ARTWORKS 15 DAY CHALLENGE
K-12 AT-HOME ART ACTIVITIES

ARE YOU UP TO THE CHALLENGE?

DRAW IT
MAKE IT
WRITE IT
SPEAK IT
DANCE IT
SNAP IT
SING IT
SHARE IT

JOIN THE #ARTWORKSCHALLENGE:

Center for Arts-Inspired Learning
10917 Magnolia Drive Cleveland, OH 44106
T 216.561.5005 W arts-inspiredlearning.org
C A L’ S  A R T W O R K S  C H A L L E N G E

H O W  I T  W O R K S
The Center for Arts-Inspired Learning has created the ArtWorks 15-Day Challenge to promote arts integrated learning during school closures. We want our scholars to have the opportunity to get creative and have some fun during this time.

In this packet you will find prompts and activities that connect to literacy, science, math, engineering, health, leadership, and emotions. There are activities to try on your own or some to try with a partner.

Scholars can choose activities at the following levels: Beginner (Age 5-8) Intermediate (Age 9-13) Advanced (Age 14-18)

G E T  C R E A T I V E !
We challenge you to be any type of artist you want so options and prompts are provided that encourage you to:

DRAW IT: Draw a picture
MAKE IT: Create something new using found materials around you
WRITE IT: Write a story or a poem
SPEAK IT: Tell a story or recite a poem
DANCE IT: Create or learn new dance moves
SNAP IT: Take a picture or video
SING IT: Create or learn a song
SHARE IT: Share what you made with someone else or post it online

G E T  S O C I A L ( L Y  D I S T A N T ) !
If you have connection to the internet you can also share out what you create online using YouTube, TikTok or any other social media platforms using the following hashtags:

#ArtWorksChallenge #ArtsInspiredLearning #CALCreators

D I S C L A I M E R : Any youth under the age of 13 must have parental permission to view or post artistic creations online.

A D D I T I O N A L  D E T A I L S
Daily follow along videos will be released as a way for scholars to continually connect and have visual instructions and guidelines for each challenge.

For activities where supplies are needed, you will either find templates in this packet or we have provided a list of common household items you can use.

I N T E R N E T / T E C H N O L O G Y  R E S O U R C E S
Learn more about accessing free internet and tech resources that are available to eligible families with K-12 students:

Free Internet (includes installation) from Spectrum Call 1-844-488-8395
Free Laptops from Tri-C/PC’s for People Call 216-777-4441 or email ohio@pcsforpeople.com

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DAY 1’S CHALLENGE: WHAT IS ART TO YOU?
What is Art? Art can be done in MILLIONS of different ways. EVERYONE IS AN ARTIST! For the first day of #ArtWorksChallenge we want to see what does art mean to you? Is it how you draw? Is it how you sing? Maybe how you take a picture. Well, how about you SHOW US!

DRAW IT
Here are examples of people DRAWING art!

BEGINNER: INTERMEDIATE ADVANCED:

-Dr. Suess -Basquiat -Baldur

DRAW A CHARACTER
You’ve seen what Dr. Suess, Basquiat, and Baldur have drawn. Now it’s YOUR turn. Using the artists above as your inspiration, draw an evil character named “RONA” who is going throughout the world causing chaos.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge and #CALCreators
DAY 1’S CHALLENGE: WHAT IS ART TO YOU?

MAKE IT

Make this “Rona Monster” out of Tissue Boxes.

MATERIALS

- tissue box
- colored pencils, markers, or paint to decorate your monster
- googly eyes (you can also draw this on)
- white paper or a piece of cardboard colored white
- black sharpie or marker
- glue
- other found items at home that you can use to add creativity to your monster

INSTRUCTIONS:

1. Pull out any plastic inner lining inside the tissue box before you start.
2. Color the outside of the tissue box, you can paint the box, or tape paper to the outside.
3. We also challenge you to color the inside of the box to make it easier to see the monster’s mouth.
4. Outline around the “mouth” of the monster (the opening of the tissue box) with a black marker. This will make the mouth pop more.
5. For the eyes, be creative your monster could have 1 big eye, or several all over its body. These can be drawn on or made using google eyes, pipe cleaners, or popsicle sticks.
6. Cut out large teeth from paper or cardboard. Glue the teeth to the inside of the tissue box mouth.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge and #CALCreators.
DAY 1’S CHALLENGE: WHAT IS ART TO YOU?
Some people decide to make art by writing. Some people WRITE stories like Dr. Suess and some people WRITE poetry like Maya Angelou.

WRITE IT
Here are examples of people WRITING art!

BEGINNER:
One Fish, Two Fish, Red Fish, Blue Fish - Dr. Suess

INTERMEDIATE:
You may write me down in History, With your bitter twisted lies. You may trod me in the very dirt, But still, like dust, I’ll rise - Maya Angelou

ADVANCED:
I do not wish to be loved, I do not wish to have dug. It’s the concrete that swallows me, With a morning hug. - Anonymous

WRITE A POEM
Everyone is an artist. You’ve read what Dr. Suess and Maya Angelou have written. Now it's YOUR turn. Using these artists as your inspiration, write a 4 line poem about how art makes you FEEL! Does it make you happy, sad, mad, glad? Well, write about it in the four lines below. IT DOES NOT HAVE TO RHYME. Remember, everyone is an artist.

BEGINNERS:
Make it Rhyme

INTERMEDIATE:
Make it rhyme using a simile. A simile is a figure of speech involving the comparison of one thing with another thing of a different kind, used to make a description more emphatic or vivid.

ADVANCED:
Make it rhyme using a simile and personification. Personification is the attribution of a personal nature or human characteristic to something nonhuman, or the representation of an abstract quality in human form.
DAY 1’S CHALLENGE: WHAT IS ART TO YOU?
Speaking is art. What people say and how they say has meaning and importance. Barack Obama and Kevin Hart are both people who connect through art through motivational words.

WRITE IT   SPEAK IT
Here are examples of people WRITING and SPEAKING art!

WRITE YOUR “WHAT IS ART” TAGLINE
Write a quote that expresses how art makes you feel, tell a family member, and then share it with us on TikTok using #ArtWorksChallenge

DANCE IT
Dance is a great way to express art. Can you recreate these four dance poses and share them with a family member or with us using #ArtWorksChallenge?

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge and #CALCreators
CAL'S ARTWORKS CHALLENGE

Day 1

DAY 1’S CHALLENGE: WHAT IS ART TO YOU?

SNAP IT

TAKE A PICTURE OF SOMETHING THAT SHOWS WHAT ART IS TO YOU.

- See if you can find things that represent each of the following art forms, snap a pic of them and share it.
- We challenge you to get a family member or friend to show off the art form.

Cooking  Music  Digital Media

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge and #CALCreators
DAY 2’S CHALLENGE: ABOUT ME

Art can tell us who people are in a creative way. Today, tell us about yourself.

DRAW IT

FIND A PICTURE OF YOURSELF AND DRAW.

BEGINNER:
You have a time limit of FIVE minutes to draw this picture of yourself.

INTERMEDIATE:
You have a time limit of FOUR minutes to draw this picture of yourself.

ADVANCED:
You have a time limit of TWO minutes to draw this picture of yourself, using continuous drawing, place your pen or pencil on the page and do not lift it until your portrait is finished.

BEGINNERS

INTERMEDIATE

ADVANCED

SNAP IT, SHARE IT: Post your videos on TikTok + IG with
#ArtWorksChallenge, #CALCreators, + #LifeAtHome
DAY 2’S CHALLENGE: ABOUT ME
Art can tell us who people are in a creative way. Today, tell us about yourself.

MAKE IT
Let’s create a collage.

Materials:
- blank white paper
- pencil or pen
- 1-2 family members
- flashlight
- materials to collage (magazines, photos, stickers)
- scissors

Instructions:
1. Find a large piece of blank paper and tape it up to a bare wall
2. Stand sideways in front of the paper and have a family member shine a light onto your face
3. Then ask someone to draw the outline of your face on the paper. Be sure NOT to use marker so it doesn’t bleed through the paper
4. Then remove the paper from the wall and cut out your silhouette. Afterwards collage inside the silhouette things that represent YOU

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #LifeAtHome
DAY 2’S CHALLENGE: ABOUT ME
Art can tell us who people are in a creative way. Today, tell us about yourself.

WRITE IT
Okay Artist, now write sentences about yourself and make them poetic. Who are you? What do you like about you?

BEGINNER:
Write 4 sentences about you that describes who you are.

Example:
My name is Alexis.
I never been to Texas.
I like Pancakes with Honey.
My friends say I’m funny.

INTERMEDIATE:
Write 4 sentences about you that describes who you are using similes or metaphors.

Example:
Oldest of three.
My brother is three.
He climbs me like a tree.
And falls like a leaf.

ADVANCED:
Write 4 sentences about you that describes who you are using similes or metaphors in the perspective of someone close to you in your life. It can be a parent, a friend, a cousin, just someone who is close to you.

Example:
When will this boy ever listen.
He loves the heat, so he stays in the kitchen.
Hands burn after touching the stove, why don’t he listen.
But my love burns for you, my son, Christian.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #LifeAtHome
DAY 2’S CHALLENGE: ABOUT ME
Art can tell us who people are in a creative way. Today, tell us about yourself.

SPEAK IT
Don’t you miss being outside? So do we. Tell a funny story about a memory of you and your friends being outside.

BEGINNER:
In 4 lines, write your funny story or memory.

INTERMEDIATE:
In 4 lines, write your funny story or memory, then tell it to people around you.

ADVANCED:
In 4 lines, write your funny story or memory, then post it on TikTok using the hashtag #ArtWorksChallenge.

Example:
I remember I woke up late to school.
Ran out so fast, I didn’t even tell my mom.
I ran as fast as I could. I got to school, the building was closed.
It was a Saturday.

SING IT
Everyone has an anthem or a theme song. What is yours? What song describes your personality? Sing the song that would be your theme song.

BEGINNER:
Write the title of the song that would be your theme song.

INTERMEDIATE:
Write the title of your theme song and sing it to someone.

ADVANCED:
Write the title of your theme song and post on TikTok you and your friends lip syncing it using the #ArtWorksChallenge.

SNAP IT, SHARE IT
Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #LifeAtHome

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CAL’S ARTWORKS CHALLENGE

DAY 2’S CHALLENGE: ABOUT ME

DANCE IT

BEGINNER/INTERMEDIATE/ADVANCED
Dancers can be performers and teachers, we want you to create a dance that represents you and teach it to someone else in your family. If you have access to internet we challenge you to learn the popular #OutWestChallenge and teach it to someone else in your family. Share the video with us at #ArtWorksChallenge and #CALCreators on TikTok.

SNAP IT
Selfies, let’s see who you are through photos.

BEGINNER:
Take a selfie then post on social media using the #ArtWorksChallenge

INTERMEDIATE:
Take a selfie with you and one item from home or outside that represents who you are.

ADVANCED:
Take a selfie of you with family members. Challenge your family members to find objects in the house that represent you and hold those in the photo.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #LifeAtHome
DAY 3’S CHALLENGE: FAMILY
Who’s in your family? Family can consist of two people or more. A family does not need to be someone who’s related to you but rather who you live with.

DRAW IT MAKE IT WRITE IT

BEGINNER: Using the cut outs below, make your own family stick puppets.

Recommended Supplies:
- scissors
- glue or glue stick
- popsicle sticks or toilet paper roll (cut into sticks)

INTERMEDIATE: Using the cut outs below, make your own family stick puppets. Write a short story about each member of your family.

Recommended Supplies:
- scissors
- glue or glue stick
- popsicle sticks or toilet paper roll (cut into sticks)

ADVANCED:
Using the Family Tree template below sit down with oldest family member and discuss your family history. Use this time to fill in the blank boxes and learn more about your history.

DANCE IT

BEGINNER / INTERMEDIATE / ADVANCED:
Using the following TikTok challenges (Tydolla$ - Something New, Smeeze Challenge, Flip the Switch Challenge, or Proud Family Challenge) recreate one of these dances or make up your dance or challenge.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #MeetMyFam
DAY 3’S CHALLENGE: FAMILY

DRAW IT  MAKE IT  WRITE IT

BEGINNER: Family Stick Puppets

Cut out the shapes. Glue each shapes set onto a popsicle stick to create a stick puppet.
DAY 3’S CHALLENGE: FAMILY

DRAW IT   MAKE IT   WRITE IT

INTERMEDIATE: Family Stick Puppets

Using the cut outs below, make your own family stick puppets. Write a short story about each member of your family.
DAY 3’S CHALLENGE: FAMILY

DRAW IT MAKE IT WRITE IT

ADVANCED: Using the Family Tree template below sit down with oldest family member and discuss your family history. Use this time to fill in the blank boxes and learn more about your history.
### Day 4's Challenge: Community

**Draw It**  **Make It**  **Snap It**

Using safe social distancing, let’s get outside! Take a walk around your neighborhood or backyard using the scavenger hunt below. You can take a picture or draw one of each item you find.

<table>
<thead>
<tr>
<th>Something Shiny</th>
<th>Something That Looks Interesting</th>
<th>Something In The Sky</th>
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</thead>
<tbody>
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<table>
<thead>
<tr>
<th>Something That Doesn’t Belong</th>
<th>Something Smooth</th>
<th>Something That Makes You Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Something That Moves Quickly</th>
<th>Something That Makes You Feel Weird</th>
<th>Something Rough</th>
</tr>
</thead>
<tbody>
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<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Something Or Someone That Is Alive</th>
<th>Something Green</th>
<th>Something That Is A Home</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Something With Red In It</th>
<th>Something You Think Looks Pretty</th>
<th>Something On The Sidewalk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
DAY 4’S CHALLENGE: COMMUNITY

SPEAK IT  WRITE IT  SING IT

BEGINNER:

Look out the window, what is the first thing you see?

__________________________________________

Think of a song with the name of that thing in the title.

__________________________________________

(Ask a parent or sibling to help you think or search online, if you can’t think of one.)

Listen to that song and sing along. ♬♩♩♩♩

__________________________________________

Write down how that song made you feel?

__________________________________________

INTERMEDIATE:

Take a walk around your neighborhood, or backyard. Notice everything you can and write the name of each thing in the space below. Invite someone to help if you like. At the end, draw lines connecting related words and look at the web you create or enter all of the words into www.wordclouds.com to create a unique word cloud.

ADVANCED:

Take a walk around your neighborhood or backyard. Notice all the little details and write what you see but only using your senses to describe things.

- Sight: I saw... I looked...
- Scent: I smelled... I breathed...
- Sensation: I felt... I touched...
- Sound: I heard... I listened...
- Taste: I tasted... I savored...

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #ScavengerHunt
DAY 4’S CHALLENGE: COMMUNITY

DANCE IT

BEGINNER/INTERMEDIATE/ADVANCED:

Look out your window. Write the first 4 - 10 things that you see.

1. ______________________  6. ______________________

2. ______________________  7. ______________________

3. ______________________  8. ______________________

4. ______________________  9. ______________________

5. ______________________  10. ______________________

- Recreate poses based on the things you wrote down
- Create a dance using these poses to a song you like about community
- Share it with family and friends or on social media

SUGGESTED SONGS

- “I’ll Take You There” by the Staple Singers
- “Dancing in the Street” by David Bowie and Mick Jagger
- “Everybody” by Ingrid Michaelson

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #DanceChallenge
DAY 5’S CHALLENGE: UPCYCLE

MAKE IT

BEGINNER: Saving money is important. Let’s make a Piggy Bank!

Supplies:
- empty milk or juice jug or plastic bottle
- black sharpie
- glue or tape
- scissors
- toilet paper rolls or egg carton
- pink pipe cleaners if you have it

Instructions:
1. Color in black spots on the milk jug
2. Color the cap of the jug black
3. Draw on the eyes
4. Let’s make ears! Using paper, cut out card board or a cut up toilet paper or paper towel roll, make a triangle shape and color it black
5. If you have pipe cleaners, coil the pipe cleaner and glue or tape on them onto the ears. if you don't have pipe cleaners, be creative and add some pink fabric, paper, or draw on the inside of the ears
6. Glue or tape the ears to the milk jug
7. Cut some circles of toilet paper rolls or egg carton to make the legs
8. Glue to the milk jug
9. With the scissors, cut the opening for the money. (Ask an adult for help)
10. Share what you made on social media with #ArtWorksChallenge and #Upcycle

SNAP IT, SHARE IT: Post your video on TikTok and IG with #ArtWorksChallenge, #CALCreators, + #Upcycle
DAY 5’S CHALLENGE: UPCYCLE

MAKE IT

INTERMEDIATE: It’s time to have fun!!! Let’s Play Foosball

Supplies:
- shoebox
- two tubes/rods/sticks
- ruler
- pencil
- paper
- cardboard – from a cereal box
- scissors
- tape
- ball

Instructions:

1. Find sticks or rods. For instance, take the cardboard rods off of your clothes hangers
2. Use the scissors to make holes in the side of the shoebox to fit your rods/sticks
3. Make the goals by cutting a hole in each end of the box. Make sure that the ping pong ball can fit through easily
4. Cut rectangles from cereal box cardboard to be the players. Design them how you want
5. Decorate the outside of the box with duct tape. Or just leave it plain and start playing
6. Share what you made on social media with #ArtWorksChallenge and #Upcycle
DAY 5’S CHALLENGE: UPCYCLE

MAKE IT

ADVANCED: Make it fashion! Make necklaces out of an old t-shirt

Supplies:
- soft cotton t-shirt
- ruler
- scissors

Instructions:
1. Lay the shirt on a flat surface; cut off the hem and discard. Then cut the body of the shirt horizontally into strips approximately 3/4 of an inch long. (They will actually be loops.)
2. One at a time, pull the loops open and stretch until the fabric starts to curl. Stack the loops on top of one another so that all the T-shirt side seams are in the same spot.
3. Once you have the thickness you desire, wrap the seams with a scrap piece of fabric (about 6 inches long) from the same shirt. Tuck the end of the scrap under itself.
4. We challenge you to make as many different accessories as you such such as bracelets, anklets, rings or other creative ideas and share it on social media using #ArtWorksChallenge and #Upcycle
DAY 5’S CHALLENGE: UPCYCLE

SPEAK IT  WRITE IT  SING IT

BEGINNER:
Let’s sing Twinkle, Twinkle with the original lyrics, then upcycle the song by choosing new words to fill in the blanks below.

### Original
- Twinkle, twinkle, little star
- How I wonder what you are
- Up above the world so high
- Like a diamond in the sky
- Twinkle, twinkle, little star
- How I wonder what you are

### Upcycled
- Twinkle, twinkle, ____________ star
- How I _________________ what you are
- Up above the ________________ so high
- Like a ________________ in the sky
- Twinkle, twinkle, ____________ star
- How I _________________ what you are

Sing your new song. Does it mean the same thing?

INTERMEDIATE:
Take the 15th line from your favorite book and use it as the first line of a new poem or song. Write it on the lines below.

**Example:** The 15th line of the Song “Lift Every Voice and Sing” is “have not our weary feet.” This then becomes the first line of the following example poem:

- Have not our weary feet
- Seen better days
- Have not our tired hands
- Held harder nights
- But morning comes, brings a new day
- And this new light, washing troubles away
- Tells me it'll be alright

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SNAP IT, SHARE IT: Post your video on TikTok and IG with #ArtWorksChallenge, #CALCreators, + #Upcycle

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ADVANCED: Upcycling language. Borrow language/words from a text thread, news article or social media post to write a story, essay, song and/or poem using that exact language

Look at the following poem, it borrows exact language

You tell me an offensive joke
Thought you said something hilarious
I know exactly what you mean
I can pinpoint the hurt
What a way to kill the funny
Who thought a punch line could feel
Who thought a soul could bleed
Can I laugh away that?
DAY 5’S CHALLENGE: UPCYCLE

DANCE IT

BEGINNER/INTERMEDIATE/ADVANCED:
Take your favorite popular dance moves and put them to an iconic song that is at least 10 years old, such as Michael Jackson’s Beat It or even an older Beyoncé song like Crazy in Love. We challenge you to share what you come up with on TikTok using the hashtags #Upcycle #UpcycleDance.
DAY 6’S CHALLENGE: CULINARY ARTS

MAKE IT

BEGINNER/INTERMEDIATE/ADVANCED:
Are you in the mood for something sweet? Below are two simple recipes that you can make at home using your microwave. Snap a picture or video of you or your family enjoying these treats using the hashtags #ArtWorksChallenge and #YummyYummy.

Disclaimer – Students ages 4 through 7 please have a parent present when cooking.

CINNAMON TOAST BITES

Ingredients:
- 1 slice of bread (your choice)
- 2 tablespoon of butter
- 1 tablespoon of sugar
- 1 teaspoon of cinnamon
- 1 microwave safe bowl

Steps:
1. In a microwave safe bowl melt your two tablespoons of butter (30 – 60 seconds)
2. While butter is melting cut your bread into bite size squares (Students under the age of 7 please ask parent for help)
3. Take melted butter out of microwave. Add your tablespoon of cinnamon to your butter and mix
4. Throw your bread bites into the butter and mix
5. Once your bread bites are coated in the butter and cinnamon mixture, sprinkle a tablespoon of sugar and enjoy!
6. Bon Appetit!
CAL’S ARTWORKS CHALLENGE

DAY 6’S CHALLENGE: CULINARY ARTS

MAKE IT

BEGINNER/INTERMEDIATE/ADVANCED:
Are you in the mood for something sweet? Below is another simple recipe that you can make at home using your microwave. Snap a picture or video of you or your family enjoying these treats using the hashtags #ArtWorksChallenge and #YummyYummy.

Disclaimer – Students ages 4 through 7 please have a parent present when cooking.

COOKIE CAKE IN A MUG

Ingredients:

- 6-10 cookies (Oreos, chocolate chip, vanilla cream, etc.)
- ½ cup of milk
- microwave safe mug
- 1 spoon or fork

Steps:

1. Place cookies of choice into microwave safe mug
2. Pour enough milk to cover the cookies
3. Using a fork or spoon, mash the cookies and milk together
4. Microwave for 75 seconds (Please keep a close eye on the microwave as some are set differently than others)
5. After 75 seconds take your dessert out of the microwave and enjoy!

SNAP IT, SHARE IT: Post your video on TikTok and IG with #ArtWorksChallenge, #CALCreators, + #YummyYummy
BEGINNER: Make a Dream Catcher

1. Connect the dots in order across the circle on the next page
2. Decorate each section of your circle with pictures and or colors that make you feel happy and safe

INTERMEDIATE: Make a Mirror Image

1. Take the circle template provided on the next page and fold it in half (½)
2. Open the page back up and draw a line down the fold. Your circle is now divided in 2 sections or halves (½)
3. On side A of the circle draw half (½) of a shape or picture
4. Have someone else try to draw the mirror image of your picture on side B of the page
5. Color in or decorate each side of your circle

ADVANCED: Make a Mandala

1. Take the circle template provided on the next page and divide it into 8 equal parts or eighths (1/8) using the dotted lines
2. Experiment by filling in repeating shapes: spirals, lines, triangles, zig-zags, etc. Start with basic shapes and then fill in more details
3. Complete the mandala by continuing your pattern in every segment of the circle
CAL'S ARTWORKS CHALLENGE

DAY 7'S CHALLENGE: MATH

DRAW IT    MAKE IT

Day 7

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, #MagicMath
**CAL'S ARTWORKS CHALLENGE**

**Day 7**

**Day 7’s Challenge: Math**

**Speak It** **Write It**

**Beginner:**
- Write your Name: ____________________________
- Count out the letters of your whole name. How many letters are in your name? ______________
- Tally how many times each letter appears.

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**Intermediate:**
- Count out the syllables in your name. Write each syllable down the way it sounds.

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**Example:** DOMINIQUE - Da-mah-neek

- Write 1 sentence for each syllable in your name

**Example:**
Da: Sounds like I’m calling my dad
Mah: The sound I make when I don’t care
Neek: The shoes on my feet that make me feel unique

**Advanced:**
- Write an acrostic describing how you feel about your name.

*An acrostic is a poem in which certain letters in each line form a word or begin a sentence.*

**Example:** DOMINIQUE
Don’t call me Dominick
Or say that my name isn’t unique
My name is my name
I know how it sounds
Never take out the “Dah”
Insert afterwards the “mah”
Quit trying to take out the “neek”
Understand this important
Every syllable matters to me

---

**SNAP IT, SHARE IT:** Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #MagicMath
CAL'S ARTWORKS CHALLENGE

DAY 7'S CHALLENGE: MATH

DANCE IT

BEGINNER:
  o Feel/count 8 beats by rocking, snapping, or clapping.

INTERMEDIATE:
  o Pick 1 body part and move it in as many ways as you can think of for 8 beats.

ADVANCED:
  o Pick 8 different body parts and move each for one count in isolation

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #MagicMath
The Joker needs Batman, Green Goblin needs Spiderman, Kryptonite needs Superman. Every villain needs a hero to combat. “The Rona” is a very strong villain. This is one of those times when we need many Superheroes instead of just one. Have you ever heard of the Avengers? Well they do not have anything on “The Sanitizers,” a Superhero group with the goal of taking down “The Rona.” The Group consist of Mrs. Bubble, Mr. Clean, Mr. Arm and Hammer, and Mrs. Lysol. Let’s Get started!

**DRAW IT**

Appearance makes a strong statement for a Superhero. You must design the costumes for our Superheroes.

**BEGINNER:**

Sketch out and draw a Superhero costume for Mrs. Lysol and Mr. Clean.

**INTERMEDIATE:**

Sketch out and draw a Superhero costume for Mrs. Lysol, Mr. Clean, Mrs. Bubble and Mr. Arm and Hammer.

**ADVANCED:**

Sketch out and draw a Superhero costume for Mrs. Lysol, Mr. Clean, Mrs. Bubble and Mr. Arm and Hammer and include the fabric material. Cotton, Silk, Wool, Velvet, Linen, Polyester, or Denim.
Day 8

CAL’S ARTWORKS CHALLENGE

DAY 8’S CHALLENGE: PLOT TWIST

MAKE IT

No Sew Cape

Not all heroes wear capes, but it’s still fun to have one. Follow the instructions to successfully create a no-sew cape.

Supplies

- fabric (two different colors)
- scissors
- glue or staples

Instructions:

1. Cut fabric (old t-shirt or extra fabric) in long rectangle
2. Fold your fabric in half. From the corner begin to cut a U-shape that ends at the folded sides corner
3. Create a symbol out of a second piece of fabric (like a lightning bolt)
4. Cut your shape out and either glue or staple this to your cape
5. Tie cape around neck and start fighting off “The Rona.”

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #TheSanitizers
CAL’S ARTWORKS CHALLENGE

DAY 8’S CHALLENGE: PLOT TWIST

WRITE IT

Superheroes and Villains try to disrespect and take each other down as much as possible. “The Rona” has written a Diss Rap to everyone in “The Sanitizers.” Saying “Mrs. Bubble is full of trouble, Mr. Clean not as clean as he seem, Mr. Arm and Hammer fell on a banana, and Mrs. Lysol has no power at all.” You have to defend “The Sanitizers” and in the perspective of either Mrs. Bubble, Mr. Clean, Mr. Arm and Hammer, or Mrs. Lysol, must write a Diss rap to “The Rona.” Make it 4 lines that rhyme.

BEGINNER:
Write 4 Lines to “The Rona” in the perspective of ONE of the Superheroes in “The Sanitizers.”

Example
Mrs. Bubble:
Rona, you know you in trouble? You don’t remember Me, It’s Me, Mrs. Bubble. You killed Mr. Bubble, my husband, he’s in death. You either crushed his bubble or he must have smelled your breadth.

INTERMEDIATE:
Write 4 Lines to “The Rona” in the perspective of TWO of the Superheroes in “The Sanitizers.”

Example:
Mr. Clean:
Even though we have all this power. tell people that I don’t take showers? That wasn’t really nice, everything you said. Gonna still have a shine on my head.

ADVANCED:
Write 4 Lines to “The Rona” in the perspective of THREE of the Superheroes in “The Sanitizers.”

Example:
Mrs. Lysol
‘The Rona’ not an owner, no actually is a loner Present yourself in Fine Print, but lacking on the Toner Your mama and Ghostbusters, thats who you gonna call. When I get done with you, that’s the power of Lysol.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #TheSanitizers
CAL'S ARTWORKS CHALLENGE

DAY 8'S CHALLENGE: PLOT TWIST

WRITE IT
Create catchphrases for “The Sanitizers.”
What are some things you would say while fighting “The Rona?”

BEGINNER:
Make up a catchphrase for TWO of the characters from “The Sanitizers.”

INTERMEDIATE:
Make up a catchphrase for all the characters from “The Sanitizers.”

ADVANCED:
Make up a catchphrase for all the characters from “The Sanitizers” and post them on TikTok by tagging the #ArtWorksChallenge

SING IT
Every Superhero needs their theme music.
Select a song that would be considered the Theme Song for “The Sanitizers” and post a video of it with your loved ones on TikTok and post with #ArtworksChallenge.

DANCE IT
Along with the theme music, Superheroes also need signature dance moves.
Create a dance for one of “The Sanitizers” and post it on TikTok and tag the #ArtWorksChallenge.

SNAP IT
Take a group picture in costumes with your loved ones and pose as “The Sanitizers” then post it on social media and tag #ArtWorksChallenge.
DAY 9’S CHALLENGE: STEM

DRAW IT MAKE IT

SCIENCE & TECHNOLOGY:

How do planes fly?
A plane's engines are designed to move it forward at high speed.

That makes air flow rapidly over the wings, which throw the air down toward the ground, generating an upward force called lift that overcomes the plane's weight and holds it in the sky.

The wings force the air downward and that pushes the plane upward.
(explainthatstuff.com)

MAKE YOUR OWN PLANE:
You are encouraged to make your own design and style of paper plane.

Keep in mind that how you create your mechanism can determine how far it will fly.

Supplies:
- paper
- crayons/markers/color pencils
- tape (optional)
- scissors (optional)
DAY 9’S CHALLENGE: STEM

DRAW IT MAKE IT

BEGINNER/INTERMEDIATE:

1. Fold the paper in half vertically
2. Unfold the paper and fold each of the top corners into the center line
3. Fold the top edges into the center line
4. Fold the plane in half toward you
5. Fold the wings down, matching the top edges up with the bottom edge of the body
6. Add double stick tape to the inside of the body. The finished plane should look like this

ADVANCED:

1. Fold the paper in half vertically
2. Unfold the paper and fold each of the top corners into the center line
3. Fold the peak toward you and 3/4” from the bottom of the paper
4. Fold both top corners into the center line
5. Fold the remaining tip over the two flaps at the center line to lock them in place
6. Fold the plane in half away from you
7. Fold the wings down 1” from the bottom of the plane
8. Fold up the sides of each wing 1/2” tall
9. Cut two small slits at the back of each wing. Fold up the tabs
10. Add double stick tape to the inside of the body. The finished plane should look like this
DAY 9’S CHALLENGE: STEM

WRITE IT  SPEAK IT

Once your paper planes are created, write down a few estimates of how far you think your plane will go. In the science world, this is called a hypothesis. Make sure to use measurements such as feet, inches, centimeters in your hypothesis. You can even make your own song using your hypothesis to help you remember how far you expect it to fly.

Ex: “My hypothesis is my airplane will fly ________________.

SNAP IT  SHARE IT

Adjust your plane by asking questions and altering the shape and weight of your plane.

- what makes your plane fly faster?
- why didn’t my plane take off?

Once you have adjusted your plane, grab someone close and race planes. DUEL! Or you can try it out alone.

DIY target game:
Cut holes in a piece of poster board and assign a point value to each. Prop up with bookends, then send paper airplanes soaring!

Create a TikTok showcasing your paper planes. Use hashtag #ArtWorksChallenge #PaperPlanes #PaperCrafts
CAL’S ARTWORKS CHALLENGE

DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

BEGINNER:
Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?

Recommended Supplies: Scissors, glue sticks, or glue.

BEGINNER/INTERMEDIATE:
Let’s play a game, using the blank sheet below go through your fridge and/or cabinet draw 2-3 healthy foods and non-healthy foods you have at home.

Recommended Supplies: Crayons or Color pencils.

INTERMEDIATE:
Below are two different puzzles that you can complete on your own or with your family.

ADVANCED: Using the crossword puzzle and the word bank provided, create your own hints for each word and fill in the crossword puzzle.

SPEAK IT  SING IT  DANCE IT  SNAP IT  SHARE IT

BEGINNER/INTERMEDIATE/ADVANCE:
Using the following TikTok challenges (#HitEveryBeat or #Macarena) recreate these challenges by calling out each body part as you dance.

Example:
Using the Macarena: left arm, right arm, left hand, right hand, left shoulder, right shoulder

ADVANCED:
Using one of the topics below write either a poem, song or rap. We challenge you to record yourself reciting what you made and share it!

Topics:
- Body positivity: loving yourself, self-care, or self-affirmation
- Nutrition: pick your favorite food, dish, or drink and write a poem, song or rap about it.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SelfCare
Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?
DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

BEGINNER:

Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?
Day 10

CAL’S ARTWORKS CHALLENGE

DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

BEGINNER:

Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?

My Body Parts

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SelfCare
DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

BEGINNER:

Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SelfCare
DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

BEGINNER:

Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?

My Body Parts
Day 10

CAL’S ARTWORKS CHALLENGE

DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT     MAKE IT     WRITE IT

BEGINNER:

Using the body worksheets below, cut out each body part and paste them in the correct location on the body. Can you name each body part and their main function?

Cut Out Pieces

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SelfCare

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CAL’S ARTWORKS CHALLENGE

DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

BEGINNER: Food – Healthy or Not Healthy?
Using the boxes below go through your fridge and/or cabinets. Draw a picture of 2-3 items under the correct box?

HEALTHY

NOT HEALTHY

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SelfCare
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Instructions: Find the words in the list below in the grid. Look across for the words. Circle the words. Put a check beside the words in the list when you find them.

ANKLE ___ ELBOW ___ HAIR ___ MOUTH ___ TEETH ___
ARM ___ EYE ___ HAND ___ NECK ___ THIGH ___
BACK ___ FACE ___ HEAD ___ NOSE ___ THUMB ___
CHEST ___ FINGER ___ KNEE ___ SHOULDER ___ TOES ___
EARS ___ FOOT ___ LEG ___ STOMACH ___ WRIST ___
DAY 10’S CHALLENGE: LET’S MOVE

DRAW IT  MAKE IT  WRITE IT

ADVANCED:
Create your own crossword puzzle using the word bank and template. You can do this on your own or turn it into a competition with family members.

Instructions:
Using the following 10 health terms, create clues for each using the attached puzzle template

Superior    Brachium
Inferior    Cranial
Anterior    Pinna
Posterior    Mandible
Medial    Maxilla

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SelfCare
**ADVANCED:**
Create your own crossword puzzle using the word bank and template. You can do this on your own or turn it into a competition with family members.

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ADVANCED:
Create your own crossword puzzle using the word bank and template. You can do this on your own or turn it into a competition with family members.

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DAY 11’S CHALLENGE: EMOTIONS

Art is a great way to express how you feel!

Let’s use the following color wheel to express how you feel during this time.

DRAW IT

BEGINNER:
Using 1 color from the emotional color chart, color in the flower with how you feel.

INTERMEDIATE:
Choose colors that express how you feel based off of the emotional color chart and create a flower painting on the image below. If you have access to Q-tips you can use 1 Q-tip and use paint or nail polish (if there is no access to paint) to make your creation.

ADVANCED:
Try to create your own Q-tip painting. Take about 3-4 Q tips and tie a rubber band in the middle. Once they are secure use paint or nailpolish, dip both ends with a different color. Try to recreate the picture below.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #Emotions
**CAL’S ARTWORKS CHALLENGE**

**DAY 11’S CHALLENGE: EMOTIONS**

**MAKE IT**

Using recycled toilet paper rolls let’s create Emotional Characters

**BEGINNER:**

Take one toilet paper roll and draw a happy or sad emoji.

**INTERMEDIATE:**

Take one toilet paper roll that still has some tissue on it and draw any emoji of your choosing on the front and back of the toilet paper roll. Using a second toilet paper roll cut a small circle in the front and a small strip off the top of the roll. Insert the first toilet paper roll inside and align the face with the cutout.

**ADVANCED:**

Take one toilet paper roll that still has some tissue on it and draw any emoji of your choosing on the front and back of the toilet paper roll. Using a second toilet paper roll cut a small circle in the front and a small strip off the top of the roll. Insert the first toilet paper roll inside and align the face with the cutout. Create 3-4 characters and make a family.

**SNAP IT, SHARE IT:**

Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #Emotions
CAL’S ARTWORKS CHALLENGE

DAY 11’S CHALLENGE: EMOTIONS

WRITE IT SHARE IT

Create the scene of the first time you will see your best friend again. Using the storyboard below fill in the picture and words that will be exchanged.

Once you’ve finished creating your short scene, act out how this meet up will go. You can share this on TikTok.

---

SING IT

Everyone loves a duet! What’s a song that you and your friends sing at the drop of a dime?

Choose a song that makes you happy, sad, or mad and sing it to a family member. Share the video with our TikTok!

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SNAP IT, SHARE IT Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #Emotions
CAL'S ARTWORKS CHALLENGE

DAY 12'S CHALLENGE: CONFLICT RESOLUTION

DRAW IT

BEGINNER: Make it beautiful! Color in the THINK Coloring page

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #ConflictResolution
INTERMEDIATE: Pick the best emoji to match each letter in the acronym “THINK.” Match one of the emojis provided below to each letter. In the circles below, draw a picture that uses each emoji you picked.

INTERMEDIATE: Assign an emoji to each THINK concept. Do the #EmojiFaceChallenge on TikTok using the emojis you picked to represent THINK.

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #ConflictResolution
DAY 12’S CHALLENGE: CONFLICT RESOLUTION

BEGINNER: It’s time to pretend. Work on your conflict resolution skills by acting out what is happening below. Then find a family member to take a picture of you acting out each picture and share it with us! #ArtWorksChallenge.

Conflict

Resolution

Conflict

Resolution

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #ConflictResolution
DAY 12’S CHALLENGE: CONFLICT RESOLUTION

SPEAK IT           WRITE IT

INTERMEDIATE: Think of a time someone made you angry or sad. Fill in the Word Bubble with the an “I” statement expressing your feelings about the situation. You can use this statement next time this conflict arises and encourage others to make their own “I” Statements.

Example:
I feel frustrated because I want to play with my friends when I’m bored. What I need is for you to play with me.

I FEEL

BECAUSE

WHEN

WHAT I NEED IS

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #MagicMath
CAL’S ARTWORKS CHALLENGE

DAY 12’S CHALLENGE: CONFLICT RESOLUTION

SPEAK IT  WRITE IT

ADVANCED: Think of a conflict you recently had, or make up a new conflict, and make a storyboard in the space below by drawing the scene in the box and write on the lines below the box. We challenge you to tell your story to us via social media. Use the hashtags #ConflictResolution and #ArtWorksChallenge

Example: Once, Jerry tried to tell me I was looking at a nine when clearly it was a six.
DAY 12’S CHALLENGE: CONFLICT RESOLUTION

SPEAK IT

BEGINNER/INTERMEDIATE/ADVANCED:
Create a dance to the Bruno Mar’s “Count on Me” and share it with your family. We challenge you share it with someone or on TikTok using the hashtags #CountOnMeChallenge and #ArtWorksChallenge

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #ConflictResolution
DAY 13’S CHALLENGE: MEDITATION

DRAW IT

BEGINNER: Take a deep breath, and get comfortable! It’s time to do some Mindful Coloring. Color in the pictures using your favorite colors that make you feel calm.
DAY 13’S CHALLENGE: MEDITATION

DRAW IT

INTERMEDIATE: Make a continuous line drawing! Using the space provided below pick a person, or object around you and draw it. However, you cannot lift your pencil from the page – the final picture will be one continuous line! See the example and remember this does not have to be perfect! Focus on relaxing, breathing deeply and having fun!

Example:

SNAP IT, SHARE IT: Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #Meditation
DAY 13’S CHALLENGE: MEDITATION

DRAW IT

ADVANCED: It’s time to Zentangle! Zentangle is an art form that uses different patterns to make a complete picture. Follow the steps and create some art. Remember, it doesn’t have to be perfect!

Step 1. Take a piece of paper and draw a line that winds around the paper and connects back to itself. Below is an example of how yours could look from start to finish.

Example:

![Start and Finish examples]

Step 2: Fill in the shape you create with some of the different patterns provided. Also feel free to look up more online or create your own unique patterns!
DAY 13’S CHALLENGE: MEDITATION

DRAW IT
ADVANCED: Draw your Zentangle below.
DAY 13’S CHALLENGE: MEDITATION

WRITE IT  SING IT  SPEAK IT

BEGINNER/INTERMEDIATE/ADVANCED: Create a self-affirmation mantra. A mantra is a saying or phrase you repeat to yourself out loud. For this meditation exercise you’ll need to pick a phrase, or sentence that means something to you. For example, your phrase could be “I am important.” The point of self-affirmation is to say something positive about yourself.

Write your self-affirmation here. “__________________________”

Now that you have your mantra, set a timer for 1 minute and say your phrase repeatedly to yourself out loud but quietly until the minute is up.

DANCE IT

BEGINNER/INTERMEDIATE/ADVANCED: It’s time for some yoga. Below there are some examples of yoga poses for different levels. Try them out. we challenge you to create a video of you trying the various poses and hare it on social media using the hashtag #KidsYoga #ArtWorksChallenge
DAY 14’S CHALLENGE: LEADERSHIP

WRITE IT DRAW IT

BEGINNER/INTERMEDIATE/ADVANCED:
Who do you think that would best fit each political position and why? Use family, friends, celebrities to fill the chart.

- **President** - the elected head of a republican state.
- **Vice President** - an official or executive ranking below and deputizing for a president.
- **Senator** - member of the senate.
- **Governor** - the elected executive head of a state of the US.
- **Mayor** - the elected head of a city, town, or other municipality.

**Example:**
I think the CAL Creators should be presidents because each creator has their own personality. Every personality can represent the different individuals that America has. I think Beyonce and Jay-Z should run our government because they work well together. Since everyone in America already knows who Beyonce and Jay-Z are, they can use their influence to make a change.

**Diagram:**

```
  Cal Creators
    ↓
  President
    ↓
  Vice President
    ↓
Senator
  ↓
Governor
  ↓
Mayor
```

**SNAP IT, SHARE IT:** Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #MakeAChange
DAY 14’S CHALLENGE: LEADERSHIP

WRITE IT    DRAW IT

USE THIS SPACE TO EXPLAIN WHY YOU CHOSE YOUR LEADERSHIP TEAM

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
CAL’S ARTWORKS CHALLENGE

DAY 14’S CHALLENGE: LEADERSHIP

INTERMEDIATE:

WRITE IT     DRAW IT

In the space below, write what these iconic leaders mean to you.

 SNAP IT  SHARE IT

Upload a video about yourself as a leader or your favorite famous leaders. Bonus: Upload a song or a rap using “Rosa Parks, Martin Luther King Jr., Barack Obama”
DAY 14’S CHALLENGE: LEADERSHIP

ADVANCED:

SPEAK IT  WRITE IT  SING IT  SHARE IT  DANCE IT  SNAP IT

Using the following guidelines create your own political campaign or 30 second hiring speech as to why you should be hired.

- Create a slogan. Every good campaign needs a catchy phrase.
- What are 2-3 skills you will bring to this position?
- What would you change in the world?

Steps:

1. Write your campaign or speech using the guidelines above.
2. Create a dance, song, or rap for your campaign or speech.
3. Record your campaign or speech via tik tok using the hashtag #MakeAChange
4. We encourage you to use the song “Nas – I can” as your background music or instrumental.

Kids who have made a change. #MakeAChange
DAY 15’S CHALLENGE: GRATITUDE

What does it mean to be grateful? It’s simply to show appreciation for the things that someone has done for you. Whether it’s a parent, teacher, sibling, or friend.

DRAW IT

FOR WHOM/WHAT/WHERE ARE YOU MOST GRATEFUL?
In the box below, draw a picture (as best as you can) of that person, place, or thing.

MAKE IT

CREATE A THANK YOU CARD FOR SOMEONE YOU CARE ABOUT.

Instructions:
- Take a piece of notebook paper/blank paper
- Fold the paper in half
- Decorate the front of the card
- Inside write a thoughtful letter and state why you are thankful for them

SNAP IT

Take a picture of that person reading the letter and use the hashtag #SmallGestures on TikTok or Instagram
DAY 15'S CHALLENGE: GRATITUDE

What does it mean to be grateful? It’s simply to show appreciation for the things that someone has done for you. Whether it’s a parent, teacher, sibling, or friend.

SING IT
Create your own version of the song “Respect” by Aretha Franklin using other words that express gratitude.

Tag us on TikTok and IG!

DANCE IT

Look at the ASL sign for Thank You.
Now try to create your own gesture that shows signs of gratitude. Such as a thumbs up or hug.

SNAP IT

Take a photo of something for which you’re grateful.

SNAP IT, SHARE IT Post your videos on TikTok + IG with #ArtWorksChallenge, #CALCreators, + #SmallGestures