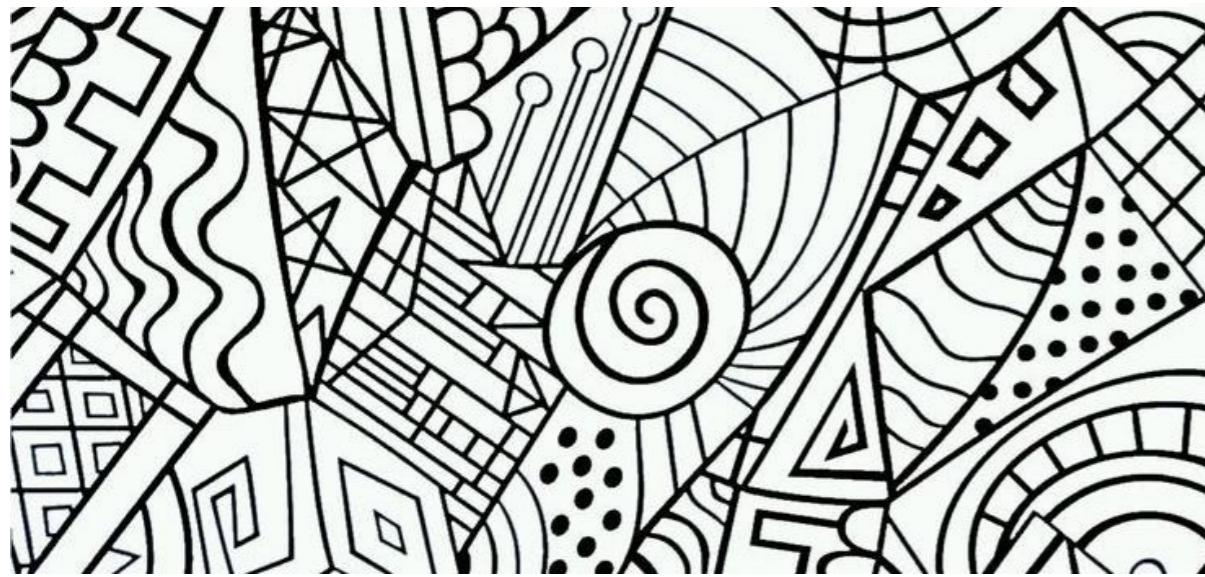


# Creative art tasks

Add some colour to these patterns...



What colour best describes how you are feeling today?

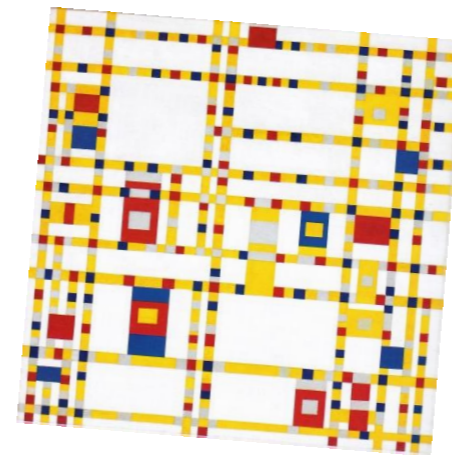
Write your answer here.....



The artist Kandinsky wanted to capture the visual equivalent of writing a symphony with his paintings- he was inspired by Wagner's music.



The artist Mondrian was fascinated by jazz, and its dynamic rhythm, he captured the feeling in this painting.



Art allowed me to let go of my anxiety and use my imagination for something positive, rather than for thinking up negative situations.

Taken from

<https://www.mind.org.uk/information-support/drugs-and-treatments/arts-therapies/visual-art-therapy/#.WoNgZOjFLIV>

Write a note to yourself, about how great you are!

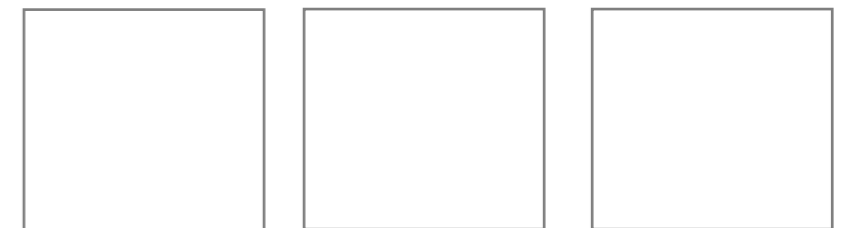


## Have you heard of Zentangles?

They are an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing, and it can increase focus and creativity.



To find out more about Zentangles scan the QR code. Have a go at creating your own patterns.



Listening to music can spark creativity, reduce stress levels, boost memory, decrease blood pressure, can help to fight depression, it can improve productivity and make you feel happier. Taken from the Infographic- Benefits of Listening to Classical Music <https://takelessons.com/blog/benefits-of-listening-to-classical-music-z15> **Scan the QR code to discover classical music playlists that you can use.**

**A useful website-**  
Expressive Art Inspirations  
<http://intuitivecreativity.ty.pepad.com/expressiveartinspirations/100-art-therapy-exercises.html>