

# Five Ways to Well-being and the arts

## Simple Ideas

### Connect...

- Create a picture and email a copy to a friend.
- Make a hand-made card and send to a family member.
- Share a song or poem on social media.
- Stream a musical performance from home on the web.
- Call a friend to chat about a book you are reading.

### Take Notice...

- Study and enjoy an artist's artwork online.
- Look through the window and make a sketch of the view.
- Start writing a diary and decorate it with beautiful pictures.
- Walk out into the garden to take pictures with a camera.
- Create something out of a clay and notice the shapes and textures you create.

### Give...

- Share one of your favourite quotes on social media to inspire others creativity.
- Read a story to your friends' children or grandchildren to enjoy on WhatsApp.
- Paint a picture of a rainbow and place it in your window to raise the spirits of people passing your house.
- Share your favourite links and creative ideas with your friends and colleagues.
- Why not create a collage of recycled materials for a family member or friend?

### Keep Learning...

- Take part in an online arts course.
- Experiment with a new arts medium-how about writing a poem for the first time?
- Watch a creative tutorial on YouTube and try it out.
- Visit an art or history exhibition online.
- Work together with a family member to learn a new craft such as knitting or sewing.

### Be Active...

- Play your favourite songs and dance around the kitchen.
- Devise a new game or treasure hunt to play in the house with the children.
- Go for a walk with your camera or sketchbook.
- Why not create patterns or statues in the garden using natural materials such as leaves and twigs?
- Build a simple kite, decorate and fly it in your garden.

COVID-19

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