

# 30 Days of Art

“Every day is a good day to create”

[www.learnquebec.ca/30daysart](http://www.learnquebec.ca/30daysart)



## Aim

To develop the creative reflex and to increase the presence of the Arts in students' lives.



## Why do this?

Participating in the Arts is a means to experience the world, to think deeply and to be fully human.



Research shows that children who engage in creative processes have increased success in all areas of schooling (Hattie, 2009)

## Take the 30 Days of Art Challenge!

Can you feel the Art? Every day, have your students do an art activity, at home or at school! Share ideas, challenge other schools or classrooms - and develop the creative reflex!

During the 30 Days of Art challenge, students do an art activity per day for 30 days and record their participation on the log sheet provided. They can do the activities suggested on the poster, or create their own. Art activities can be done at school or at home - the organisation of the challenge is up to you!

1

### HANG THE POSTER

You will receive an 8.5x11 poster. Hang it where everyone can see it. You can also download it.

2

### GET THE KIT

Download the Art30 Kit. Print out the log sheet and take-home info.

3

### TAKE THE CHALLENGE

You can customize the challenge in many ways. The important thing is to make art. Every day.

## The Art30 Kit

During the 30 Days of Art challenge, students do an art activity per day for 30 days and record their participation on the log sheet provided. They can do the activities suggested on the poster, or create their own. Art activities can be done at school or at home - the organisation of the challenge is up to you.

### How to participate in the 30 Days of Art Challenge

1. Put the poster up in your classroom
2. Hand out the student log sheet and take-home information document
3. Print out stickers on round labels or use any other stickers you like
4. Choose some challenges to do in class
5. Brainstorm other challenges and add them to your poster
6. Check in with students



**“To practice any art, no matter how well or badly, is a way to make your soul grow”**

*- Kurt Vonnegut*

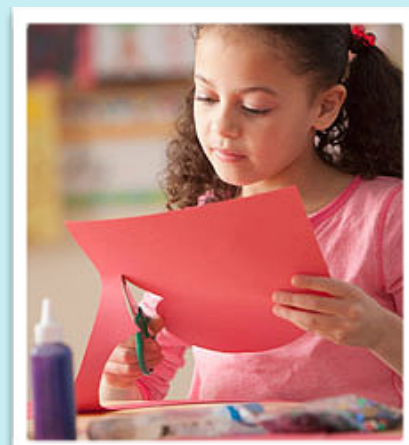
### What happens when a student fills up all their bubbles in less than 30 days?

If a student has completed more than 30 challenges in less than 30 days, and has filled all the bubbles on their Student Log Sheet, give them a second log sheet and have them keep going. The more art, the better.

## WHY SHOULD KIDS MAKE ART?

Participating in the Arts is valuable as a means to experience the world, to think deeply and to be fully human. Research shows that children who engage in creative processes have increased success in all areas of schooling (Hattie, 2009).

Art education is not focused on developing career artists but rather on fostering a light-hearted creative reflex in all people. Through the arts, children develop beneficial mindsets of flexibility, persistence, optimism, empathy and resilience .



## How to participate - cont'd

### 1. Put the poster up in your classroom

Dedicate a part of your wall space, inside or outside of your classroom, for the 30 Days of Art Challenge. Put up the poster and leave space for student creations and photographs as the challenge unfolds. Encourage students to keep a record of their art-making, by bringing in artifacts of their process or product.

### 2. Hand out the Student Log Sheet and take-home information document

Print out the Student Log Sheet on 8.5x11 paper. The log sheet is for students to take note when they have completed an art activity. As students complete a daily art activity, they take note of it on their log sheet. Although the poster makes suggestions for each day of the challenge, students are free to choose whatever art activity that speaks to them, including ones that are not on the poster.

The take-home information document is for parents to support their children, and participate with them. Making art brings families together in a shared creative experience!

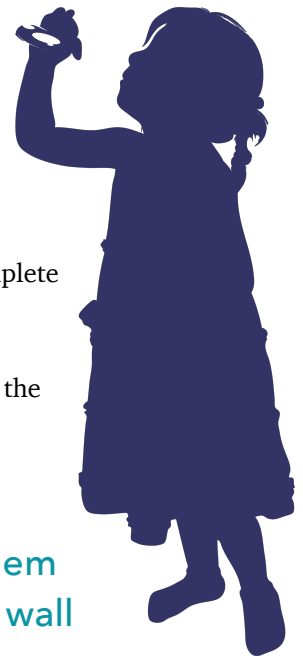
### 3. Print out stickers on round labels or use any stickers you like

Stickers can be used on the Student Log Sheet, or you can use whatever stickers you like. If you prefer, you can have students colour in each bubble as they complete an activity. Students can also make their own round stickers. Use 1 inch labels (Avery, Bureau en gros or any other brand).

### 4. Choose some challenges to do in class

The 30 Days of Art Challenge can be done both in and outside of class time. Here are some ideas for weaving the challenge into your regular teaching practice:

- ▶ Establish a Daily Art Moment, 10 minutes in which your students get to do an Arts challenge of their choice (in addition to your regular Arts time). This is flexible, and you don't have to do it every day.
- ▶ Have a student be in charge of picking the day's challenge - and have everyone work on the same challenge, at home or at school.
- ▶ Select some challenges from the poster, and do them as a longer Art lesson for everyone. Refer to the Art30 Guide - Bubble Detail section for some tips on making it work in the classroom.
- ▶ Have students complete their art challenge when they are done with other work.
- ▶ Use indoor recess time to complete an art challenge.
- ▶ Involve the daycare service in the 30 Days of Art Challenge



### 5. Brainstorm other challenges and add them to your 30 Days of Art wall space

Engage your students in coming up with other challenges that are not on the poster. Use post-its or have students make their own bubbles to add to your wall space. You can use collage techniques, and reuse scraps of wrapping paper, magazine pages etc. Your 30 Days of Art wall space can begin to look like an artwork in progress!

### 6. Check in with students

Every day, check in with students to see or hear about what they have done. Encourage students to bring in traces of their process, whether through the artifacts they have created, or through photographs or sketches of them engaging in an art activity. Have students take ownership of the ongoing curation and creation of the 30 Days of Art wall space. You can set up a virtual space as well for musical creations and performances.

# 30 Days Explained

## Day 1

Find a friend and sing a song together.

### 1. Find someone and sing a song together

Singing a song is so much fun!...but singing a song with a friend is even better.

Sing a funny song!  
Sing a happy song!  
Sing a song that makes you think!

But most of all – have fun!

## Day 2

Put on a song and dance around the room!

### 2. Put on a song and dance around the room

Use a broom as your dance partner! Make sure to give the broom human traits!

Repeat with another object to play your dance partner. Repeat with new objects until you run out of partners. Explore with different songs, dances and intentions.

## Day 3

Pick a fairy tale and act it out - change the ending.

### 3. Pick a fairy tale and act it out - change the ending.

*Requirements: Creativity, imagination, focus.*

Select your fairy tale and play the lead part. Imagine you are that character - how does she or he moves, speaks, feel? Imagine the environment or the era. Try to communicate the emotions or the feelings this character is experiencing. Find a different but surprising ending.

### 4. Collect bits of fabric and yarn and create a collage

Gather as many different types of yarn and fabric as you can find.

Find a sturdy piece of cardboard or heavy paper to use as your background.

One at a time, add the different pieces of fabric and yarn to your background. Try to use the different patterns and textures to create a picture or keep it abstract! Keep rearranging the materials until you like how it looks.

Once you have it just the way you want it, glue each item down.

### 5. Make a water xylophone by filling jars with coloured water

#### MATERIALS:

- Glass Bottles (mason jars or juice bottles)
- Water
- Food Colouring
- Mallet – could be a spoon or stick

a) Fill the bottles with different levels of water.

b) Add food colouring to create the colours of the rainbow.

c) Once the glass bottles are filled and coloured, test the sound made by each bottle. You will notice that each one will make a different sound – the bottles with the least amount of water will make a higher sound and the bottles with the most water will make lower sounds! You can experiment with the various sounds and decide which “notes” sound best to you!

## Day 4

Collect bits of fabric and yarn & make a collage.

## Day 5

Make a water xylophone by filling jars with coloured water.

**Day 6**

Gather weird hats. Put on a hat and become the character.

## 6. Gather weird hats. Put on a hat and become the character.

**Requirements:** Creativity, imagination, improvisation.

Quickly gather as many hats as possible and line them up on a table in front of you.

Make sure they are all different types - if you lack hats, use pots, buckets, or bowls.

Put on one at a time. Magically, each hat transforms you into a new character with a distinct voice, attitude, and posture.

You can also make your own hat! Double the art - and the fun!

**Day 7**

Play 'follow the leader' while dancing to a song.

## 7. Play 'follow the leader' while dancing to a song.

Choose one person to start as the leader and encourage the leader to use exaggerated movements in their dance.

Put on a song and have the leader take charge of dancing around the room.

When the leader is tired, (s)he taps person behind who becomes the new leader and then proceeds to the back of the line.

**Day 8**

Create a 3D sculpture or mobile using found objects.

## 8. Create a 3D sculpture or mobile using found objects.

Gather as many different materials as you can find. The recycling bin is a great place to look!

Arrange them with tape or glue to create a unique sculpture or hang them from a stick with string to create a mobile. Find a nice spot to display your art!

## 9. Pose your friend like a statue

**Requirements:** Concentration, collaboration, and trust.

**Day 9**

Pose your friend like a statue.

Choose a friend (make sure he or she accepts). Without talking to them, carefully position them like a famous statue.

Ask your friend prior to the actual sculpting process to stay firm but malleable (like clay).

Once set, tell your friend, the statue, not to move. Not even a blink! Photograph your friend/statue.

*Examples: Statue of Liberty, Rodin's 'The Thinker', DaVinci's Mona Lisa.*

## 10. Make a cardboard guitar and play it!

Create your own cardboard box guitar with recycled materials.

**Day 10**

Make a cardboard guitar and play it!

**MATERIALS:**

Cardboard box (large cereal or cracker box)

Cardboard Tube (paper towel roll)

Scissors

Large Rubber bands

Duct Tape

a) Cut holes on the front and top of cardboard box - one for the sound hole and one to attach the guitar neck.

b) Make small cuts around one end of the tube. This will be the top.

c) Insert the bottom of the tube into the hole at the top of box and duct tape it into place.

d) Wrap rubber bands from the top of the tube—securing them in the cuts you made—to the bottom of the box and tape in place.

**Day 11**

Imitate the moves of your favourite animal.

## 11. Imitate the moves of your favourite animal.

Requirements: Creativity, imagination, focus, observation, and empathy.

Choose an animal (live or on YouTube) to observe. Study how they move, walk, eat, and hunt. Study each movement (are they fluid, heavy, light on their feet, slow, or nervous?).

Enact those movements and become that animal in its habitat. What would your “character” look like if it was half-human or half-animal?

**Day 12**

Make a pencil drawing of your dream bedroom.

## 12. Make a pencil drawing of your dream bedroom.

Get a pencil, eraser, and paper.

Think about what you would want in the best bedroom ever! Let your imagination run wild.

Draw what this dream bedroom would look like. Include lots of details.

**Day 13**

Look outside and dance how the weather dances.

## 13. Look outside and dance how the weather dances.

Look outside at the weather and observe its movements (e.g. trees swaying in the wind).

Explore your moves: Light or heavy dance? Fast or slow? Staccato or fluid?

Imagine what it would look like to dance like other types of weather (eg. rain, wind or snow) and create a dance.

## 14. Become a human beat-box. Use your mouth to make rhythms.

Beatboxing is a way of sounding like a human drum machine!

Beatboxers use their mouth, lips, tongue, and voice to create these unique sounds. To begin, break it down into three basic sounds: the bass drum, the high-hat, and the snare.

For the **bass drum**, think of the letter B, without vocalizing it, while pushing the air out of your mouth. This sound will need to be as tight and as crisp as possible.

The second sound, the **high hat**, think of the letter T and S together and push the air out of your mouth tapping your tongue against your teeth.

Finally, for the **snare**, you will need to relax your mouth and suck the air in so it sounds like the letter K.

Don't worry if you can't make these sounds right away. Like everything, it does take practice. Since you know these basic sounds, you can make a beat and in a matter of time you will sound like a pro!

## 15. Tell a story in a group one sentence at a time.

Requirements: Creativity, imagination, concentration, and collaboration.

Sit in a circle. First storyteller begins with either 1): “Once upon a time ...” or 2) “When I was little...”

In order to assure coherence, all participants must listen quietly to the developing story. Speak slowly, clearly, and loud enough (if one cannot hear and asks the teller to repeat, the rhythm of the tale will be ruined).

Participants cannot plan ahead - this is improvisation.

**Day 14**

Become a human beat-box. Use your mouth to make rhythms.

**Day 15**

Tell a story in a group one sentence at a time.

**Day 16**

Wear hard-soled shoes and tap like Gene Kelly in "Singin' in the Rain"

## 16. Wear hard-soled shoes and tap like Gene Kelly in "Singin' in the Rain".

Watch the YouTube clip of "Singin' in the Rain". Wear hard-soled shoes and try to imitate the dance moves seen during the video. Then, improvise dance moves inspired by the song.

**Day 17**

Make a comic strip about a funny or important family event.

## 17. Make a comic strip about a funny or important family event.

Draw four attached boxes in a row to make a strip. Think about the event you are going to tell:

- What, who, and where will you show in your pictures? What will the people say in the speech bubbles? Draw and write your story in the four boxes.

**Day 18**

Compose your own melody and record it on your phone or tablet.

## 18. Compose your own melody and record it on your phone or tablet.

Melodies, when sung, go up and down – this is often called a "tune".

Your song does not have to have words – the notes can speak for themselves.

Music can be sung fast or slow (this is called tempo).  
Music can be loud or soft (this is called dynamics).  
Music has a steady beat and a rhythm.

**Day 19**

Spin and turn, fast or slow, to classical music. Use one foot or two.

## 19. Spin and turn, fast or slow, to classical music. Use one foot or two.

Explore your moves and make some choices: Light or heavy dance? Fast or slow? Staccato or fluid? Record your dance exploration and discuss your movement choices in connection to the music.

## 20. Make a creature out of clay and give it a voice.

Find a good-sized glob of clay. Don't have clay? Try using playdough or even making your own homemade playdough.

Think about what kind of creature you would like to create. Real or imaginary? Scary or cute? Big or tiny? Play around with your clay until your creature starts to take shape.

Looking at your creature think about how its voice would sound. Try out different voices until you find one that really suits your creature's personality. What would your creature say if it could talk?

## 21. Stand in front of your friend and mirror every move, then switch.

**Requirements: Patience, collaboration, concentration.**

Stand face-to-face in standing position. There are two parts to this activity: The poser and the reflection. The objective is to work together so an onlooker could not tell the difference.

Movements must be slow and fluid so the person mirroring can follow the person who is posing. It helps to maintain eye contact throughout.

Then, switch parts.

If you succeed, ask a third party to watch and guess who was the poser and who was the reflection.

**Day 20**

Make a creature out of clay & give it a voice.

**Day 21**

Stand in front of your friend and mirror every move, then switch.

**Day 22**

Take turns playing a drum and moving to the beat. Use your whole body.

## 22. Take turns playing a drum and moving to the beat. Use your whole body.

Listen to a drum beat played for you.

Close your eyes and imagine how your body would move to this beat (i.e. would you move quickly or slowly? Would your movements be fluid or rigid?)

Pick up a drum and create your own steady beat.

Begin moving one part of your body and keep incorporating movements until your whole body is moving to the beat.

Make sure to change and try new beats and move your body to reflect that.

Think about which beats and movements you preferred after completing this challenge.

You can present your favourite beat and movements to a friend or family member.

**Day 23**

Make a drawing using only shapes inspired by those around you.

## 23. Make a drawing using only shapes inspired by those around you.

Look around the space you are in.

What shapes do you see? Look carefully and notice all the smaller shapes that make up the 3D objects around you.

Now create a drawing using only those shapes.

You can take those shapes and rearrange them to form a new object or landscape. Or simply arrange and overlap the shapes to create an abstract picture.

## 24. Act out an everyday activity. Pretend it's an Olympic sport!

**Requirements: Creativity, imagination, and improvisation.**

Pretend that you entered a stadium filled with fifty thousand people watching you take your time to do something completely banal - such as brushing your teeth!

Salute the audience

Stretch, warm up, then, take a moment to focus...

Then, start!

(In the case of the brushing teeth event) Unscrew the toothpaste cap, spread it onto the toothbrush.

Dunk the toothbrush under just-the-right- amount of water and begin to brush! (Is this event about speed or form? Or a combination of both?)

When you are done, don't forget to spit, and salute the crowd. Choose a new event.

Make sure to exaggerate every action you do and take it very seriously - remember, you've worked four years to get there. What if someone interviews you? What will you say?

## 25. Listen to music from another country

Listening to music from another country is like taking a peek into another culture! You don't need to understand the language - the music is universal.

Find a map of the world...close your eyes...and point to a spot on the map. Find a song from this country.

How is this music different from what you listen to?  
How is this music similar to what you listen to?

Repeat this musical voyage in another country!

**Day 24**

Act out an everyday activity. Pretend it's an Olympic sport!

**Day 25**

Listen to music from another country.



**Day 26**

Create a skit about an important issue and share it.

## 26. Create a skit about an important issue and share it.

**Requirements:** *Creativity, imagination, courage, trust, and communication.*

Choose an important issue such as being different, bullying, or global warming. Create a scene with or without other actors then act it out in front of an audience.

You may want to consider starting a scene and freezing it at any given time to ask your audience for suggestions on where to take the scene next or how to resolve the conflict.

**Day 27**

Use a cotton tip as a paintbrush to make a picture made only of dots.

## 27. Use a cotton tip as a paintbrush to make a picture made only with dots.

The artist, Georges Seurat, created a very cool way of painting known as pointillism. He used tiny dots of pure colour, side-by-side to build form in his paintings. These tiny dots of paint, when side-by-side, give the viewer's eye a chance to blend the colour rather than having the colours readily blended on the canvas.

**MATERIALS:**

Watercolor Paints	Q-tips
Paper	Paint Brush
Pencil (optional)	Masking tape

- Tape the edges of the paper with masking tape.
- Sketch basic landscape with a pencil (optional)
- Wet the paint with a brush, dip the Q-tip in water and dip it into the paint. Do not paint with the brush, use it only to wet the paint. Pressing down lightly with the Q-tip will make a small dot, more pressure will create a larger one.
- Try to fill up as much of the paper as possible with color.
- Remove the tape when the painting is dry.

## 28. Change the lyrics of your favourite song and sing for an audience

This type of song is called a “Piggy Back” song – because it piggybacks new lyrics onto a melody that is already known.

- Pick a melody that is well known and that your audience will recognize.
- Stick to the rhythm of the original song. It's a good idea to stick to the rhythm and the pattern of the song so that anyone who knows the original can quickly learn the new one. Have fun!

**Day 28**

Change the lyrics of your favourite song and sing for an audience.

## 29. Create a poster for your favourite singer or show.

First, pick your favourite singer or your favourite show.

With markers, pencil crayons or paint, create a colourful poster on paper to show what you really like about this singer or show.

**Day 29**

Create a poster for your favourite singer or show.

## 30. Take a digital portrait of people in your family.

Find a digital device (camera, phone, iPad, laptop, etc.). Decide where you would like to take your picture. Try choosing a location that represents your family.

Gather your family in that spot. Make sure you can see everyone. Think about composition (is there a specific part of the background you want to see? Do you want to zoom in and focus on their faces?)

Snap your photo! It might take two or three shots to get it right. Experiment with different angles or locations.

Bonus points if you can get your pets in too!

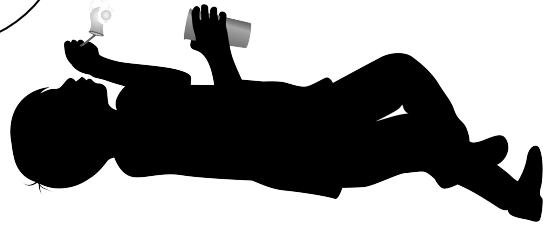
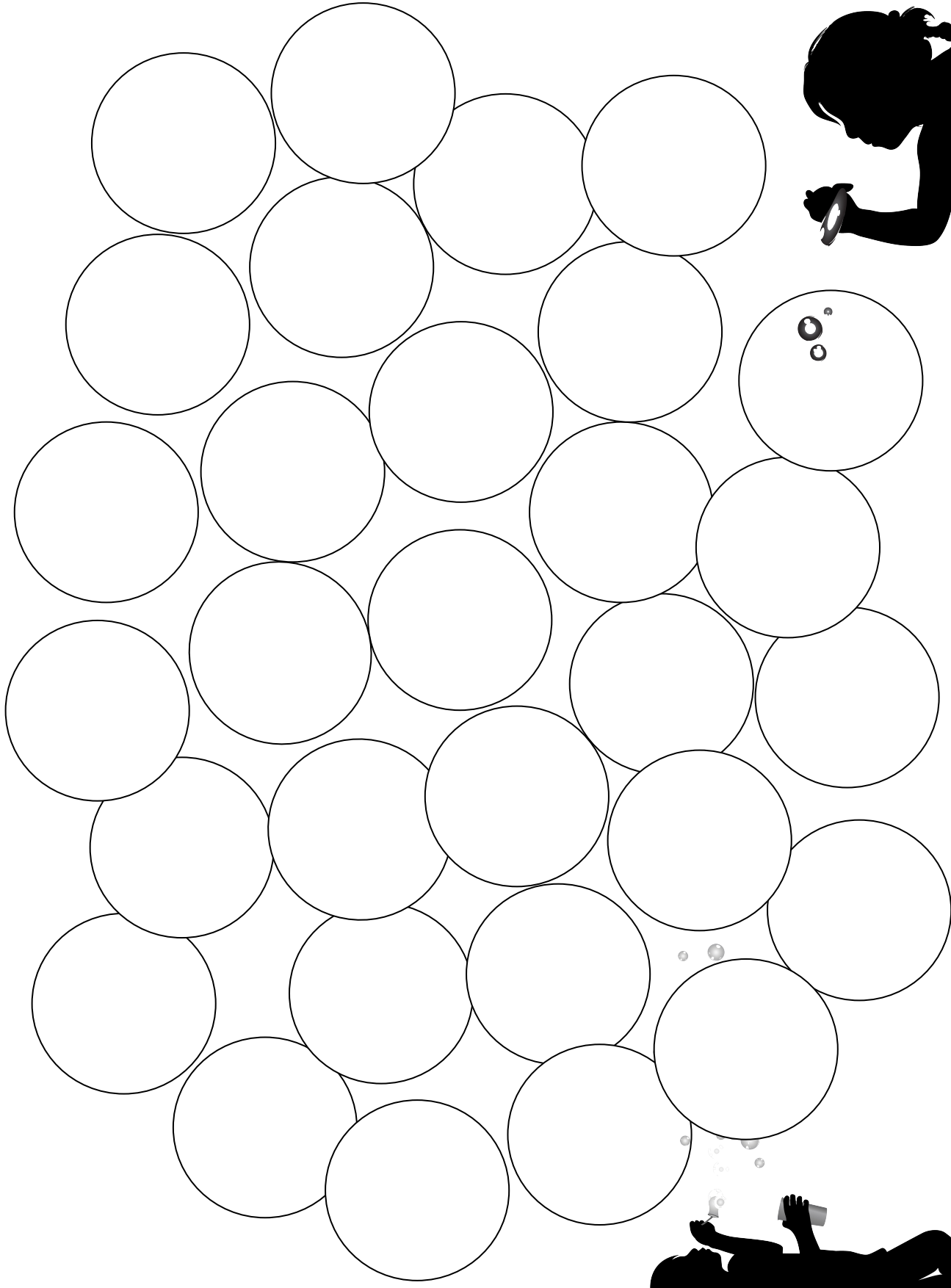
**Day 30**

Take a digital portrait of people in your family.



# 30 Days of Art





# 30 Days of Art

Name: \_\_\_\_\_

# 30 Days of Art at home

[www.learnquebec.ca/30daysart](http://www.learnquebec.ca/30daysart)



## Did you know?

The Arts are the only subjects in school that allow students to invest emotionally in their work..



## Why do this?

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Research shows that children who engage in creative processes have increased success in all areas of schooling (Hattie, 2009)

## Information for parents

In order to foster a sense of belonging and an increase in student engagement in the classroom, your child's teacher has decided to take on The 30 Days of Art Challenge.

This fun challenge was developed to increase your child's artistic expression, which in turn enhances critical thinking, communication, creativity and collaboration. In order to share the pleasure outside of school, the challenge is also available at home! Here is what you can do:

1

### HANG THE POSTER

Hang the 8.5x11 poster in where everyone can see it. You can download and print out a larger version on 11x17 if you choose.

2

### MAKE ART

Encourage your child to do an art activity every day. Choose the ones on the poster or make up your own.

3

### KEEP TRACK

Make sure your child fills in a bubble on their Log Sheet for each art activity they complete. Extra log sheets are available for download.

## Sample activities

The following is a selection of activities taken from the poster. For more, download the Art30 kit at [www.learnquebec.ca/30daysart](http://www.learnquebec.ca/30daysart)

### Day 4

Collect bits of fabric and yarn & make a collage.

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Gather as many different types of yarn and fabric as you can find.

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### Day 6

Gather weird hats. Put on a hat and become the character.

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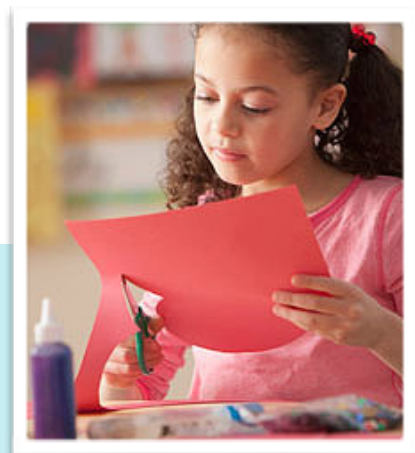
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Make sure they are all different types - if you lack hats, use pots, buckets, or bowls.

Put on one at a time. Magically, each hat transforms you into a new character with a distinct voice, attitude, and posture.

You can also make your own hat!



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