Good Arts, Good Mental Health
5-Day Arts Challenge

Days and Prompts

Please post and tag us:

○ @goodartsgoodmentalhealth

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Hashtag: #GAGMH

Day 1: Music
Listen to two of your favourite "feel good" songs on the way to work, school, the shops, etc.
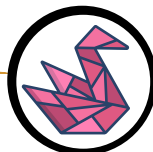
Day 2: Colouring
Try some colouring. You can use pencils, pens, crayons, highlighters – whatever you can find. **Free designs** at: goodartsgoodmentalhealth.com.au

Day 3: Photos
Take a photo with your phone or a camera of something that makes you feel happy e.g. people, pets, flowers, coffee 😊

Day 4: Origami
Try some paper folding. Any paper will do e.g. junk mail, a post-it, wrapping paper. Free boat instructions at: goodartsgoodmentalhealth.com.au

Day 5: Reading
Spend 15mins today reading a book, poem, short story, music lyrics. Reading ideas available at: goodartsgoodmentalhealth.com.au

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:
goodartsgoodmentalhealth.com.au

What happens if I miss a day?
Nothing. **No pressure** – this challenge is about fun and enjoyment. Take part when you can.

"You don't have to be good at art for the arts to be good for you"

Good Arts
Good Mental Health®