

Draw your response to music

Music is another art technique that helps energize, relax and soothe by simply putting a pen, pencil or crayon to paper and moving it to the music in tune to the beat.

Sharp, staccato music may encourage you to create jagged edges or bold

lines and patterns.



Softer rhythms may make you think of drawing waves and smoother lines.

Instrumental music is generally a more effective stress-reliever than music with words or lyrics, simply because the mind can relax without distractions.

Allow your mind to wander and draw whatever comes to mind, since the object of this exercise is to open up a space

for creation
with no expectations
or limitations.

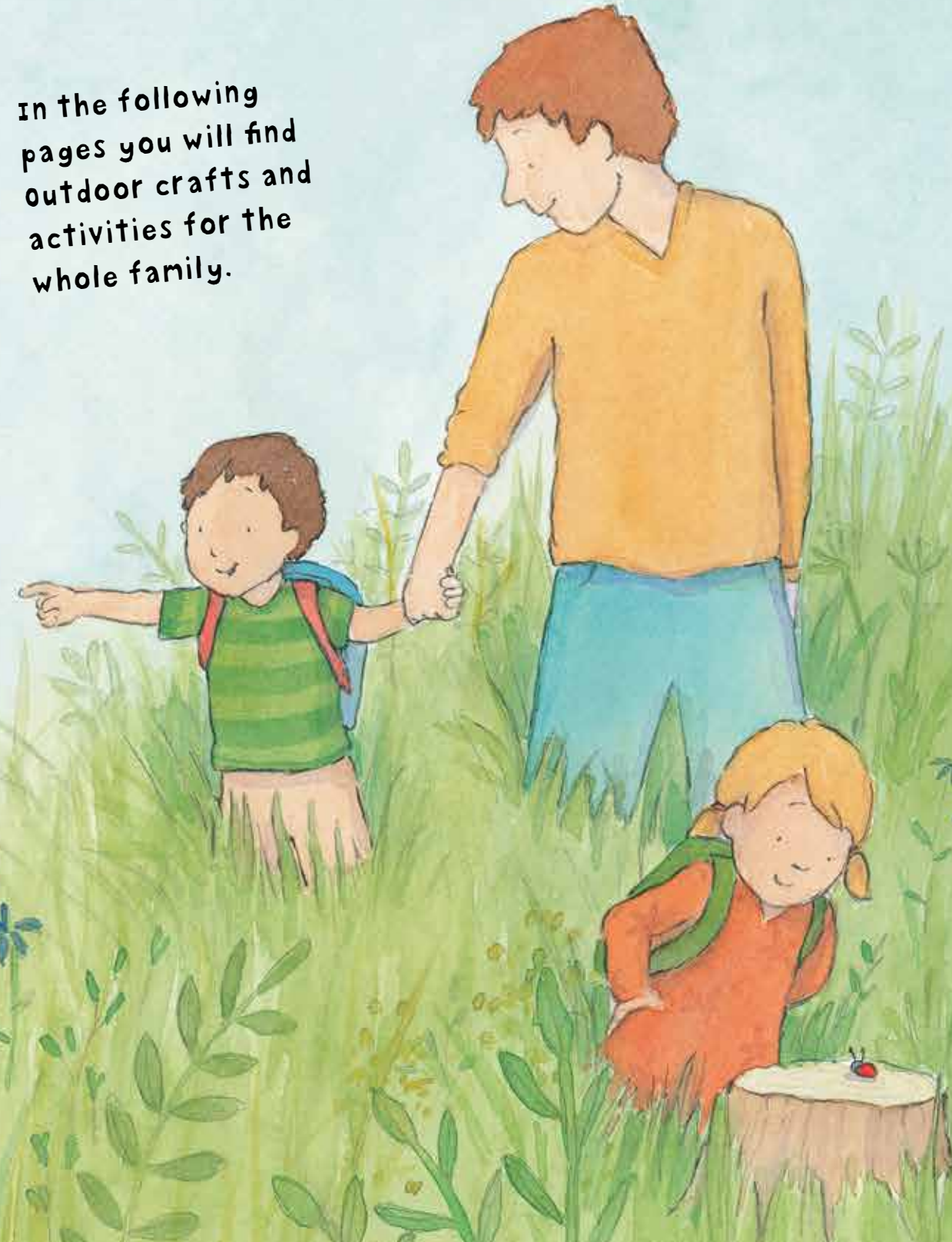


Why the great outdoors?

Taking your child/students outdoors regularly, as part of their daily routine, is a great way to enhance their natural curiosity about the world around them, to develop their respect for nature and alleviate any stressful situations they had during the day. Playing outdoors promotes well-being, healthy exercise and overall physical development.

It provides an opportunity for them to explore their environment, develop muscle strength and coordination, and gain self-confidence. The best part of learning outdoors is that you can do it right in your own backyard, school yard or neighborhood.

In the following pages you will find outdoor crafts and activities for the whole family.



Let's make a bird feeder

The best way to attract birds to your home is by feeding them!

This homemade bird feeder is easy to make in just five minutes. All you need is a small dish of birdseed, peanut butter, a slice of bread and a thick piece of wire.



First thread the wire through the top of the piece of bread.



Spread peanut butter on both sides of the bread, then press both sides of the bread into the bird seed.



The last step is to find the perfect place to hang your bird feeder. You might want to pick a spot where it will be easy for you to watch the birds both inside and outside your home.



Now sit back and wait for the birds to flock to the food!

