

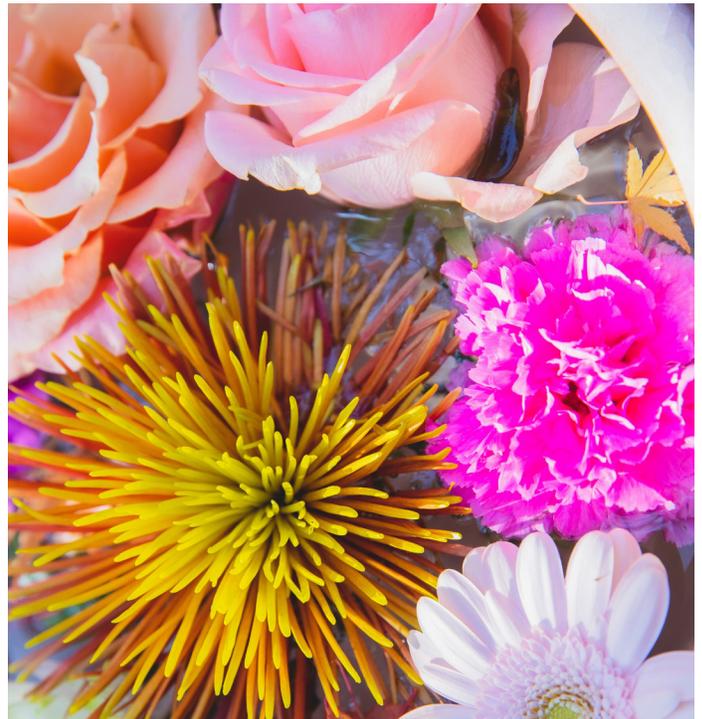
# 2021 SPRING WORKOUT

## FOUND ART

It's spring! It's hard not to feel more hopeful as the weather warms, the days get longer and the trees begin to bud. More than ever, we are in need of the sense of renewal the season brings and cherish that increasingly we can safely get together and enjoy each other's company.

Here's a wonderful, highly flexible activity that offers a powerful punch of creative play, socializing and fun. Found Art is a wonderful way to engage everyone across mind, body and spirit. It can be done across several sessions, outdoors or inside, offered as a collaborative project or for individuals to try on their own, and is beneficial for everyone, no matter their level of cognitive ability.

We can't wait to see everyone's "found art" – be sure to share your pictures!



### FOUND ART INSTRUCTIONS

1. Gather a variety of natural objects. Choose seasonal items such as flowers, small budding branches, grass, as well as other objects such as nuts, pinecones, small sticks, etc. Option to gather these for your students ahead of the activity.
2. Have students work together or on their own to create art with the found objects. Encourage everyone to use their imagination as they decide what to do with the objects. They can be arranged in a design on the pavement or paper, stacked for a sculpture, used to "paint," etc.
3. Display everyone's "found art" in an outdoor art show. Take photographs of the "found art" projects to share on social media or on the community eboard. Leave them in surprising places around the community for everyone to enjoy!