

stART your heART in February with BeauxArts Fine Art Materials Art & Mindfulness Challenge. Some tasks might take longer than others (& that is OK!). Feel free to do different things (such as painting, sketching, trying new media). Record what you did! We encourage you to share your creation as you go at the shop or on our facebook page!

Week 1 (2/1-6/2021)

- 1. Prepare a list of 10 people. You will be gifting them Art.
- 2. Survey your Art materials and make a list of needs, stop by BeauxArts for supplies and ideas!

Week 2 (2/7-13/2021)

- 1. Layout 10 sheets of paper, canvas, or mix of substrates maybe cards for Valentines?
 - 2. Create 10 individual works 1 on each substrate! Subject Matter:

What you love about that person or just a fun love theme!

3. Document your work.

Week 3 (2/14-20/2021)

1. WOW! Great job creating your 10 works! 2. Give a little ART from the heART this week!

Week 4 (2/21-27/2021)

- 1. Create a quick self-portrait this each day this week.
 - 2. Try several styles, mediums, sizes, etc...
- 3. Make at least one with extra space for additional adds for next week.

Week 5 (2/28/2021)

- 1. Take one of your self-portraits, with extra space. You will be making an "Meet the Artist" Panel. There is NO wrong way to do this. Make a list of things you like, don't like, to create an interesting profile about you.
 - 2. Add likes/dislikes or idiosyncrasies to your portrait. Examples can be found by searching online: #MeetTheArtist
 - 3. Be sure to date this and save it for the future!