



YOUTH

# ART RESOURCES

## OBJECTIVE

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

GRA knows that art is capable of relieving stress, focusing energy, connecting as a family, and bringing joy during these challenging times.

## HOW

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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

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- **Mindfulness-Based Art Activities and Resource for Children and Parents** by Alongside You (PDF).
- **MindfulArts**: Webinars, websites, books and props for supporting mindfulness education in your classroom or home.
- **18 Awesome, Practically Free Up-cycled Craft Projects** by WiseBread
- **34 Earth Day Crafts and Classroom Activities Using Recycled Materials** (March 2019), We Are Teachers
- **Free Art Tutorials: Painting & Drawing Lessons**, ArtistsNetwork
- **14 Crafts for Teens and Tweens** by ArtBarBlog
- **Spontaneous Art Activities for Teens** by Shelley Klammer
- **Art Techniques: Top Tutorials for painting and drawing**, CreativeBloq
- **Free Drawing Tutorials**, Fine Art-Tips (YouTube)
- **How to Draw a Face**, Monique Renee (YouTube)

## ARTICLES & INFORMATION

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- **The Healing Power of Art**: Creative activities can relieve stress, aid communication and help arrest cognitive decline (July 2017), Harvard Health Publishing

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.