part and label it.

**12** Make a poster that promotes reflection. Hang it up.

**13** Take photos of what you consumed today. Collage them together.

**14** Send an art postcard to your local representative. Share your ideas with him/her.

**15** Close your eyes and imagine beautiful scenery. In this state of mind, think of a challenge and two solutions.

**16** Go see some art in action. Attend a local play, concert, or performance.

**17** Dare to destroy one of your artworks.

**18** How could you use art to create positive change? Do it.

**19** Make yourself a license to be creative.

**20** Create an action painting. Randomly splash, throw, and pour paint on the canvas.

**21** Dive deep. Paint a canvas depicting your creativity as a force of nature.

**22** Listen to classical music. Let it flow through you. Don't censor, just draw.

**23** Doodle your dreams right after you wake up.

**24** If your city has a public art map, go on the tour. If it doesn't, create one.

**25** Weave an essential oil into your art making process. Do you feel a shift?

**26** What would your performance art look like? Plan it out.

**27** Draw circles on paper. Write your thoughts inside them. Reflect. Do they limit or expand you?

**28** Make an artwork that creates awareness for a current social injustice.

**29** Create a list of ten ways you can be more creative. Pick one and create three action steps to achieve it.

**30** Spend the day passing paper back and forth with someone to collaborate and make art together.

**1** Make a mandala. Draw a circle & add 5 things that bring a smile to your face.

**2** Set up paper on the ground. Find something soft to soak in paint. Soak it. Throw it at the paper. Repeat.

**3** Light up your creative superpowers and turn the mundane into extraordinary.

**APR  
IL**

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

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