

# ART ACTIVITIES FOR CHILDREN & FAMILIES

Doing art activities together is a fantastic way for families to communicate and foster lifelong memories with one another. It's especially important to find unique ways to connect during the COVID-19 pandemic.

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're 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 to 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.