

Playing with art materials pulls you out of your head,
and puts your attention in the outer tips of your feathers,
I mean fingers, depending on, well you know
If you are a bird, or not.

What if I just don't get what they
are talking about?

Well, you are in luck. Each artist made a video to
show you what they are talking about.
You can see them, along with other art
ideas on ArtWalla website.
<http://artwalla.com/artshealth>
And...

Hmmm...

There is an artist to answer your questions.
By phone, Tuesday and Thursday 10am - 12pm.
Pretty cool, right?

Share your art via social media
using this hashtag:

#ArtsResponseCOVID19

COVID Coach Hotline and Artist Support:

509-897-8266 (8am - 7pm daily)

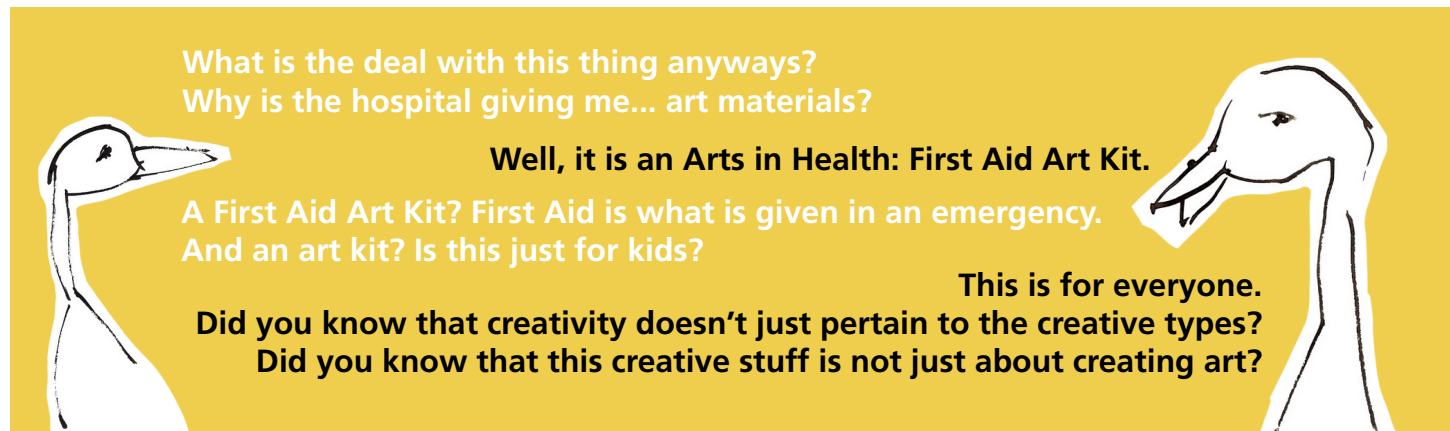
<http://artwalla.com/artshealth>

Presented by Augusta Sparks Farnum and:



FIRSTAID ARTKITS

Across the globe there is a new movement that has been building itself for the last 20 years called **Arts in Health**. It is used all over the world as a tool for humans to support their own well being while doing the work of healing.

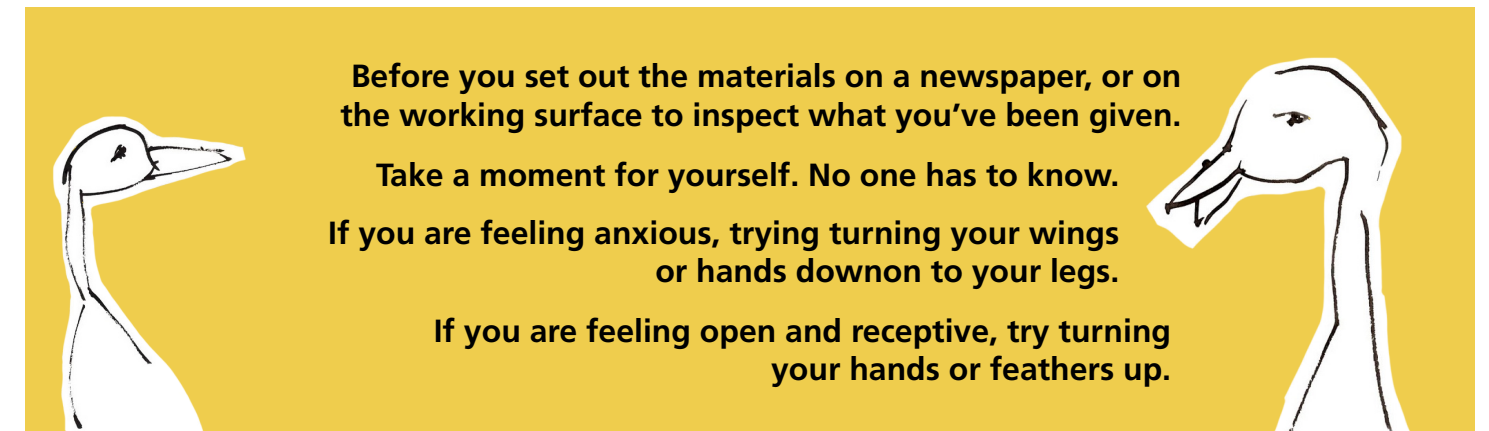
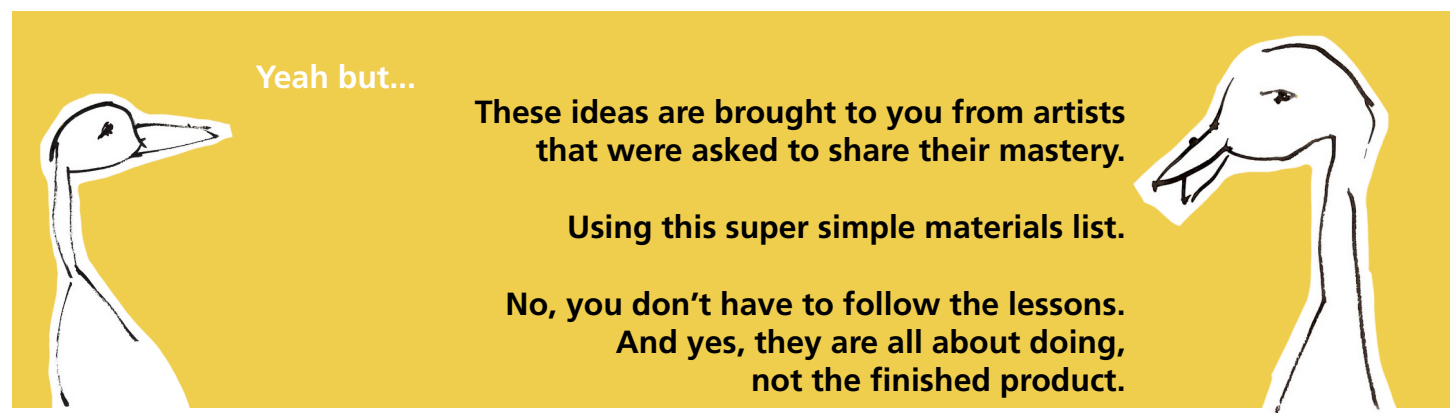


- **Crayons:** a blueish purple, a grayish to green, an orange to red to pink, a yellow to brown, and a fifth crayon to balance the mix! Markers or Colored Pencils, Water color
- **Some type of color:** watercolor paints or pencils, colored pencils, colored markers or oil pastels
- Extra **paint brush**
- **Clothes pins** (4): these are great for holding your glue together while it dries and to hold drawing paper to the writing pad easel
- **Cup** with lids
- **Writing pad** for all your writing ideas, which also doubles as an easel!
- **String** for making, and painting
- **Loose papers:** drawing paper, watercolor, drawing, construction paper, strips of color and cardstock paper
- **Rulers** are great for folding, measuring, and ripping
- 1 **glue stick**
- A handy dandy **pencil sharpener**
- **Pencil** with an eraser

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

Quarantine in general means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

Isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.



well-be·ing

[wel-bee-ing]

noun

the state of being comfortable, healthy, or happy.
"an improvement in the patient's well-being"

