

healthy body, healthy mind – creative outlets

Creative Outlets.

A good way to spend your extra time is by getting creative! It lets you discover new talents, stimulate your brain and you can develop your own style. The good thing about art is that anyone can do it. Your skill level doesn't matter and once you find what you enjoy you can always refine and extend your craft.

Some simple art activities you can do at home:

Grab some paper and a pencil, go outside find something you find pleasing like a tree, a plant, a playground or a building and try your best at sketching it. Your first try might not be your best but it will only get better from there. This is a form of still life as you are capturing the moment using a landscape as your model.

Another simple activity I enjoy doing is similar to still life. Except instead of sketching as normal you draw using a continuous line without lifting your pencil and without looking at your page. Called "continuous contour sketching" this technique creates a really cool abstract sketch that can be interpreted in any way and is perfect for any skill level.

Following YouTube tutorials online is a perfect way of learning and extending your art skills. Bob Ross is a great instructor for beginners that want to learn how to paint. A friendly teacher is perfect for cultivating all your painting skills. All you need is some paint, brushes and any surface you can think of.

The graphic features a light gray background with three large, overlapping paint splashes: a blue one at the top right, a yellow one on the left side, and a green one at the bottom right. The title 'Creative Outlets' is centered in a large, bold, black sans-serif font.

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Still life: Grab some paper and a pencil, go outside and find anything you like and try your best at sketching it.

Continuous Contour: Sketch without lifting your pencil and without looking at your page. This technique creates a cool abstract drawing.

Painting: Bob Ross is a great instructor for beginners. Check Youtube for tutorials. All you need is some paint, brushes and any surface you can think of.