














Reflections Arts Activities

Doing art activities together is a fantastic way for families to communicate and foster lifelong memories. Use the questions and activities below to explore topics in the 2024 Reflections Showcase and the Reflections Arts Categories.

QUESTIONS FOR **CHILDREN TO ASK ADULTS**

 <p>Why should we celebrate art and creativity?</p>	 <p>Who in your community most supports your creativity?</p>	 <p>Where is a place in nature that you feel inspired to make art?</p>
 <p>What positive impacts have the arts had in your life?</p>	 <p>How do your identity and experiences inspire your art and help you create?</p>	 <p>When was a time that creating artwork helped you process your feelings or emotions?</p>

FAMILY ART **ACTIVITY IDEAS**

 <p>Have a family member describe themselves to you and use only that description to create their portrait. Then swap and have them draw a portrait of you!</p>	 <p>Pick your favorite family song and choreograph a dance to the music.</p>	 <p>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.</p>
 <p>During the week, script and film a short movie. Then for Friday movie night premiere the film!</p>	 <p>Everyone has different abilities! Take the time to research famous artists with disabilities. How did their disability encourage them to create?</p>	 <p>Have each family member list the reasons why they are special. Use those reasons to create a short story.</p>
 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.		