

Art Choice Board

I wonder which of these fun activities you will have a go at on
'Wellbeing Wednesdays'...

Create something with your eyes closed.	Make a sculpture out of tin foil.	Make some art outside.
Draw with 2 pens at once.	Draw the same object 10 times on the same piece of paper.	Create a piece of art in exactly 5 minutes.
Draw a squiggle then turn it into a drawing of something.	Use a photo from a magazine or newspaper as part of a drawing.	Ask someone to pose for you while you draw them.
Make a picture using only 3 colours.	Make art using objects you find around the house or garden.	Recreate famous works of art – either with art materials or make a freeze frame with people or objects.

Have fun!