

ART AND INSPIRATION CALENDAR

Take an Art Break. Get Inspired.

4 Have a vision session - Draw, collage, write down what inspires you and what you want of accomplish this year.

5 Draw a positive affirmation on a candle. Light it. Stare at the candle flame for 5 minutes.

6 Pick your favorite positive thought and make it into a poster.

7 Make 2 gifts for yourself this week.

1 Create a timeline drawing including all your greatest experiences of last year.

2 Find a park bench to sit on for at least 10 minutes. Watch the world unfold around you.

3 Create a Rainbow Rock and leave it at a neighbor's doorstep.

9 Begin a creative journal. Include good news, inspiration, and gratitude.

10 Who inspires you? Send a letter telling them 10 reasons why they inspire you.

11 Draw something inspired by a recent dream.

12 What word inspires you? Use it as a starting point for an artwork today.

13 Pick an artwork. Write a story about it.

14 Pick a subject you know nothing about. Find a book about it and get reading.

15 Be aware of the animals you see today. Look up their symbolism.

16 Ask someone to tell you an inspirational quote. Make an artwork with that quote.

17 Create a clay sculpture of your Inner Muse.

18 Start a daily drawing journal. Pick a moment from each day and draw it in your journal (stick figures welcome!).

19 Practice some performance art! 60 seconds each of broad smiling, forced hearty laughter, howling like a wolf.

20 Go somewhere new today. Take the time to look at the details.

21 Write 24 new experiences you wish to have and place them in a jar. Pick one when you need some inspiration.

22 Pick a new recipe to make or a new restaurant to indulge in. Stop and taste every single bite.

23 Go for a walk. Don't have a goal. Just wander around and get lost in nature for a while.

24 Create a photo collage of people and moments that make you feel deep gratitude.

25 Feel the flow. Doodle the number 8 without lifting your pen from the paper.

26 Walk around in nature and discover something that inspires a drawing or photograph.

27 Dance for 5 minutes, like everyone is watching.

28 Leave an inspiring quote on someone's windshield.

29 Reuse a material to make something new.

30 Be a copycat. Pick your favorite artwork ever and create your own version of it.

31 Intentionally lay on the grass, stare at the clouds, and ground with the Earth.

**JAN
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TAKE AN ART BREAK!

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ART AND LOVE CALENDAR

Take an Art Break. Spread the love.

1 Here's an art journaling prompt. What do you love about yourself?

2 Make art for someone you love.

3 Make art with someone you love.
Visit:
us.loveisartkit.com

4 Track down your favorite art about love. Look at it and figure out why it's your favorite.

5 Start a "_____" Appreciation Day" and celebrate someone you love. Make them art!

6 Look at the acts of love you receive today. Do those acts for someone tomorrow.

7 Honor your 5 year old self! Draw a doodle or character you remember making as a child.

8 Ask someone you love to give you an art assignment about harmony.

9 Practice Ho'oponopono. Say: "I'm sorry, please forgive me, thank you, I love you" to yourSelf

10 Make art about the best advice your mother ever gave you.

11 Make art about the best advice your father ever gave you.

12 Make a Series of hearts with love quotes on them. Randomly gift them to others.

13 Create Eco Art. Wander in nature. Make a mandala from found materials.

14 Gather your friends and family and go to an art making event.

15 Creative Visualization. Place attention on your heart and imagine unfolding in its center.

16 Write a love letter to yourself. Write words of encouragement for when you really need them.

17 Do some art history digging to discover your favorite art couple.

18 Look at a fork and dream up 5 ways to improve it.

19 Bake some heart shaped cookies for someone.

20 Make a poster for the inside of your front door telling you something you love about yourself. Shine on!

21 Make art while listening to your favorite love songs.

22 Create a photo collage of a favorite memory with a significant other.

23 Write the word love on a piece of paper and cover it with art (paint, pastels, crayons)

24 Take to the road with your camera and chase the sun across the horizon.

25 What color represents love to you? Wear it, eat it, look for it, and make art with it.

26 Decorate post it notes. Include the words "I love you." Put them on every mirror in your house.

27 Make a video about what you love about Planet Earth.

28 Cover a piece of paper by writing the word love over and over again.

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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 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. .

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.

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

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

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

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

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

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

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

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

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

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.

**APR
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ART AND DREAMS CALENDAR

Take an Art Break. Make your Dreams.

1 Try automatism. Write and draw with as little conscious control as possible.

2 Create an artwork about a favorite dream.

Contemplate the **3** power, travel inside, and access your imagination. Draw a cloud to start an artwork and elaborate.

4 Write a verse to a song about dreams.

5 Tap into your subconscious. Create art by only using symbolism and metaphor.

6 Explore a recent nightmare.

7 If your life were a book and you were the author, how would you want your story to go?

8 Pick a surrealist artist and use them to inspire a new artwork.

9 Daydream and create art about a perfect day at some point in the future.

Make **2** artworks. Make both about aspirations. One from your childhood, the other from today.

11 Make a safe zone where your inner child can express itself without criticism and judgment.

12 Paint your future.

13 Paint a watercolor tree with roots. Label each root with what you are grateful for.

14 Make a collage of dreams that have come true for you.

15 Draw a dream mandala.

16 If you could be anywhere right now, where would you be? Draw it.

17 Take a gander at Carl Jung's "Red Book." Make sketch from your favorite image.

18 Write a letter to your future self.

19 Try a creative visualization. Focus on your heart center and imagine a flame growing inside you with each breath.

20 Try Lucid Dreaming. Make an artwork about something you would like to dream. Look at it as you fall asleep.

21 Draw a work with shadows and place something menacing in the dark.

22 Make an artwork about an artist that you would like to meet.

23 Evoke mystery. Take a photograph of something hard to explain.

24 Pen a poem about a past dream.

25 Ode to Max Ernst. Create a collage. Weave together trippy images from old magazines.

26 Throw ink or paint on a paper, fold it half and press it together. Open it and find faces or animals within it.

27 Honor your ancestors. Make a gravestone rubbing with a crayon and paper in your local cemetery.

28 Listen to jazz music and see what kind of art it inspires.

29 Craft your own dream guardian. Create a sculpture to hang above you while you sleep.

30 Check out what Google's AI dreams about and get inspired.

31 Create a self portrait of you as a flying mythological creature.

MAY

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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.

Use a dictionary to **3** 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

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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

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ART AND ENVIRONMENT CALENDAR

Take an Art Break.

4 Check out the women of WEAD and let them inspire you today. Weadartists.org

5 Take a moment, write, compare, and contrast human made to natural environments.

6 Make a Land Art Installation by using the earth as your material and canvas.

7 Make a diorama of a forest you want to save out of a shoe box.

8 Pick a space, inside or outside, sit in it for a long while and use it to inspire a new artwork

9 Collaborate with Nature. Take stones and create a Nazca line.

10 Design a bouquet of flowers.

11 Study the Golden Ratio and Fibonacci sequence. Draw a Fibonacci spiral.

12 Make a mandala from items you find in nature.

13 Research Architecture as Environment. How does it make you feel?

14 Think of your favorite place to be in nature and let it guide your artwork

15 Become part of the Guerrilla Gardening movement. Create a garden in an abandoned lot.

16 Stop and smell the roses, and other flowers. Then, make some art.

17 Find a local little library and add some art books to it. Or, better yet, make your own!

18 Create a self portrait using items found in nature

19 Be inspired by artist Andy Goldsworthy. Create some magical land art.

20 Use a fallen leaf as your canvas

21 Research artists who are addressing climate change.

22 Use materials you find outside as paint brushes

23 Create art about mass consumption.

24 Can you make an inside space feel like an outside space? What about the opposite? Try it.

25 Honor a tree. Construct a mandala with found objects around a tree.

26 Where do you spend most of your time? How does it make you feel? How can you make a positive change to that space?

27 Contemplate your effect on the environment. Photograph how much trash you create in a day.

28 Find a way to bring the outside world into your inside world

29 Find a space that drains your energy. Decorate it and feel the shift.

30 Create an artwork based on an endangered species.

31 Reflect on the web of life. Let it inspire a photo essay.

AUG
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ART AND PERSPECTIVE CALENDAR

Take an Art Break. Discover a New Perspective.

4 Draw with your eyes closed.

5 Paint an image of a door. Then, paint another image of what is there when you open it.

6 Imagine yourself flying free in the sky. Then, create an artwork that evokes that feeling.

7 Lay down on the earth and look up into the sky. Capture what you feel in an artwork.

1 Squint your eyes at a light and then draw what you see.

2 Pick an idea you disagree with and then make an artwork visually showing why.

Take a photo from **3** a worm's perspective. Then, take one from a giraffe's perspective.

11 Create an aluminum foil sculpture of a dancing figure. Draw its shadow.

12 Pick something to draw and only look at that object while you draw. Don't look down at your paper.

13 Have someone trace your body on a large piece of paper. Fill in your form.

14 Create a sculpture about perspective using items found around your home.

15 Study Pointillism. Create an artwork using watercolor and pointillism techniques.

16 Pick a decade from the past. Make a work of art about living during that time period.

17 Research artist Giorgio de Chirico and use him to inspire a new artwork.

18 Place yourself in the mind of a baby. Make art about life from that perspective.

19 Take a series of photos representing what it might be like to be a dog, cat, or bird.

20 Pick a person you consider to be your opposite. Draw his/her portrait.

21 Draw a picture about what it might or how it feels to have depression.

22 Go somewhere you have been before, but look at it from a new vantage point.

23 Place yourself in someone else's shoes (figuratively) and write a story about them.

24 Pick something to stare at for at least 5 minutes. Make art about anything new you noticed.

25 Listen to scary music and paint with the colors it evokes.

26 Create work based on atmospheric perspective.

27 Imagine you climbed up a giant mountain. What improv celebration dance would you do?

28 Split paper into 4 sections. Draw the same object from 4 different angles.

29 Use your body as an instrument and create sound effects and music.

30 Be inspired by the Renaissance architect Filippo Brunelleschi and play with linear perspective.

**SEPT
EMBER**

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ART AND FEAR CALENDAR

Take an Art Break. Face Fear.

- 1 "Fears arise when you look back, and they arise when you look ahead."
~ David Bayles and Ted Orland. Make art about this quote.
- 2 Create art about a fear you had in the past.
- 3 Create art about a fear you have in the present.
- 4 Create art about a fear you have for the future.
- 5 Do something that really frightens you. Then, draw and write about it.
- 6 Go into an art museum, pick an artwork you don't like and tell a stranger about it.
- 7 What fears do Hieronymus Bosch's, "The Garden of Earthly Delights," incite within you? Write about them.
- 8 Create an illustrated step by step guide to help someone overcome a fear.
- 9 How did you overcome a childhood fear? Create a collage about resilience.
- 10 Think of something you're afraid of and write a poem about it.
- 11 Be willing to fail. Do your best to fail at taking a "successful" photo.
- 12 What is a private fear you have when creating art? Explore that idea.
- 13 Get out of your comfort zone and use an art medium you know nothing about.
- 14 Split a paper in half. On one side evoke the feeling of fear. On the other, fearlessness.
- 15 Create a painting influenced by non-art related subjects that scare you.
- 16 Imagine a world with no fear. Create it.
- 17 Research the 7 steps of alchemy. Process your shadow by making art inspired by the steps.
- 18 Write down all of the fears you have ever had on one piece of paper.
- 19 Research 3 universal human phobias. Create a pastel drawing for each one.
- 20 Read the book, Art And Fear.
- 21 "Much of our fear of our own creativity is the fear of the unknown." ~ Julia Cameron. Draw a map of the unknown in your creative process.
- 22 Watch a scary movie and make art in response to that movie.
- 23 Create a vision board about what sets your soul on fire.
- 24 Write a story about a fear you have and how you overcome it.
- 25 Feel the fear and do it anyway. Create something that you have a strong resistance to.
- 26 If fear had a shape, what would it be? Create that shape.
- 27 Imagine there is a wall in front of you and create 3 "out the box" ways to get around the wall.
- 28 Interview a person about a fear they have and create a photo essay about their story.
- 29 Play with the thin line between fear and exhilaration.
- 30 Create a music score from household items that ignites fear. Give audacityteam.org a try.
- 31 Make a cartoon about a time when someone judged your art ruthlessly. How does humor change the situation?

OCT
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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.

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ART AND KINDNESS CALENDAR

Take an Art Break. Sprinkle the sparkle of kindness everywhere.

4 Create a kindness inspired short poem and place it on a stranger's windshield.

5 Stop by a local art non profit and sign up for a volunteer shift.

6 Take a smiley selfie with someone at the coffee shop, grocery store, whatever.

7 Write a positive note on a post-it and stick it on a community bulletin board.

8 Make a card for someone and include 3 reasons you are grateful for them.

9 Create a postcard sized work of art. Leave it in a library book.

10 Make an art note of thanks and leave it on a trash can for trasher tossers to find.

11 Draw some art for those who serve you today. Hand it to them with a smile.

12 Make an art full dinner for someone. Use the colors of the rainbow as inspiration.

13 Grab a few of your favorite art supplies and mail them to someone.

14 Make an artwork. Tape some cash to it. Hand it to a homeless person.

15 Make a handmade card. Leave it somewhere for a stranger.

16 What does kindness look like? Make art that answers that question.

17 Fill a candle holder with words of gratitude for yourself. Light it up.

18 Make a poster with a kind quote and hang it in a public space.

19 Listen to your favorite song. Then, send it to 5 friends.

20 Paint a positive note on a rock. Leave it on a path for someone to discover.

21 Bake some treats for your neighbor.

22 Fill a jar with a list of all the things you want to do that you haven't done yet.

23 Write a positive poem. Use the letters of your first name to start each line.

24 Build a gratitude art altar for a loved one.

25 Make someone laugh. Tell a joke, draw a silly face, share a favorite scene from a movie.

26 Color a page for ColorASmile.org

27 Make art about your dreams and visions. Put it in a box and seal it.

28 Make a Free Compliment Flyer and hang it up for someone who might need some positivity today.

29 Send art to a soldier. AMillionThanks.org can help.

30 Gather a bag of clothes to donate. Put an art note in each pocket.

31 However you celebrate today, do it with art and kindness. You got this one covered!

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