

Arts Festival Week - Challenge 4

Be Inspired by the Arts: Who inspires you?

Taking part in the Arts has a powerful impact on our mental and physical well-being

Expressive Arts can help to boost our confidence and make us feel more engaged and resilient. Besides these benefits, arts engagement also alleviates anxiety, depression and stress. You can have a go at the challenges either on your own, with your family or through online platforms with friends.

This week is the first Expressive Arts Festival at Wootton Park School. The Arts are really important in supporting our well-being and allowing us to express our emotions through being creative.

TASK 1: – Choose an Artist, Musician, Photographer, Dancer or Actor of your choice and create a Research Poster or presentation about them.

Include the following information:

Where are they from?

What do they do?

How did they become well known?

What is their talent?

How do they get involved with the community?

Why do they inspire you?

TASK 2: Create a collage of images that demonstrates the success of your chosen artist/performer.

TASK 3: Be inspired! Create a performance, piece of Art or capture a moment in the style of your chosen Artist or Performer.