

Fruit Bowl Still Life

What's so great about arts and crafts?

- › Art is a great way to get creative and think outside the box. It encourages us to use our imagination, which can be hugely positive for our wellbeing.
- › Making art can help to improve fine motor skills and enhance creative problem-solving abilities.
- › Art can also be a calming activity that helps us to focus on what we are doing rather than on worries or stresses in our lives. Taking time out to concentrate on nothing else apart from creating what is in front of us can be a great way to relax.
- › Spending time on art may even lead to the discovery of a lifelong passion. Many people who love art go on to become professionals in one of the fields they choose, such as music, dance or visual arts and crafts.

Create your own nutritious art

Create your own art piece using fruit as your model. Set up a fruit bowl with all of your favourite, most colourful and diverse fruit and draw or paint it in as realistic or contemporary a way as you like.

Step 1: Set up your fruit in the bowl how you like it – loads of different fruit makes it interesting!

Step 2: Draw the fruit and bowl – it can be as realistic or as “modern art” as you like.

Step 3: Paint or colour your drawing to make it come alive.

Step 4: Upload a photo or video of your masterpiece for a chance to be featured on Laya Super Troopers TV.

Remember to upload pictures or videos of your masterpiece in the creation stages to layasupertroopers.ie and they may be featured on Laya Super Troopers TV!



Check out
layasupertroopers.ie
for more fun tips
and activities!