

Hidden Voices

Music and Art



Art can be a great way to express ourselves.. Sketching, doodling and colouring can be a positive focus for our busy minds, and music can be a good way to get us in the creative mindset.

It doesn't have to be drawing, perhaps you enjoy knitting or sewing.

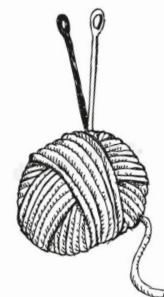
So follow these simple steps and see where the music takes you.

Choose an album or a playlist, or switch on the radio. There might be a band or musical genre you particularly enjoy. This could be a favourite rock album, or Classic FM, or a grime playlist - anything goes!



Grab some paper and a pencil and start drawing. You can draw something in the room, a bowl of fruit for example, or simply start doodling.

Alternatively, colouring books designed for adults are popular, and those who have a colouring book at home could dig out some crayons and create something vibrant. If you have access to the internet and a printer then a quick search should turn up some free images to colour in.



Knitting and sewing are also great creative activities to do while listening to music.

Get creative. Don't worry about creating a masterpiece! Listening to some good tunes can get the creative juices flowing, so just let yourself go.

