

# *Staying Creatively Engaged*

Now is a great time to incorporate creative practices into your daily routine as we practice social distancing protocols for the health and safety of our communities. Please consider trying some of the following items to help keep yourself creatively engaged! It's great for your mental and physical state! Please consider sharing your work with me via instagram @daniellelivoti

- Take a **virtual museum tour** and create a drawing, sketch or digital artwork inspired by something you viewed in the museum.  
<https://www.metmuseum.org/art/online-features/met-360-project>  
<https://www.moma.org/calendar/exhibitions>  
<https://naturalhistory.si.edu/visit/virtual-tour>
- Download the **PBS Video app** on your iPad via Self-Service; Go to "shows">"american masters". There are tons of great episodes that explore the lives of artists, writers, musicians, actors etc. Watch one and write about or draw your reaction/reflection about the episode.
- Download the **Google Arts and Culture and/or NGA Kids** app on your iPad via Self-Service and get exploring! Interact with hi-def artworks, videos and tour famous sites and landmarks! Remix famous artworks! Keep a record of what you find in your sketchbook and create a visual journal entry!
- Learn a new digital app! If you haven't already, download **Medibang Paint, Adobe Draw, PS Express, Photoshop mix, Paper by Fiftythree, Tayasui Sketches and/or the Brushes Redux app**. Make something digital, edit photos, play around and see what happens!
- If you have access to **social media**, follow along with an artist who may be posting **tutorials or live drawing** via IG tv. Also, there's plenty of Youtube tutorials to explore! Type in something you've been wanting to learn about and try it!
- **Daily art-making challenge:** using what you have access to for supplies, set aside time each day to make something. Follow along with a daily prompt or simply make

something based on how you're feeling each day. Respond to current events or things that are affecting you. Work in any style you want; try abstraction, try a variety of subject matter, draw observationally or from your imagination! You can also do this as a **photo-a-day challenge**.

- **Digital coloring** or coloring print outs (a simple google search for "free adult coloring pages" will turn up lots of downloadable challenging coloring pages that you can print from home or color on an iPad). Download the **Quiver- 3d coloring app** via self-service on your iPad. This is an augmented reality coloring app! Coloring pages can help calm anxiety, and promote mindfulness. On your phone try the **Colorfy app!** If you like pixel art try: **color by number, or sandbox pixel coloring!**
- Good old-fashioned **Observational Drawing!** Challenge yourself to draw something observationally every day! Draw your self-portrait from a mirror, draw a family member or pet, draw what's in your kitchen cabinets, draw what's on a shelf somewhere in your house, the corner of your room, your view of your room from various locations in your room, draw your shoes, draw a house plant, draw your street view....
- **Get outside!** Take your art supplies or iPad outside and do some plain-air digital sketching, photography or draw from life. Make a nature sculpture with things you find outside. Make a nature mandala! Photograph it! Do a photoshoot of textures you find around your house.
- **Do timed art/limited supplies process art-** collect 3 art supplies like something to collage and glue with, something to draw with, something to add color with etc. Use a piece of paper or found surface and set a timer for 30 min or 45 min. Create something using only those materials within that time frame. Next day, change up the materials and add to the piece you started already, working right on top of what you made! Continue this over the course of several days.
- Paint or draw along with **Bob Ross!** <https://www.youtube.com/user/BobRossInc>
- **Recycled sculpture:** using things you find around your house that might be considered trash, construct something 3D!

- **Find a deck of cards** and make a mini artwork over the cards for your own artist-trading card deck! Make **tiny art** for your own tiny art show.
- **Untraditional materials art:** Make an artwork using non-traditional art tools. For example: make something using duct tape, make a drawing using only white out tape, use q-tips instead of a paint brush, make an artwork using coffee or tea instead of watercolor, make an artwork with old make up, find a branch from outside and dunk it in an art material you have and draw with the branch....  
<https://www.duckbrand.com/stuck-at-prom> did you know you can win up to \$20,000 for creating a duct tape prom dress or tuxedo?
- Do a **skype or google hangout art party** with your friends! Have someone lead the group through an art activity that you guys can do together but from the comfort of your own home.
- **Collage stuff!** If you have Elmers glue at home you can mix it with a little bit of water to thin it out and use a brush, this allows you to collage and decoupage at home! You can tear up old magazines, books etc and collage over most surfaces.
- **Photographers:** <https://aperture.org/on-sight/> lessons for photography  
 Also "The Photographers Playbook: 307 assignments and ideas" is an excellent book! Find used on amazon!
- **Fashion upcycle-** first go through your clothes and make a donation bag! Then look at a few of your donation pieces and ask yourself if anything can be constructed into something new! Can you turn pants and shirts into shorts, a purse, a skirt, a tote bag etc? **Learn some basic sewing techniques!**
- **Make your own tutorial video using iMovie, Clips or Spark Video.** What is something you can share with the rest of us? Or just make your own mini film! Document a day in your life!
- Ask your **parents/guardians/siblings!** What do your parents/guardians have access to sharing with you? Do they do any arts/crafts? Do they have tools to make something from scratch with wood? Can you help with gardening? Can you do some creative baking or cooking? Do you have instruments at home and can you practice or learn? Do you have supplies to learn how to knit? **Can YOU teach THEM something new?**