

Art and Creativity during Easter

Creativity helps improve wellbeing and foster good mental health.

The website <https://www.mind.org.uk/> have included creativity in their list of tips stating:

“There are lots of different ways that you can relax, take notice of the present moment and use your creative side. These include:

- arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling
- DIY
- colouring
- mindfulness
- playing musical instruments, singing or listening to music
- writing “

So here are some more suggestions...

East Sussex cards of hope and goodwill

East Sussex are asking children (via homework messages for those home-schooling) to **create or design a colourful Spring card with a message of hope and goodwill**.

There is no specified size or media for the cards to be created with so just use your imagination and go to town! The brighter, the better.

The intention is that the cards would be included with the deliveries of food/medicines for vulnerable people who may be feeling lonely and isolated while they stay in their homes. They have even suggested for children to add their first name and age to give it a personal touch if you wish.

Please send your cards to the school office email address or from the 20th April, to your Year group email address.

Creative links and inspirations:

<https://www.youtube.com/watch?v=KCOT5eSYuqI&feature=youtu.be>

The Tate gallery website is really good but I particularly like this page:

<https://www.tate.org.uk/kids/make/paint-draw/decorate-spring-eggs>

<https://www.activityvillage.co.uk/easter-crafts>

<https://www.hobbycraft.co.uk/ideas/kids/8-quick-easter-crafts-for-kids>