



ART WORKS NOW

CREATE THE WORLD YOU IMAGINE

The Healing Power of Art | March 22, 2024

Vision

Art Works Now envisions a world where all people explore and engage in creative practices that transform their lives and their communities

Mission

Art Works Now builds and nurtures community through inclusive visual arts and social justice experiences.

Guiding Values

Compassion, Equity, Inclusion, Integrity, Joy

About

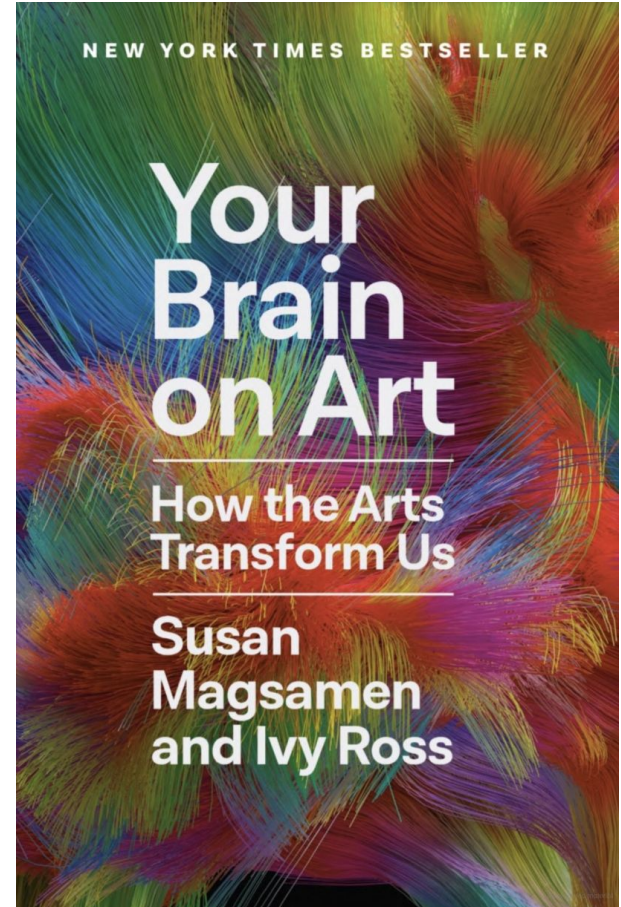
Founded in 2012, Located in Hyattsville, MD, Seven full-time staff, Numerous contract Teaching Artists, Art classes for ages 2 - 92, Summer Camps, School's Out We're In Camps and more!

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Healing Power of Art – The Science

“Using functional near-infrared spectroscopy (fNIRS), researchers found that doodling, coloring, and free drawing all activate the prefrontal cortex, the area of the brain that helps us focus and to find meaning in sensory information. Their findings also showed that the simple act of doodling increases blood flow and triggers feelings of pleasure and reward.”

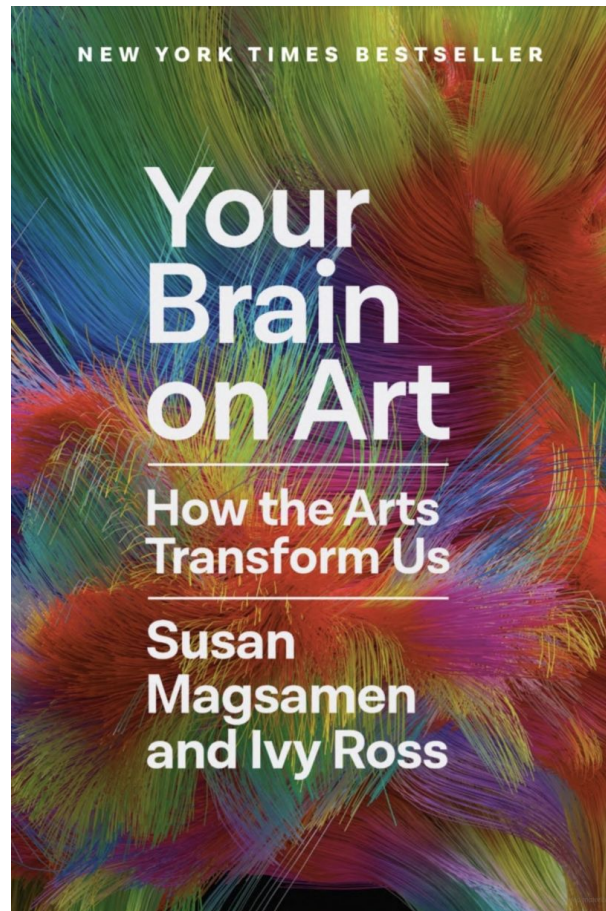
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Healing Power of Art – The Science

Neuroscientific research is undergirding just how vital the arts are in early childhood development. Much of what we naturally do as play when we are young children – dance, sing, make-believe, role-play—are natural art forms. They work across the brain...the arts have been proven to help children develop the neural pathways that lead to improved empathy self-awareness and agency.”

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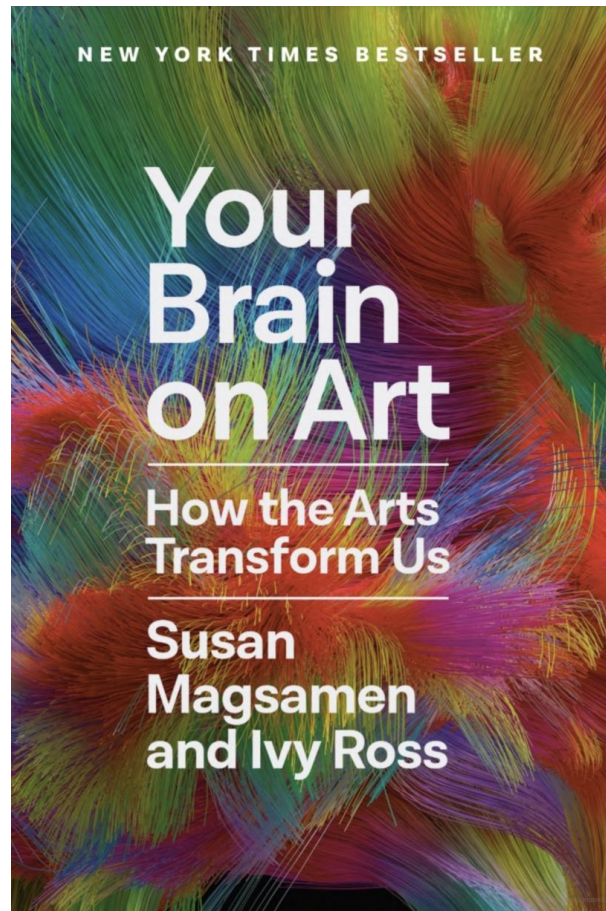
Healing Power of Art – The Science

Re: HEART (Healing and Education through the Arts) Training:

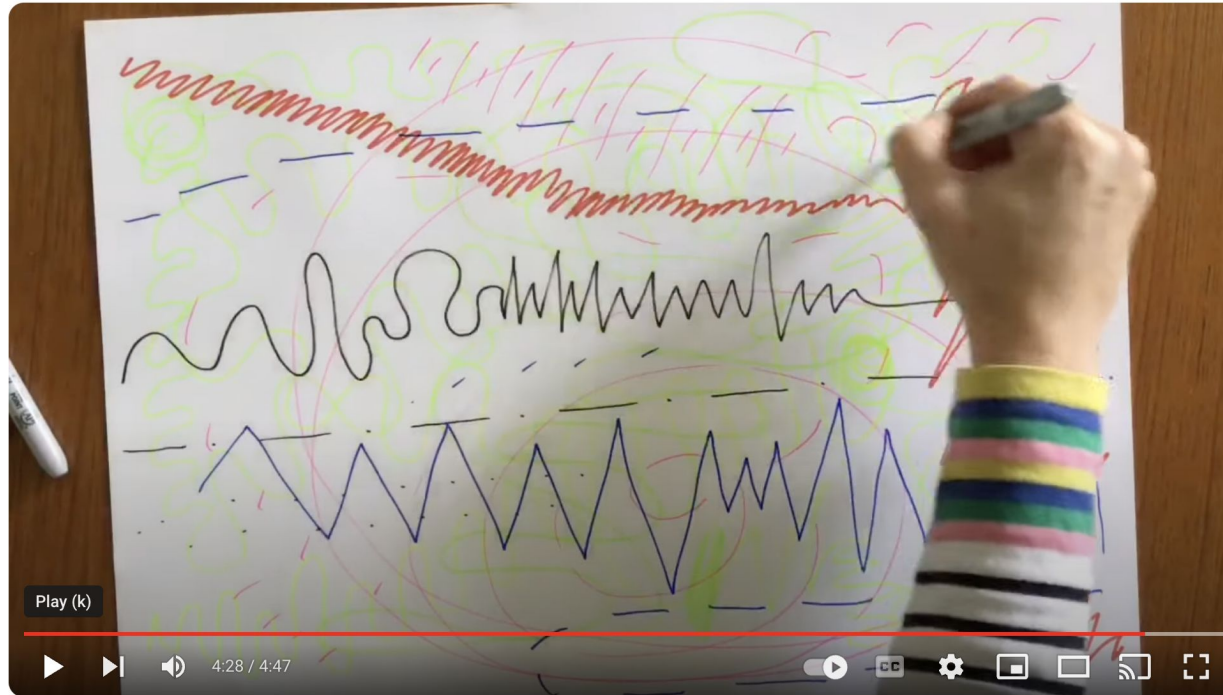
A pivotal element of the initial training is in reminding the adults that this is not about “good” or “bad” art...HEART trainers often start their training by drawing two cats. One is a decent rendering of a tabby that looks like a six-year-old may have drawn it. The other is a jumble of scribbles. “Which one is better?” The answer is neither! They’re both wonderful. And they’ve both cats because I made them and I told you they’re cats. **All art is good art.**

It is about the process not the product!

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Exercise: Drawing Lines to Music



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[Drawing Lines to Music](#)

Upcycling - Cardboard Sculptures



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Chalk Art



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Model Magic

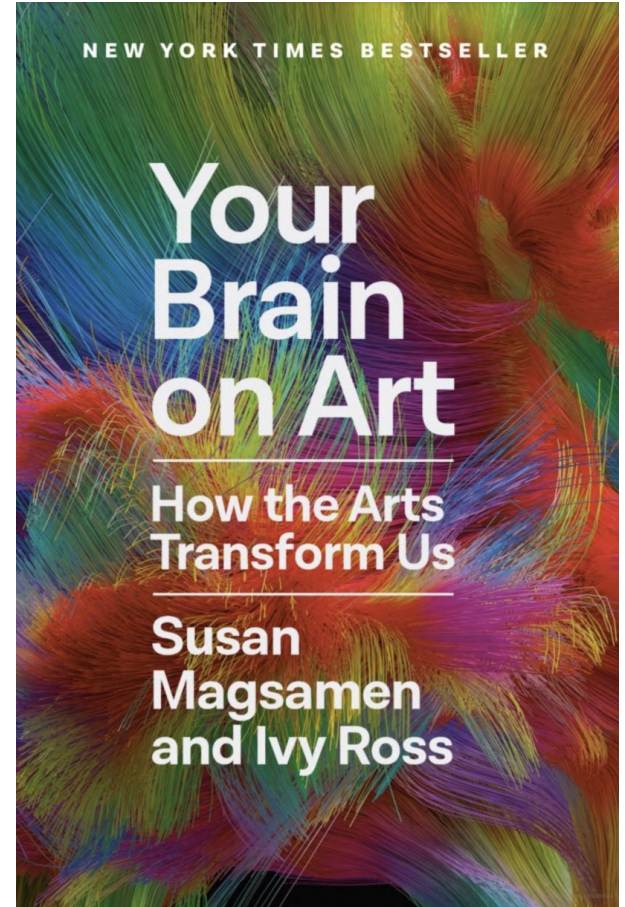


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Art is for everyone!

Many adults relegate art and the making of it to those they deem professional artists. Much of what we encounter in our busy lives moves us away from daily artistic practice. John Dewey, a psychologist and an educational reformer who is considered to be one of the fathers of functional psychology, once wrote, “Art is not the possession of the few who are recognized writers, painters, musicians; it is the authentic expression of any and all individuality.”

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Creative Aging



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2015: AWN partnered with the City of Hyattsville to establish Hyattsville is Home, free visual arts learning experiences focused on painting, drawing, collage, mixed media, and more. Classes held in a senior apartment building and a City building

2019: Expanded from 1 class to 6

2020: We went completely virtual

2022: Began offering in-person and virtual options

2023: 6+ classes in each of our Fall, Winter and Spring sessions; 300 students annually; 100% free!

Creative Aging

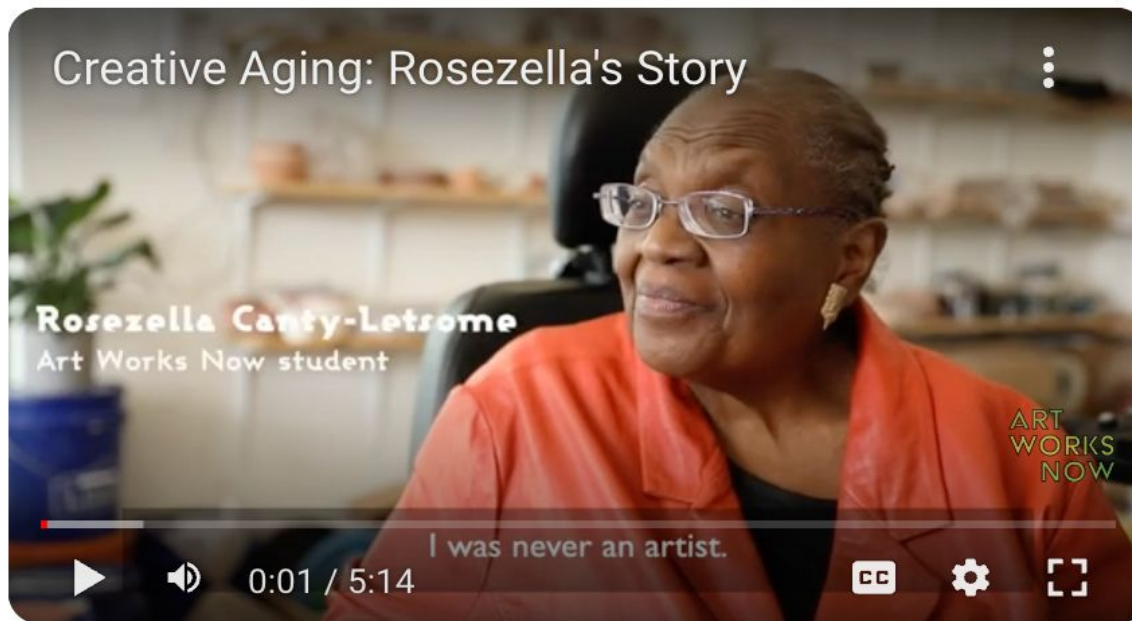
You have changed my life, you have saved my life. The Creative Aging programs are so meaningful to me.

Participating in the Creative Aging program has deeply enriched my life, at such a critical time. It has enhanced joy and sparked creativity and expanded my community at a time when it was diminishing.

I have been a Creative Aging student since 2020. Your program has reignited my joy and creativity and kept my depression at bay. I love all that you all do for us as individuals as well as for the community.

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Creative Aging



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Rosezella's Story

Engaging YOUR Creativity

THE 30-DAY CREATIVITY CHALLENGE

[DAY 1]

THE BUCKET LIST

“Creativity involves breaking out of established patterns in order to look at things in a different way.”

EDWARD DE BONO

Lots of people think creativity is just coming up with ideas out of nothing. And while that's kind of true, all creative ideas have to come from *somewhere*: they come from things, concepts or ideas that already exist but get put together in new and unexpected ways.

Your first challenge – thinking up unusual things to do with everyday items – gives you the opportunity to practice exactly that.

Why it matters: Creativity is about taking existing concepts and ideas and doing something new with them.

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THE 30-DAY CREATIVITY CHALLENGE

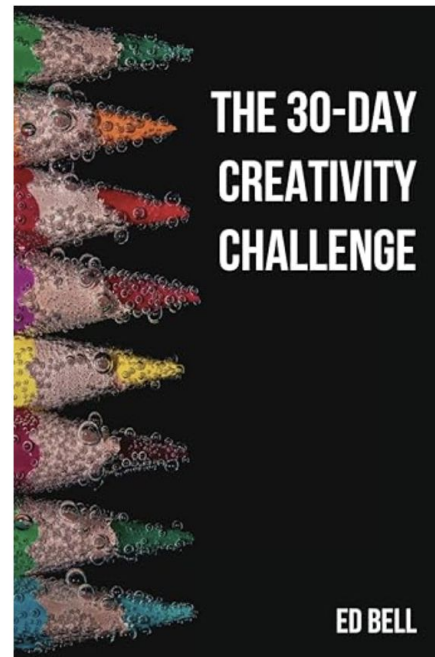
DAY 1 CHALLENGE

 10 mins

Think of at least twenty things you can do with a bucket.

Remember: you get bonus points for every unusual answer you come up with. So ‘watering the plants’ is an OK answer. But ‘ridiculous paperweight’ is a great one.

And as I said in the introduction, if you get to twenty things well before ten minutes is up, keep going.



Engaging YOUR Creativity

THE 30-DAY CREATIVITY CHALLENGE

[DAY 3]

ONE-LINERS

"But out of limitations comes creativity."

DEBBIE ALLEN

Creativity thrives on limitations. Lots of people assume it's the opposite, but *not* being able to do *anything* helps you focus on doing *something*. And often those limitations help you do that something in a specific and distinctive way you might not have thought of otherwise.

Today's challenge is a drawing challenge with a simple limitation: you can't take your pen or pencil off the paper.

Why it matters: Being able to work within limitations is an essential part of being creative, and a great way of creating something you might not have done otherwise.

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THE 30-DAY CREATIVITY CHALLENGE

DAY 3 CHALLENGE

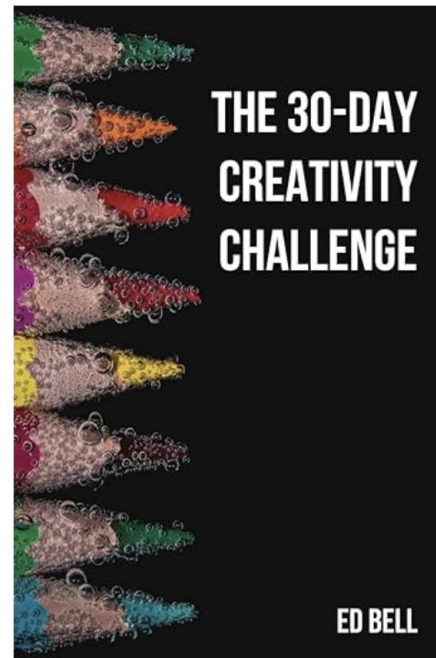
 10 mins

Sketch each of these six things in a single line – that is, without taking your pen or pencil off the paper:

- [1] stick man
- [2] apple
- [3] skyscraper
- [4] sunset
- [5] virus
- [6] bus stop

Rough sketches are fine – you don't have tons of time, so you don't have to add tons of detail.

The real challenge here is finding creative ways to celebrate the restriction imposed on you: to make a feature of the places you'd love to take your pen or pencil off the paper but can't. This includes if you make a mistake or draw something you didn't mean to – keep your pen or pencil on the paper and find a way to work with it.



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Little Free Art Shop
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you need!



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Join our email list to learn more about

our classes for ages 2 - 102!

www.artworksnow.org



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