

Play. Move. Sound. Imagine

Draw! Fold! Squish! and Improvise!

Art doesn't need to be a sit-down activity: follow Diana Marto's recipe to shake up your creativity!

This is especially fun with a partner, but you will also enjoy doing it alone.

Tools: Paper, or a recycled cracker box or carton flattened out, crayons, pencils, tape, blindfold.

For one person or two people working as partners.

1. Shake your entire body: Shake it all out while standing on a deck, living room, yard any open space. Move every part: mouth, neck, eyes, ears, wrists, elbows, shoulders, arms, ankles, toes, legs, knees, hips. Jiggle while deep breathing, jiggle and shake while letting out any sounds that want to come out, just let it rip! 5 minutes

2. Blindfold exercise: Do this next step with a partner or alone. If you have a partner: one person is blindfolded and is led by the other, in silence. Confuse your blindfolded partner so that they can't guess the direction you are taking them. Select a variety of surfaces, textures, shapes, edges and place the blindfolded person's hand on each. Change places and repeat process. This is all done in silence and gesture. If you are alone, make sure there are sturdy, non-breakable objects around you before putting on a blindfold, turn around a few times to disorient yourself, then feel the objects and surfaces around you.

3. Draw! Remove the blindfold and draw a memory from your experience using the hand you don't usually use. Share your drawing and your impressions with your partner, or make notes to yourself about your experience.

4. Fold, Squish and Improvise: Take your drawing and fold, pleat, rip, squish it up to make a loose sculpture. Interact and improvise with your sculpture. Sounds or words may come to you ... see where it takes you.

You may find yourself interacting with familiar objects in your environment in new creative ways