



35 Art Maps:

35 Frameworks on how to reintegrate visual arts into everyday life, from facilitating to creating

Recognize to Understand

- [Art, A portal](#): Impact and the Ripple Effect (SAMPLE)
- [Five Ingredients to Connection](#): Connection-driven Design (SAMPLE)
- [Transformative Images](#): Reframing and Reimagining
- [Intention](#): The Driving Force
- [Balancing Practice and Making Art](#): A Healthy Art Journey (SAMPLE)
- [Community Art VS Art Therapy](#): Gifts and Dangers

Open to Empathize

- [3L Agree to Break Free](#): Three Core Commitments (SAMPLE)
- [Friending the Inner Critic](#): Developing Creative Confidence
- [Empowering Truths](#): Disrupting Misleading Art Myths
- [Let's Do It!](#): Creating a Culture of Possibility
- [Arts-Based Knowledge](#): Learning and Building from Perspectives
- [From Sensory to Analytical](#): Journaling and Debriefing Insight

Strategize and Apply

- [Revitalizing Creative Culture](#): Tips for Ongoing Groups
- [Uncertainty, A Gateway](#): The Birth for Innovation
- [Visual Art Footprint](#): Conscious Material Choices

- [Visual Art Embodiment](#): Bridging the Visceral with Intellectual
- [Fear of Drawing](#): Tackling Visual Art Anxieties
- [Process VS Product](#): Intention and Systems Thinking
- [Visual Arts and Appropriation](#): Navigating Influence and Integrity

Nurture and Sustain

- [Chromatic Mood](#): The Emotional Impact of Color
- [You as the Portal](#): Responsibilities of Being in Service
- [Critiquing Art](#): Feedback for Works-in-Progress
- [Artistic Tension](#): A Doorway to Interpersonal Growth
- [Self-care and Facilitation](#): Tools for Grounding
- [Money](#): Competition, Lifestyle, and Participatory Ethics
- [Co-Facilitating Visual Art](#): Do's and Don't's

Practice

- [Color Magician](#): Perception or Illusion
- [Drawing Shortcuts](#): From Frustration to Representation
- [Blending Layers](#): Integrating multiple works of art into one
- [Beyond Brushes](#): Creating outside the box
- [Go Big](#): Tricks for Scaling Up
- [Making Meaning](#): Metaphors, Symbols, and Representation
- [Composition](#): Design for Visual Impact