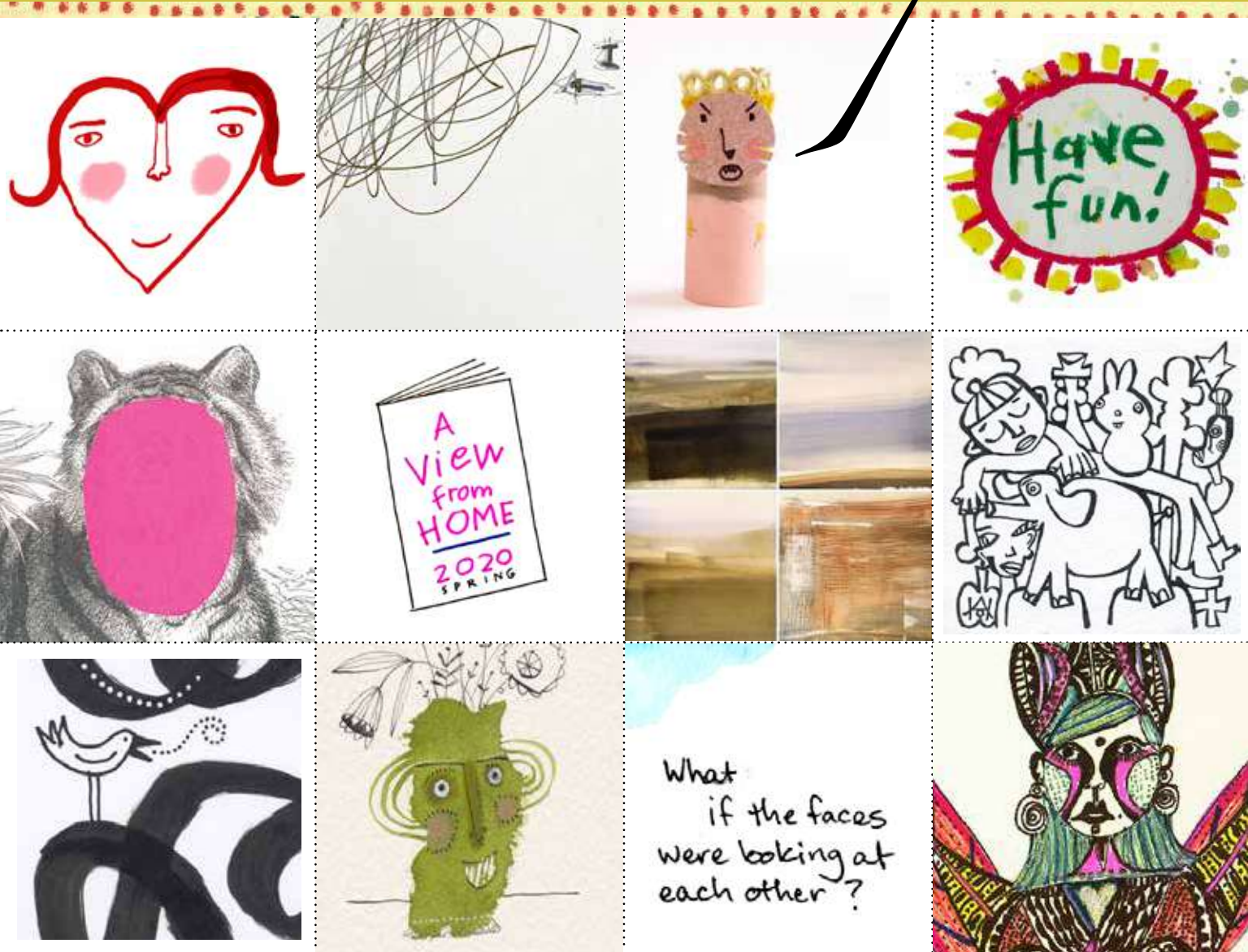
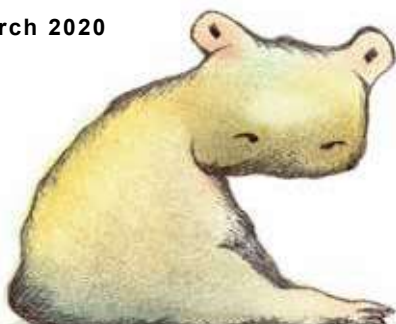


Art Prompts

A 40-Page Printable PDF!



March 2020



A Creative Care Package from:

Kara Kramer
Cori Dantini
Karine Swenson
Alison O'Donoghue

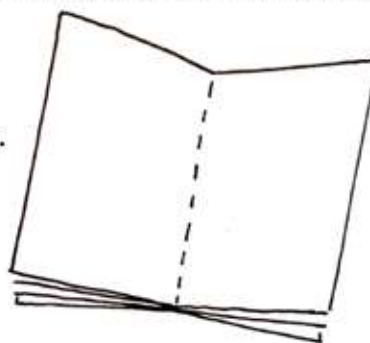
Cat Bennett
Dar James
Lynn Whipple
Anne Marie Grgich

Nelleke Verhoeff
Anita Lehmann
Diane Culhane
Carla Sonheim

Cat B's 2020 Stay-at-Home Diary

I find that art and appreciation really help to relieve worry and stress. Let's make a diary in which we find something new to appreciate each day. We can draw what we find both outside and inside, whatever makes us happy. Then write a few words and add the date.

1. Find or make a little sketchbook.



2. Name it.



3. Begin. Keep it simple. This is about finding good things. Do this for 30 days. Look at it this time next year.



the whole world is
staying home and
working together



Dear A is on the couch
reading a book



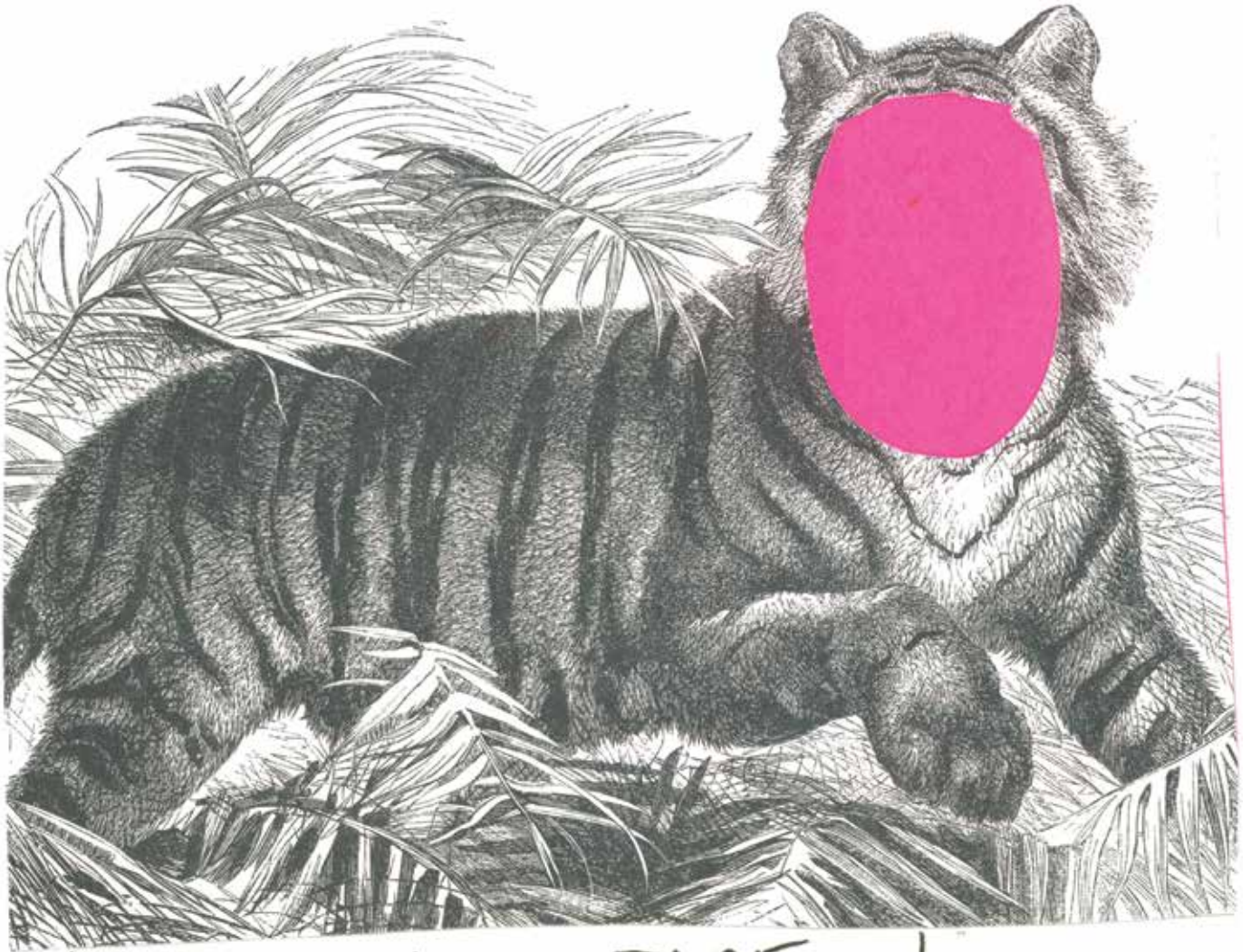
It's so quiet outside.
All I hear is birds...



It snowed last
night but soon
melted again.

DRAW a CHAIR THAT has SUPER POWERS

BONUS: Now Build it



DRAW YOUR FACE WHEN
YOU'RE HUNGRY





①

②

③

④



Blobbernot (BLOB...OR...NOT)

1. Make a BLOB...



watercolor...



ink...



torn paper...



gouache

BE BRAVE... be blobby, mix media, make a mess

i dare you.

2. Make Blob into 'NOT' a BLOB.

•do this using whatever material strikes your fancy (pants)

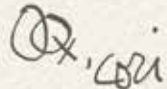


spend some time looking at your blob, and decide what you think it needs to become, then make it so... good or bad, here nor there, make your blob into pure joy.

3. NOW...

Write a sentence about your Blobbernot



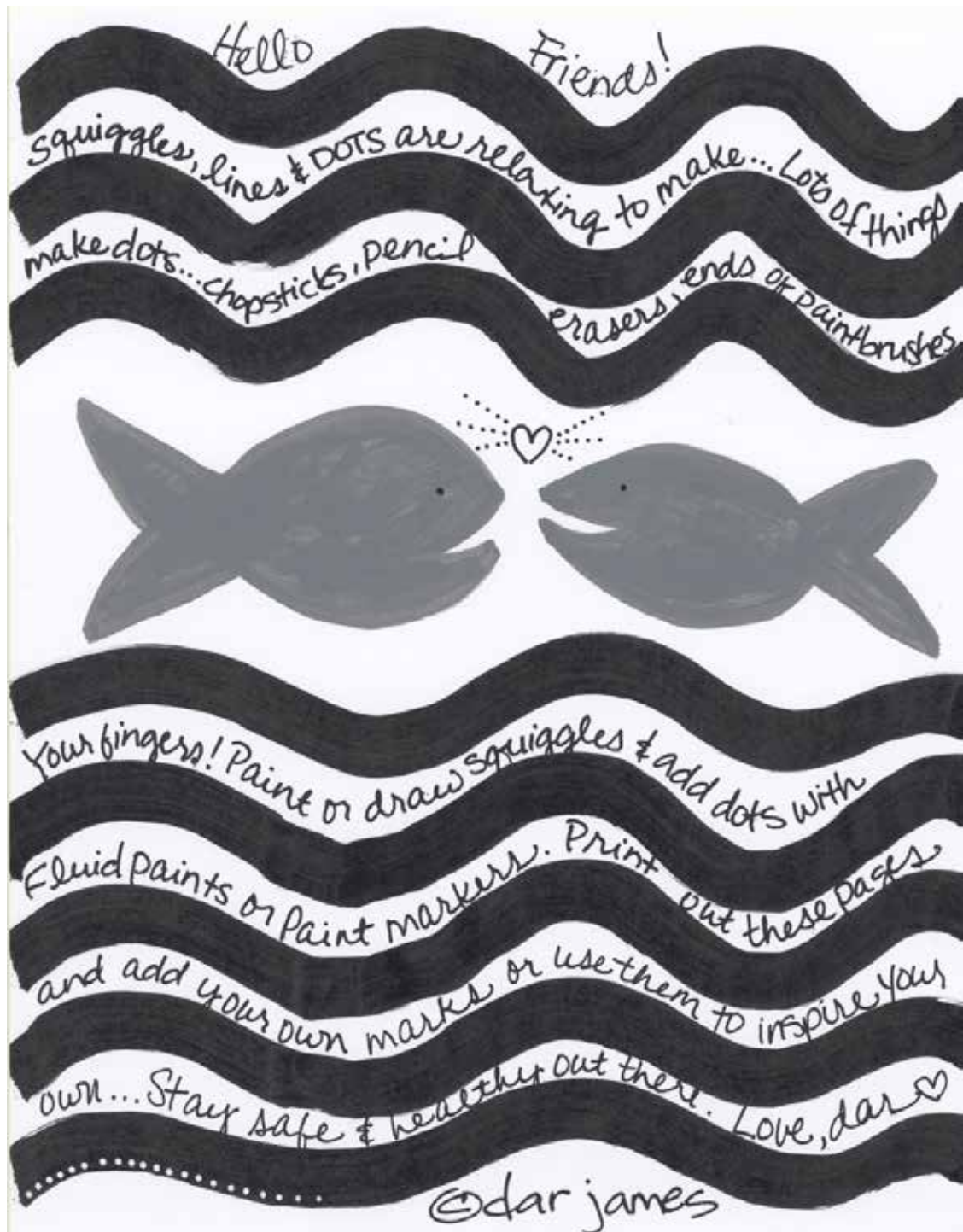
≡SMILE≡
(you did it) 

medotation

.....
dots make everything
BETTER
(try it and you will see!)



©dar james
darsworld.com ♡









DRAW

1. Faces from a magazine
2. Your favorite animal
3. Your Hand

What
if the faces
were looking at
each other?

What if you were holding your favorite animal?

WRITE

a love letter / poem / song
to your favorite animal
OR
favorite person
OR
favorite place



Good Morning Class: Assignment 1: **comfortable and inspired**

The list below is due: soon

1. be studio ready: find a spot(s), even small to feel **comfortable and inspired**: send a photo.
2. select 5 artists that inspire you currently: internet, books etc this can be poets, musicians. painters: share
3. favorite media to work/experiment: good to know
4. where do you want to go next in your art discovery?
5. words of wisdom leading you currently.

Here is one of my creative spots I just set up + a good happy hour studio + a vitamin D gain: win, win.

Warmly, Anita





Assignment 2: **letting go**

Feel free to adapt as you need.

I began by setting up a simple still life collection.

Then I created 10 - 12 sheets of paper (sulphate paper or equiv.) @ 9" x 9", design field taped.

I began to draw/paint with any tool that was nearby or what I felt like using. Absolutely no judgement, just moving, dancing and responding.

Some I took too far, others not complete, I drew with my eye closed: all good. Color, pastel, watercolor, textures, graphite, charcoal + ink.

Soon words and phrases and concepts became more clear: '**connection, together, space**'...+ as I was sketching the shears moved on their own and leaned toward the dustpan: needing connection?

So you try this. As you 'fall in' and judge less the magic occurs all on its own. Finding meaning in your work relies on the '**letting go**'.

Create 10 - 12. A great warm up too.

Enjoy.

Anita



Yes. Assignment 3: **The fewer brush strokes the better.**

These watercolors are 5.5 x 5.5, all wet on wet, hot press paper.

I painted with a variety of brushes and colors (maybe, guess I used a neutral palette here.)

I was thinking about a particular place and time.

The landscape is so soothing, the demands are to keep it simple, pay attention to edges, create beautiful shapes + let the paint do the work. Again, no judgement, just moving, dancing and responding.

Familiar territory: As you 'fall in' and judge less, the magic occurs all on its own. Finding meaning in your work relies on the '**letting go**'

The fewer brush strokes the better.

Create 10 - 12. A great warm up too.

Feel free to adapt as you need: soft pastels could work here or charcoal too.

Enjoy.

Anita







SPREAD LOVE
make ♥ characters
give ♥ a face and/or a body

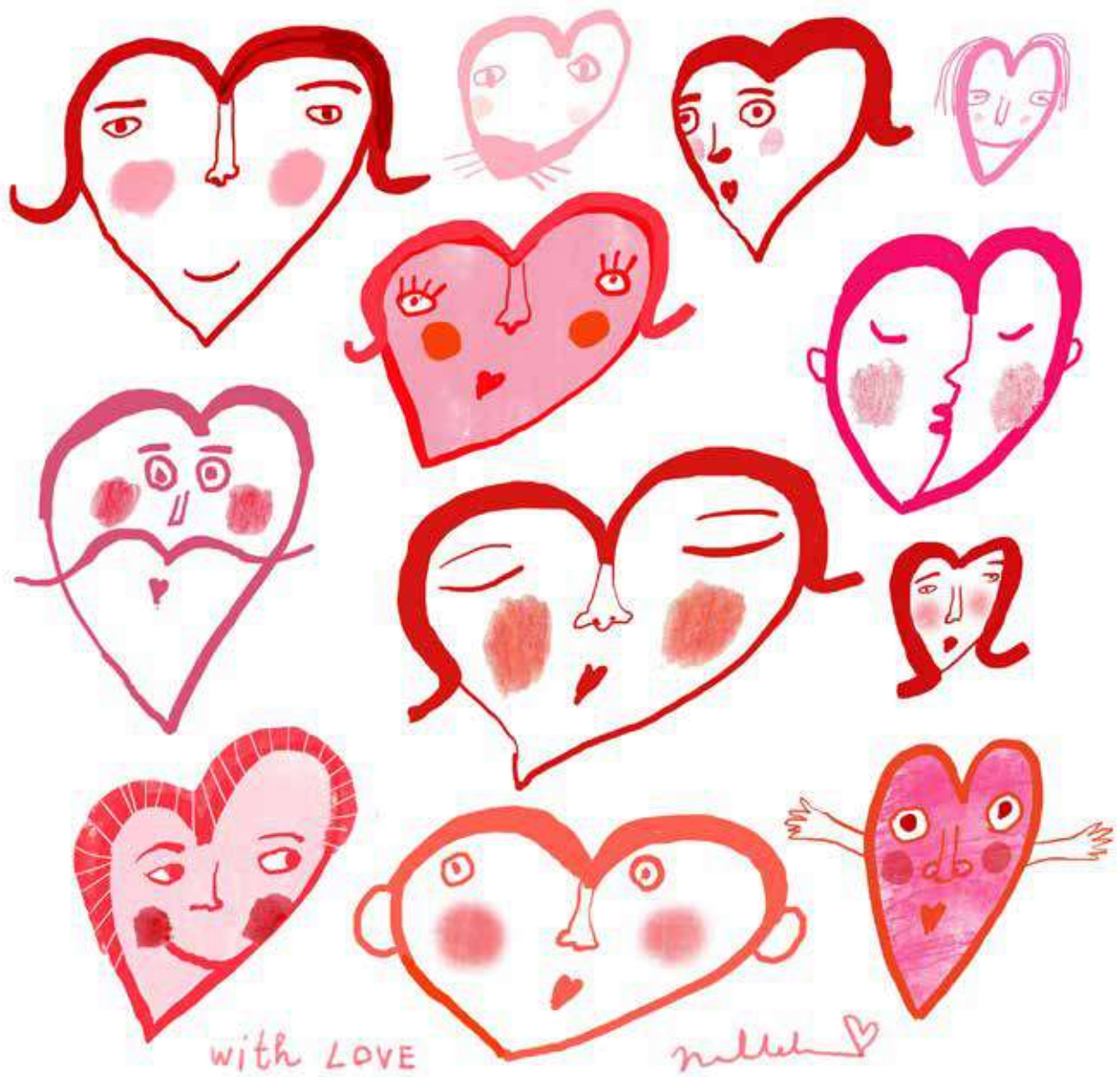


and share them!
SPREAD LOVE
nilleke ♥



A COLLAGE ♥ character

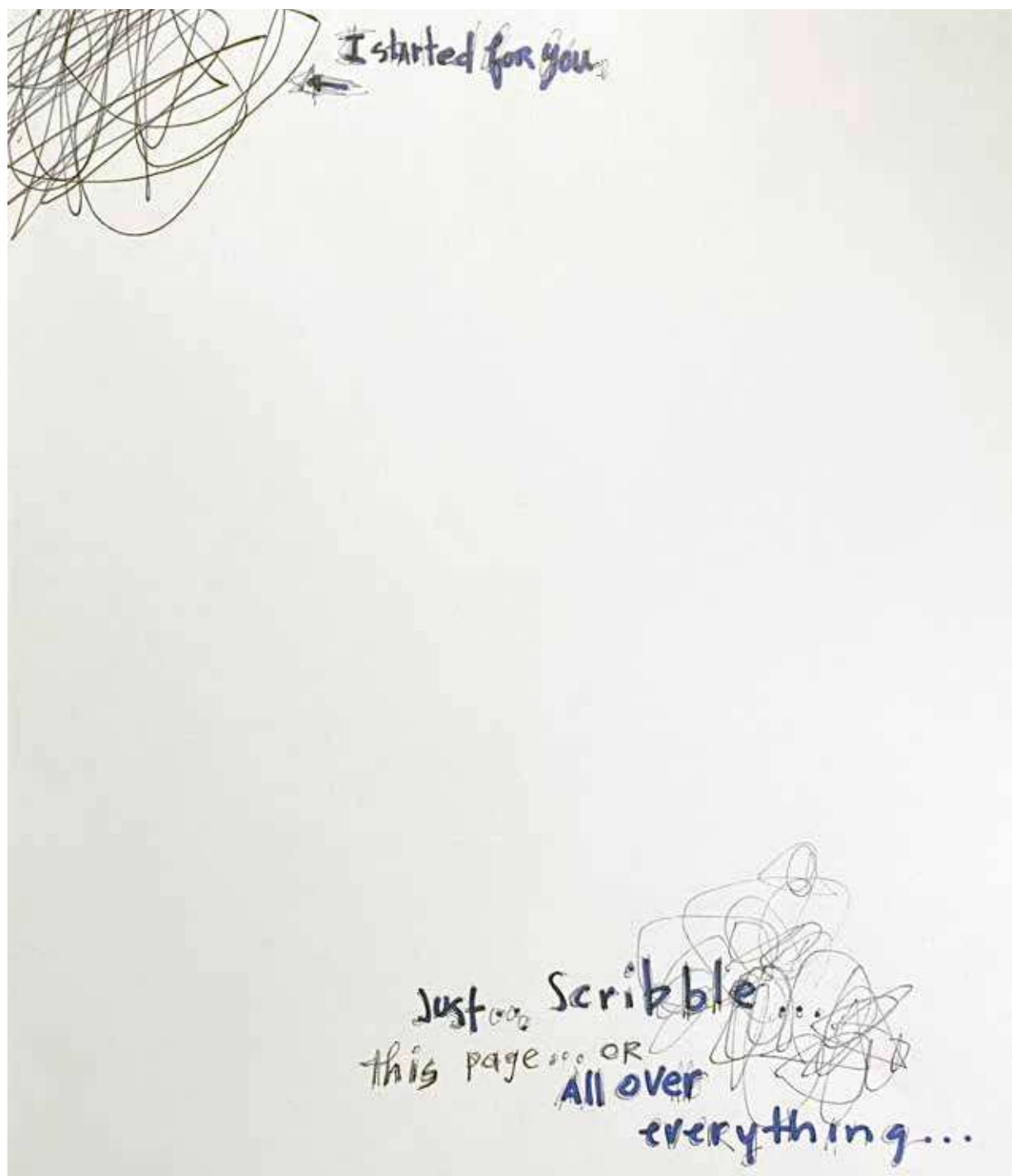
nelleke ♥



Or Make a character who holds a Heart
and share it



with LOVE nulle ♥

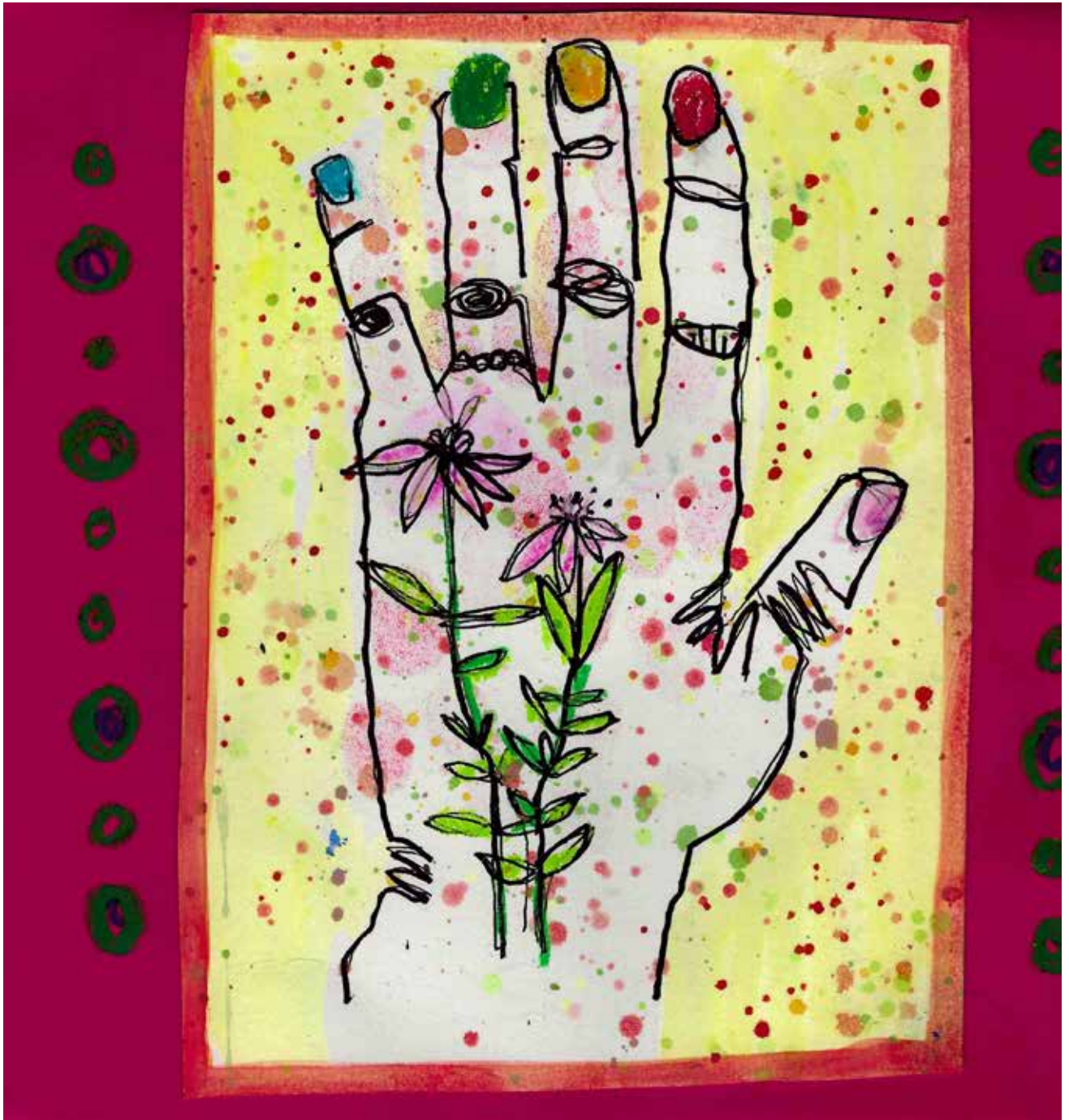


Go on a field trip. . .

(Hint: you can fly - like a bird)

Document adventure here:

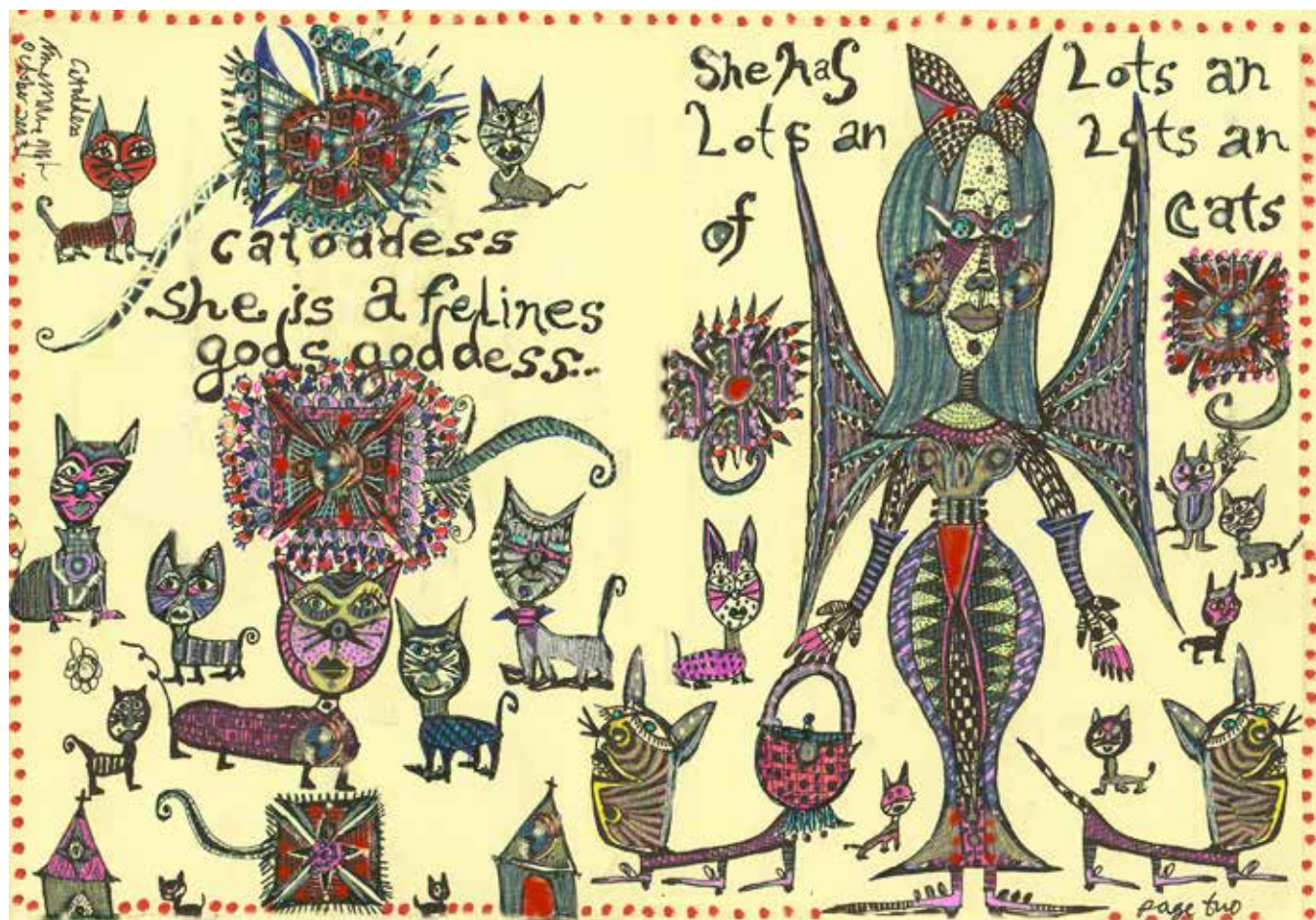




Draw a Flower Goddess



Draw her Cats.



Draw some Flower Goddesses in a row.



Love conquers all.



TOILET PAPER ROLL-PLAY

Step 1.

Find an empty toilet paper roll.



Step 2.

Create a character!

Keep it simple, fun and fast. Markers, yarn, tape, hole punches, glue....



Step 3.

Take photos of your character in its natural habitat!



Step 4.

Finally, draw your toilet paper roll character.



You can draw it however you like!

**The only rule is that you use
your Toilet Paper Roll Character
as INSPIRATION!**



Have fun, take good care
and stay creative!

xoxo

from all of us at
Carla Sonheim Presents

Carla Sonheim Presents

www.carlasonheim.com