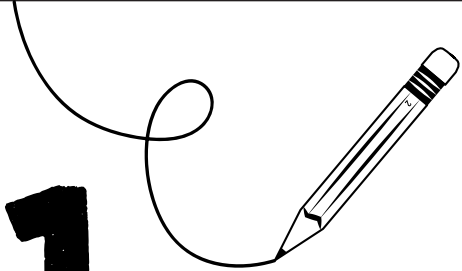


7 FREE WAYS TO MICRODOSE ART



1
DRAW OR PAINT FOR
10 MINUTES AT THE START
OF YOUR DAY INSTEAD OF
SCROLLING THROUGH YOUR
PHONE. IF YOU NEED IDEAS,
USE A PROMPT GENERATOR
OR A DICTIONARY.

EXPLORE SOME PUBLIC ART:
GO FOR A MURAL WALK;
CHECK OUT SOME TILED STAIRS;
VISIT YOUR NEAREST LITTLE
FREE ART GALLERY; ADMIRE
THE IMPROMPTU GALLERY OF
STICKER ART ON THE BACK OF
STREET SIGNS; FIND A WALK
EITHER OFFICIAL OR UNOFFICIAL
THAT TAKES YOU PAST PUBLIC
SCULPTURES, PAINTINGS
OR OTHER ART.



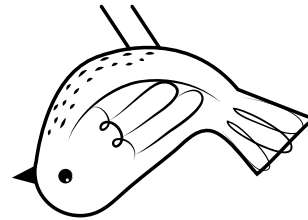
TRY A FREE ART CLASS
AT YOUR LOCAL LIBRARY!
(I MIGHT BE A LITTLE
BIASED HERE.)



LELLOBIRD.COM



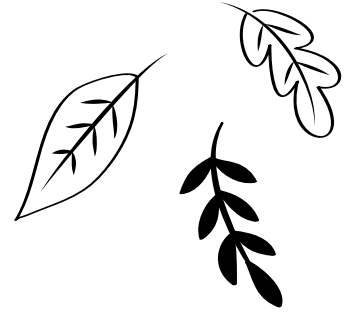
MAKE A BLACKOUT POEM
FROM A MAGAZINE PAGE,
NEWSPAPER ARTICLE
OR OLD BOOK.



CARRY A STACK OF INDEX
CARDS OR POST-ITS AND
A PEN WITH YOU AND MAKE
TINY ART WHILE YOU WAIT
FOR THE BUS, THE DENTIST,
ETC. (IT'S LESS PRESSURE
THAN A SKETCHBOOK.)



MAKE A TEMPORARY
MANDALA OUTSIDE
WITH MATERIALS
FOUND IN NATURE.



CHECK OUT ART BOOKS
FROM THE LIBRARY
(SEE THE 700 SECTION)
AND ENJOY LOOKING AT
ART UP CLOSE WITHOUT
GOING TO A MUSEUM.

