

Good Arts, Good Mental Health

5-Day Arts Challenge

#GAGMH

Contact: gagmh-sah@uwa.edu.au

Website: <http://tinyurl.com/TrySomeArt>

Instagram & X (Twitter): @artshealthwa

Days and Prompts



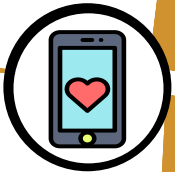
Day 1: Music

Listen to two of your favourite "feel good" songs on the way to work, school, the shops, etc.



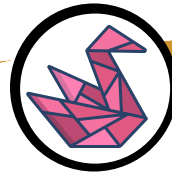
Day 2: Colouring

Try some colouring. You can use pencils, pens, crayons, highlighters - whatever you can find. **Free designs** at: <http://tinyurl.com/TrySomeArt>



Day 3: Photos

Take a photo with your phone of something that makes you feel happy e.g. people, pets, trees, coffee 😊 Examples at: @artshealthwa (Instagram).



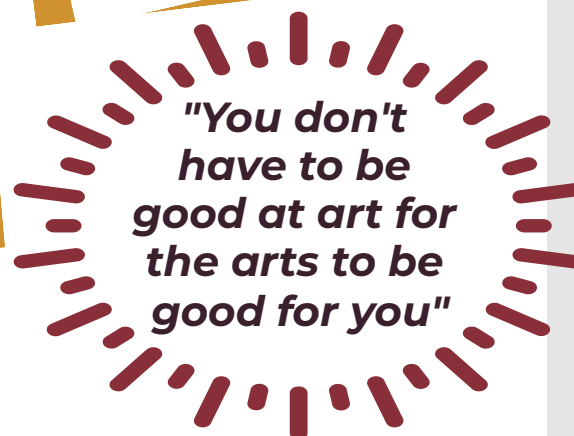
Day 4: Origami

Try some paper folding. Any paper will do e.g. junk mail, a post-it, wrapping paper. Examples at: @artshealthwa and <http://tinyurl.com/TrySomeArt>



Day 5: Reading

Spend 15mins today reading a book, poem or short story. Reading ideas available at: @artshealthwa and <http://tinyurl.com/TrySomeArt>



Please post and tag us:

@artshealthwa

@artshealthwa

Hashtag: #GAGMH

Instructions

What is #GAGMH?

This challenge encourages people to take part in the arts for better mental wellbeing.

Can I take part?

Everyone is welcome. You don't have to be "arty" to take part.

How much does it cost?

It's free to take part. The challenges use everyday items, so taking part should be free or very low cost.

You can download **free** resources at:

<http://tinyurl.com/TrySomeArt>

What happens if I miss a day?

Nothing. **No pressure** - this challenge is about fun and enjoyment. Take part when you can.

Will there be posts to help me?

Yes. Visit @artshealthwa on Instagram.



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

**Good Arts
Good Mental Health**