



Navigating Creativity:

# Turning Ideas Into Art

## #1 Start with May's Idea:

**STRENGTHS:** The qualities people possess that promote well-being

It's May, and we are wrapping up a school year that has been very different than any other year. It has been a year where we have all had to adapt, change, pivot, and get creative on the way that we did most everything. We want you to think of the qualities in yourself or in others around you that have made all of these changes possible this year and have contributed to your well-being. These are STRENGTHS!!!

(Think creativity, determination, humor, perseverance, courage, restraint, self-control, guts, tenacity, and pluck!)

## #2 Add the Creative Challenge:

### Create Art that Rocks!



**When we think of things that have strength**, one of the things we think of are rocks. They can serve as the foundation for buildings, or they can be used to create entire walls or fences that last for centuries! We want you to combine your STRENGTHS with the strength of a rock to create art that literally rocks!

**Find a rock that you like** and using paint (acrylic paint works best) decorate the rock with words or pictures to show what

brought you strength this past year. You can check out this website for tips and tricks on creating rock art: <https://thecraftyblogstalker.com/20-best-painted-rock-art-ideas/> and if you want to share your work of art, there is a Facebook group called *DG Rocks* that encourages people to create a rock, hide a rock, find a rock, and get out and get moving. You might want to check that out and join in the fun!



## #3 Submit your Artwork:

Submit a photo of your rock art [to this form](#) by 8:00 p.m. by Monday, May 31, 2021, for a chance to win. You can also include an optional artist's statement/explanation of your artwork if you would like.

