

Art is a Gift of Nature.

“The artist has one function—to affirm and glorify life. Art is not a mirror held up to reality, but a hammer with which to shape it. The purpose of art is to lay bare the questions that have been concealed by the answers. Every artist dips his brush in his own soul and paints his own nature into his pictures.” -Unknown

The arts sector plays a vital role in the lives of many Canadians. Importantly, for many, "exposure to the arts and participation in artistic activities inspires Ontarians of all ages and backgrounds. The vast majority of Ontarians believe that the arts help enrich the quality of their lives, and that arts activities are valuable to their communities" ([Ontario.ca](https://www.ontario.ca)). Arts not only connect communities but it has profound impacts on one's mental health, which has become evident during the Covid-19 Pandemic.

Why is this important?

Neuroesthetics has shown that there is "physical, scientific evidence that art engages the mind in novel ways, tap into our emotions in healthy ways and makes us feel good" ([The Conversation](#)). Art impacts many areas of our lives and can be used for:

- Managing well-being
- Mindfulness and flow
- Benefits in education

This DIY invites you to engage in a creative outlet to express the importance community giving, reflect what it means to you to help those in your community by giving your time through volunteering and how art can positively impact your mental health.



DYK? Canadians who rate arts, culture and leisure in their city/town as "excellent" are 2X more likely to report a "very strong" sense of belonging, compared to those who rate it as "poor" ([Vital Signs](#), 2018).

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Activity Supplies:

- blank paper, canvas, notebook,
- creative supplies; coloured construction paper, magazine/article headlines, stickers, pencil crayons, markers, paint, glue, pen, pencil
- or, make it digital! Get creative with online platforms for photos, graphic design or video

Activity Steps:

- Think of your community, what can you create to express your feelings about our community through art?
- Use supplies to create an art piece. Draw and colour, sketch, watercolour, paint
- Use a musical instrument or digital platform to promote community giving and positive mental health
- Give your artwork a name and add your artist signature

Reflection

- How does art impact your life?
- Have you seen art in your community that has increased your sense of belonging?
- What organizations are there in Guelph that promote art, music, or performing arts?
- How could you help our community through music and art?



PIN Points:

PINnetwork.ca hosts two databases to explore

1. Volunteer Opportunities supporting [art](#) and [music/performing arts](#).
2. Community Information including [local resources for arts based programs](#).