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## Ways to Incorporate Art and Music in the Home for Wellness



### Musical Moments to Try at Home for Fun and Wellbeing

Want to create a home environment that feels more peaceful? Listen to the current sound of your home. If it seems like there are too many competing sounds, consider giving the TV or video games a rest, and leaving time that is quiet. Try out different styles of music to play in the background for periods of time at home, and see how the music affects people's moods, energy levels, and focus. Try a type of music you may not usually listen to – you may be surprised by the responses.



### Artistic Moments to Try at Home for Fun and Wellbeing



Want to create a home environment that feels more peaceful? Create a relaxation spot in your house. Corner or part of a room with comfort items: bean bag chair, small table to do art on, listen to music, read books etc. Have some self-soothing materials: **clay**, **play dough**, **foam dough**-items to squeeze help relieve tension, **pastels**-getting messy can help let it out, **art journal**-a place to express thoughts, and feelings, **tissue paper**- making an abstract painting tearing tissue paper then layering it down with decoupage (or ½ white glue ½ water) to create a painting can be very soothing when overwhelmed or upset, **old newspapers or papers for tearing** helps with frustrations - then glue it down and turn it into art!

Listen to the current sound of your home. If it seems like there are too many competing sounds, consider giving the TV or video games a rest, and leaving time that is quiet. Try out different styles of music to play in the background for periods of time at home, and see how the music affects people's moods, energy levels, and focus. Try a type of music you may not usually listen to – you may be surprised by the responses.



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Musical Moments to Try at Home  
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**For Kids and Families:**

Looking for a creative way to spend time together? Go through your kitchen and create a unique collection of instruments to play. . . wooden spoons on Tupperware, a whisk tapping on a metal bowl, filling an empty jar or bottle with rice or beans, etc. Create your own unique jam or play along with a favorite recorded song.

Got lots of energy to let out? Create your own dance party by pushing the furniture back in your living room or family room, stringing up a few festive lights, dimming the room lights, and putting on some tunes get your toes tapping and your body moving. Start with high energy songs and move toward something calming at the end once everyone is tired out.

Trouble getting settled at night? Include a calming song in your bed time ritual. Find a song that both you and your child(ren) enjoy and feel soothed by, or create a song of your own together. Listen to or sing the song as a way to transition peacefully to sleep.



Artistic Moments to Try at Home  
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**For Kids and Families:**

Looking for a creative way to spend time together? Collect empty paper towel rolls and paint to create a painting together. Cut paper towel rolls into shapes, dip in paint, and put on paper.

Got lots of energy to let out? Go on a rainbow walk. On a piece of cardboard mark colors on the left hand side. Put double-sided tape down for each row of color. Go for a walk and collect objects to add to each color section.

Trouble getting settled at night? Draw a relaxing or peaceful place before bedtime. As the child is in bed, ask her/him to close their eyes and describe details about their peaceful/relaxing place: What does it look like? Inside or outside? Nighttime or daytime? What do you smell? What do you hear? What are you doing? Are you with others or by yourself? And encourage them to think of the details as they try to sleep.



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## Musical Moments to Try at Home for Fun and Wellbeing



### **For Teens:**

If your life was a playlist of 10 songs, what would those songs be? Create the playlist and listen to it. Notice how the songs reflect who you are, what is important to you, what you feel, what you hope for.

Going through a tough time? Have something important to say? Try putting your thoughts and feelings into a song. If you like to sing or play an instrument, you can create your own music. If not, there are lots of apps to help you create music in a wide range of styles that can support your lyrics.



## Artistic Moments to Try at Home for Fun and Wellbeing



### **For Teens:**

Create a collage using images or magazine pictures to express your thoughts (Feeling upset, My Hopes and Wishes, If ..., The Best Parts of Me, etc).

Going through a tough time? Have something important to say? Try putting your thoughts and feelings into art. Grab whichever art materials you prefer a draw/paint/sculpt it out. Don't think, just let it flow. Remember it's about the art process-not the product. Paint, pastels, and more fluid materials work best.



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## Musical Moments to Try at Home for Fun and Wellbeing



### **For Adults:**

Be intentional when choosing songs to listen to. Notice what you are feeling and consider what music you need in the moment. – something to help you feel less alone in a tough time, something to lift you up, something to energize and motivate, something to calm, something to take your mind off of worries you carry, something to help bring clarity and focus to your thinking, something to channel your emotions, something that just feels good! If you are not sure what you need, browse a variety of styles until something feels right.

Singing promotes deep breathing and has been proven to relieve stress, reduce anxiety, and raise endorphin levels. Whether or not you consider yourself a singer, everyone has the capacity to lift his or her voice in song. So, sing in the shower, in a community chorus, in your faith community, with your kids, or alone in the car. . . singing is good for your health!



## Artistic Moments to Try at Home for Fun and Wellbeing



### **For Adults:**

Be intentional when choosing art materials. Notice what you are feeling and consider what you may need in the moment – something to help you feel less alone in a tough time, something to lift you up, something to energize and motivate, something to calm, something to take your mind off of worries you carry, something to help bring clarity and focus to your thinking, something to channel your emotions, something that just feels good! If you are not sure what you need, browse a variety of art mediums until something feels right.

Getting tactile with clay, model magic, play dough, or manipulative art materials can assist in relieving stress, reduce anxiety, and decrease frustrations. Feeling overwhelmed-try coloring (there are a lot of online printable pages and adult coloring books) or do a tissue paper painting (rip up tissue paper and adhere to page with decoupage). Whether or not you consider yourself an artist, everyone has the capacity to express him or herself through the use of art materials. Enhance your life and get creative!