

ART RESOURCES

OBJECTIVE

While you are at home with family and loved ones, we want to encourage you to **keep creating!**

GRA recognizes the value of art, not only as a healthy medium to reduce stress, but a way to dream, center your attention, explore something new and bring joy into your life.

HOW

To get you started, staff has curated a list of helpful links to free or low-cost art resources that you can connect to from the comfort of your home.

Simply click on the resource(s) underlined along the right side.

HELPFUL RESOURCES & ACTIVITIES

- **MindfulArts**: Webinars, websites, books and props for supporting mindfulness education in your classroom or home
- **Free Art Tutorials: Painting & Drawing Lessons**, ArtistsNetwork
- **Art Techniques: Top tutorials for painting and drawing**, CreativeBloq
- **Free Drawing Tutorials**, Fine Art-Tips (YouTube)
- **How to Draw a Face**, Monique Renee (YouTube)
- **Drawing Your Breath - A Mindful Art Exercise** by Creativity in Therapy
- **10 Minute Mindfulness Drawing Meditation: Easy Art Tutorial for Relaxation and Self Care** by Artfully Mindfully
- **Great River Television's YouTube** channel streams music and other community content

ARTICLES & INFORMATION

- **The Healing Power of Art**: Creative activities can relieve stress, aid communication and help arrest cognitive decline (July 2017), Harvard Health Publishing
- **How Art Therapy is Used to Help People Heal** (August 2019), VeryWellMind

Don't forget to checkout your favorite bookstore online. As a beginner, intermediate or advanced artist, you can search for a number of resources on watercolor techniques, sculpture, sketching, charcoal, fabric arts and much more.