

Art Challenges #1

CENTREPIECES



www.facebook.com/groups/196732285089713/

Arty F'Arty Party 2020

As a Mental Health Arts Project, Centrepieces provides opportunities for people to participate in art activities to support mental health recovery through art.

These Art challenges are from the Facebook group which has been set up specifically to help those finding themselves in isolation and with time on their hands. So if you are twiddling your thumbs, struggling with your mental health, looking for ideas to keep the kids occupied or just plain bored

UNDER THE SEA 🐠 🐡 🐙

You can draw/sketch/ paint/ sculpt sea animals underwater scheme the possibilities are endless. Challenge yourselves and have a go - Fine Art or Abstract, modelled or made out of junk! **TAKE IT FURTHER** - If you are with the kids, or just want to have a go - google facts about what you are creating - find out about sharks, seaweed or currents and tides!

TREES 🌳 🌴 🌲

You can draw, sketch, paint or sculpt one tree or a forest of trees Have a go Challenge yourselves - look outside or study pictures of trees. It can be Fine Art or Abstract, modelled or made of junk! – Just be creative!

SUNRISE/SUNSET

Have a go at Creative writing Write a poem or story with sunrise or sunset as the theme write a limerick, an acrostic or write a song perform it on video

EMAIL YOUR ARTWORK TO:

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(if you would like it to be showcased on our Facebook page/Website)