

# Art for the 'Health of It'!

**5<sup>th</sup> December 2024**

During this class we make use of the function of art processes to Relax and Unwind. De-stressing from the ups and downs of life is a priority here. This is our space to create and unwind.

The outcome is less important than the process. Therefore there is less focus on the principles of art and more emphasize on the processes and interpretation.

In this class we utilise the calming strengths of Sumi-e painting, the reassuring traditions of Folk Art from around the world as well as looking at Art History for inspiration!

## **Materials**

2H,HB, 2B pencils, eraser,sharpener ,Oil paints

Brushes, turps, linseed oil or liquin

Paper towel

Can be attempted in any medium



*Image supplied –unsplash*

