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. <u>http://artwalla.com/artshealth</u> 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:



Center for **ARTS IN MEDICINE** 





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.

What is the deal with this thing anyways? Why is the hospital giving me... art materials?

Well, it is an Arts in Health: First Aid Art Kit.

This is for everyone. Did you know that creativity doesn't just pertain to the creative types? Did you know that this creative stuff is not just about creating art?

- **Crayons**: a blueish purple, a gravish 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**

• **Cup** with lids

**Clothes pins** (4): these are great for holding your glue together while it dries and to hold drawing paper to the writing pad easel

- Writing pad for all your writing ideas, which also doubles as an easel!
- **String** for making, and painting
- **Loose papers**: drawing papwer, 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

Before you set out the materials on a newspaper, or on the working surface to inspect what you've been given.

Take a moment for yourself. No one has to know.

If you are feeling anxious, trying turning your wings or hands downon to your legs.

well-beving [wel-bee-ing]

noun

**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.



These ideas are brought to you from artists that were asked to share their mastery.

Using this super simple materials list.

No, you don't have to follow the lessons. And yes, they are all about doing, not the finished product.

Consider the difference between sucking air and breathing. Try breathing. Sucking air makes humans look like a duck. Either way, breath is so precious. And if you wanted to get, maybe a little wild,

where your feet touch theground. If they touch the ground.

And Stay with yourself. Not your to do list, not your pending diagnose or condition. This is about you. This is just yours.

If you are feeling open and receptive, try turning your hands or feathers up.

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

you could try, closing your eyes. Let yourself register where you are sitting,

Ok, ready?