

ART AND PROCESS CALENDAR

Take an Art Break. Process.

4 Is there a thought you keep having? Make art and work and use it to work through this thought.

5 Draw your grocery list.

6 Use rocks as your material and create temporary rock sculptures.

7 Draw 7 different types of trees.

8 Cut an old artwork apart and use the pieces to create a new collage.

9 Make a doodle of your dream house.

10 Fingerprint!

11 Collage your walk. Take a walk, collect found object treasures and make a collage about the beauty you saw.

12 Take a cup of water and paintbrush outside and paint with water on the sidewalk or dirt.

13 Write down what you love on several post it notes. Create a grid with them on a piece of paper.

14 Create a painting without letting the paintbrush touch the canvas.

15 Eat some extra dark chocolate and draw your heavenly place.

16 Think about what makes you sad. Make art while you work through the sadness.

17 Create a landscape painting with one cloud.

18 Place an ice cube on a plate and photograph it during different stages of melting.

19 Create a mandala out of colored sand. When it's finished, destroy it.

20 Create a work of art that will change over a short amount of time.

21 Write down a recent challenge on paper. Soak the paper in water, then apply watercolor

22 Pick one spot in your house to photograph at different times during the day.

23 Write an intention on a blank canvas. Cover it completely with paint.

24 Make a work of art strictly about material. When a viewer looks at it, they should think about material, not about what it represents.

25 Take a nature walk and make wild art from sticks and rocks you find.

26 Make an artwork for yourself and no one else.

27 Create a Travel Soul dust vessel. Fill a small container with a bit of soil from every place you visit.

28 Think about a humanitarian crisis. Draw a circle and within it, draw and write the solutions.

29 Use clay to sculpt an animal species that is yet to be discovered.

30 Make a work of art that is meant to be displayed on the floor.

31 Dance to your favorite childhood song. Then, paint it.

1 Make art as fast as you can in a certain timeframe. Then, make one artwork focusing on the quality of work. Compare.

2 Find a stick and draw in the sand or dirt.

3 Make 20 different marks on a piece of paper with a Sharpie.

JULY

Art is Moving
TAKE AN ART BREAK!

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