Doing art activities together is a fantastic way for families to communicate and foster lifelong memories with one another. Use the questions and activities below to explore the arts and the Reflections program.

**Questions for Children to Ask Adults**

❓ Did you make any art when you were in school? What was your favorite type of art?

☝ What was the first piece of art you remember creating?

♥ Who is your favorite artist? Why?

**Questions for Adults to Ask Children**

🆒 What or who inspires you to create artwork? Does this inspiration ever change?

🌥 How do you find inspiration to create when you feeling down or uninspired?

💥 When you are creating, what emotions do you feel?

**FAMILY ART Activity Ideas**

🖌 Have your child describe themselves to you, and then use only that description to create a portrait of your child. Then swap, and have your child draw a portrait of you!

👣 Pick your favorite family song and choreograph a dance to the music.

📸 Using pictures, document “A day in the life” of your family members. Use these to discuss why each of the actions taken matter to you and your family.

🎥 During the week, script and film a movie. Then for Friday movie night premiere the film!

🌟 Everyone has different abilities! Take the time to research famous artists with disabilities. How did their disability encourage them create?

😊 Have each family member list the reasons why they are special. Use those reasons to create a short story.

☁ Flip through some old magazines to find images that inspire you. Collage those images to make an inspiration board you can look at whenever you’re down.