





2gather consists of 12 easy to follow art activities aimed at increasing feelings of connectedness.

These activities are meant to bring joy and fun, it does not necessarily need to look good.

You and your buddy (i.e. grandchild, child, nephew/niece or siblings) will need to use your senses and take notice of what you smell, see, hear, taste and feel.

We hope that you will feel refresh through positive interactions as you work **2gather** to complete the task through experimental play and spontaneous art-making.

2gather is about coming together and emerging with stronger bonds. Enjoy the process!

ARTFOLD

believes in the transformative and healing power of the arts.

We work with various segments of society as accredited art therapists and social worker.

The team is committed to create a contagious atmosphere of creative playfulness and loving acceptance through various community based projects.

2gather, proudly sponsored by SG Strong, is our way of showing support and encouragement during this unprecedented season.

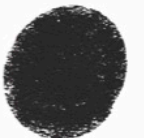
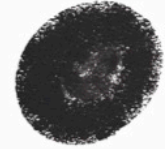
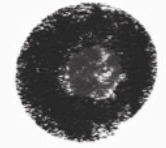
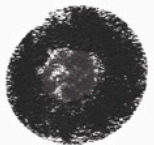


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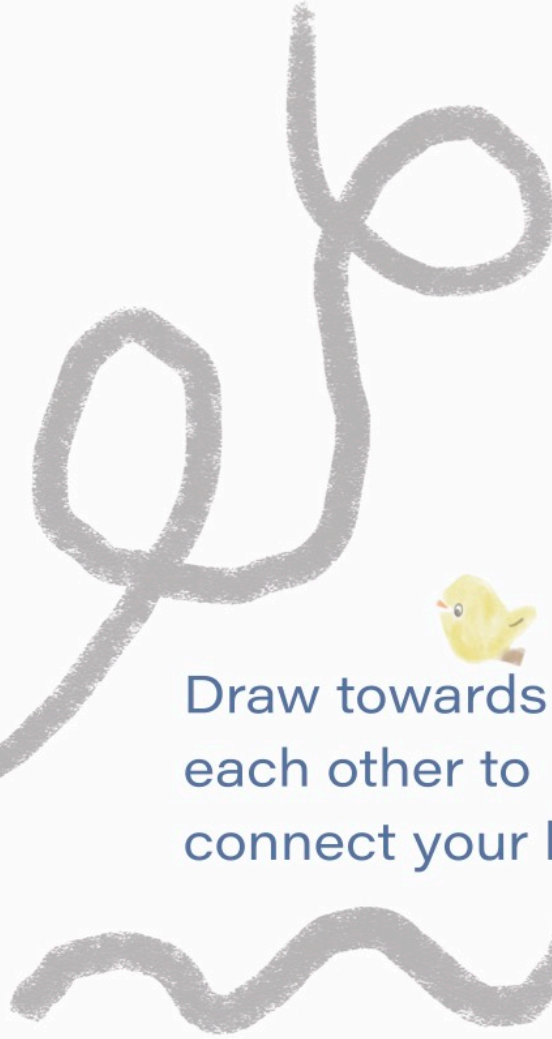


Draw what you see...

Look into each other's eyes for 10 seconds!



Choose a dot each.
Count to 3.



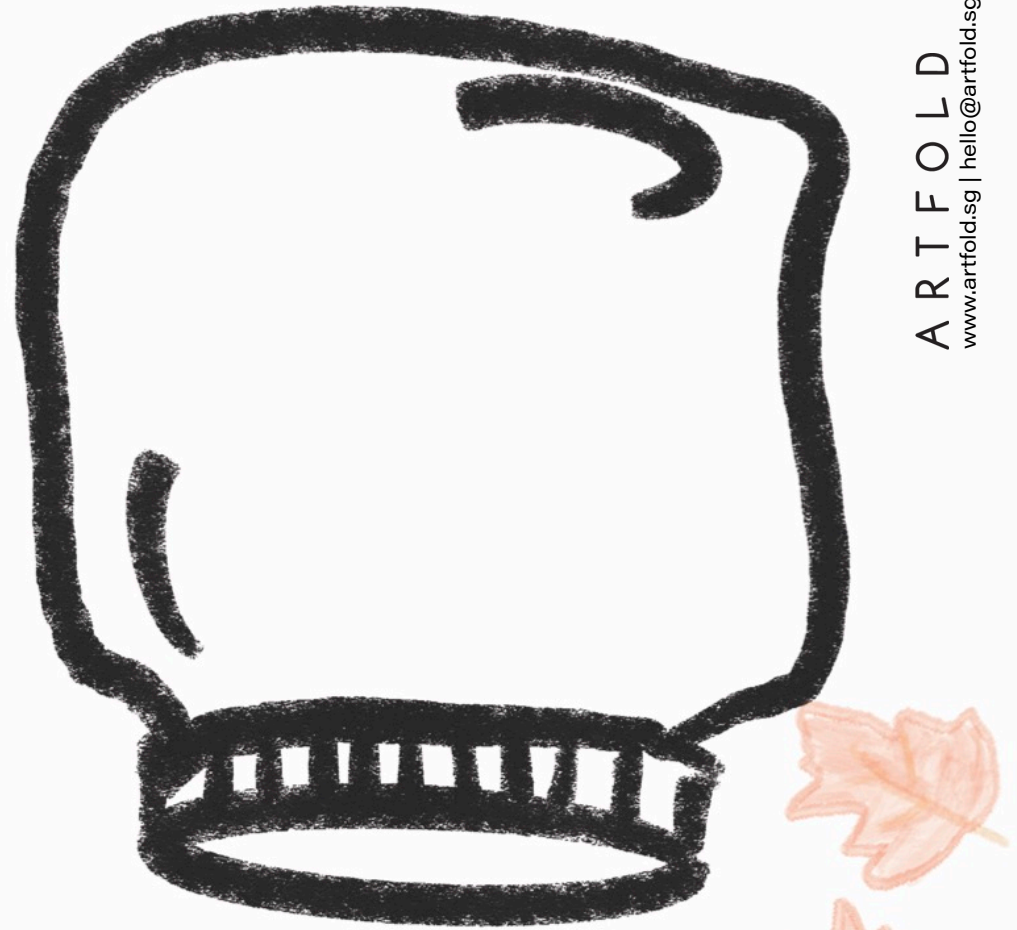
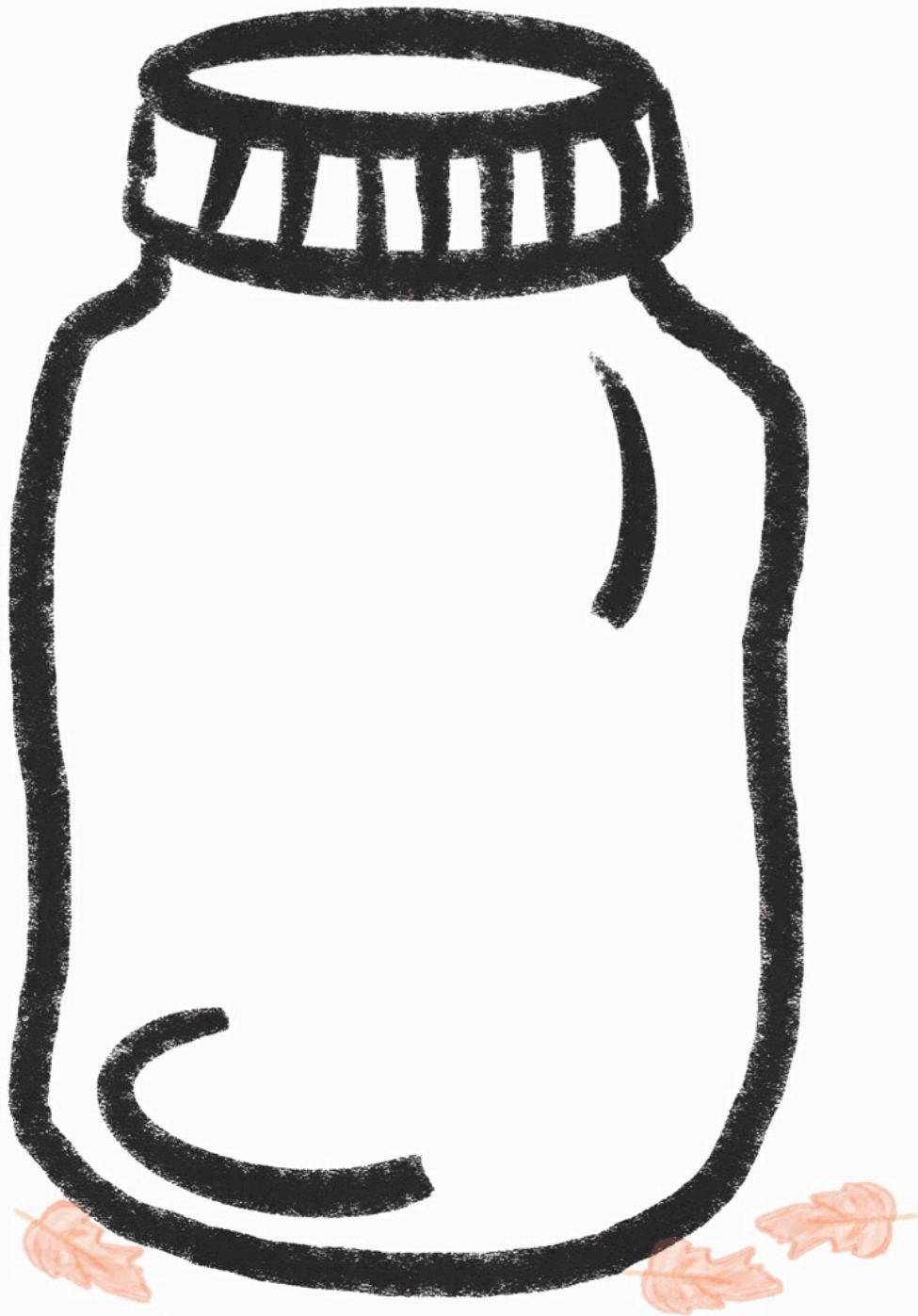
Draw towards
each other to
connect your lines.

Repeat as many times as you like.

Trace each other's
dominant hand.



Write a message/draw a picture
for each other on the traced palms.



Close your eyes.
Take 5 deep breaths.

In the jar,
Draw all you've smelled.

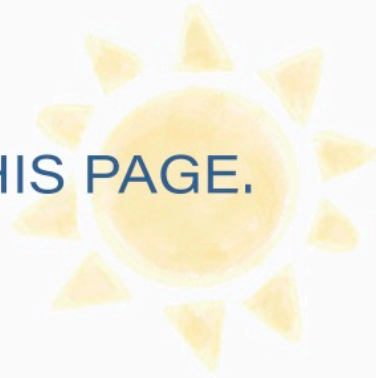
Take turns to



transform this line.



DO NOT FLIP THIS PAGE.



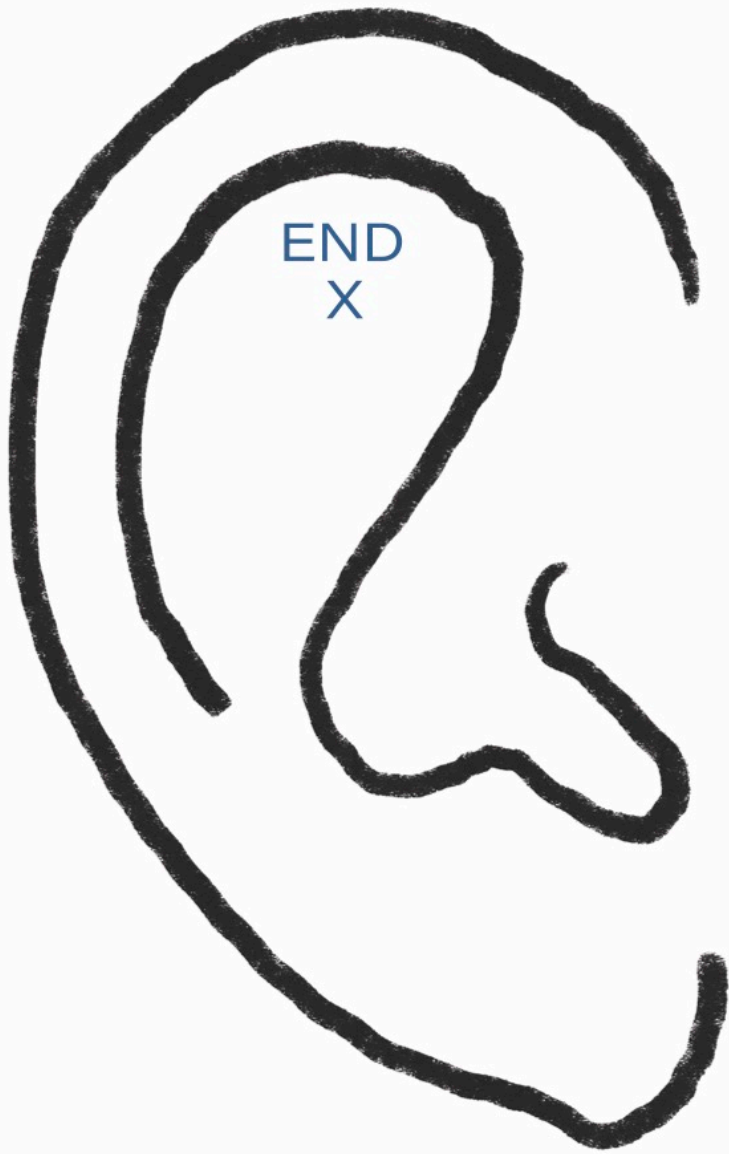
Player A

- 1) Pick a pen/pencil
- 2) Place the pen/pencil at the start point
- 3) Close your eyes.

Player B

- 1) Flip this page
- 2) Provide directions leading "A" to the end point.

Fold/ Tear along the dotted lines.



END
X

X
START

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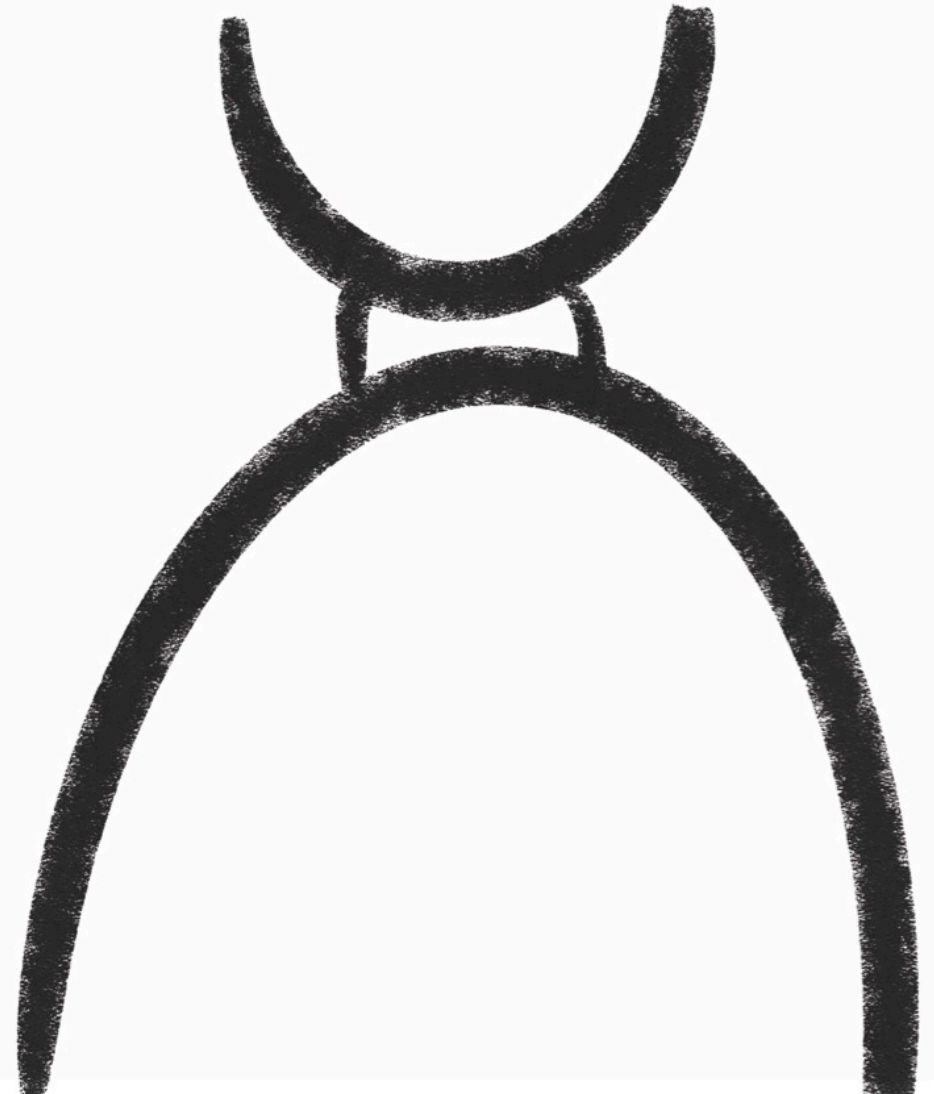
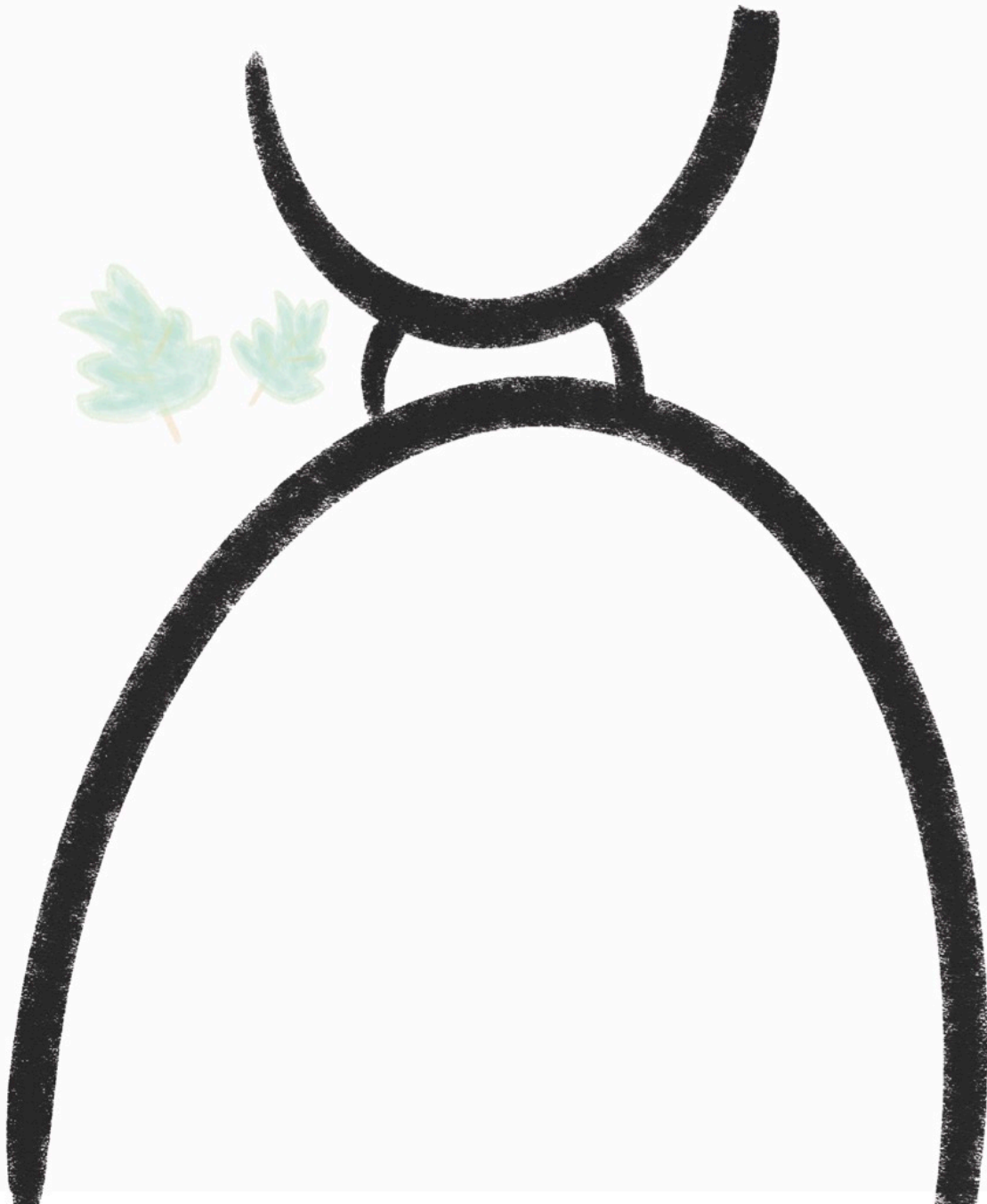
Take turns to
dip into the
mystery bag.



Create a monster
with the materials.

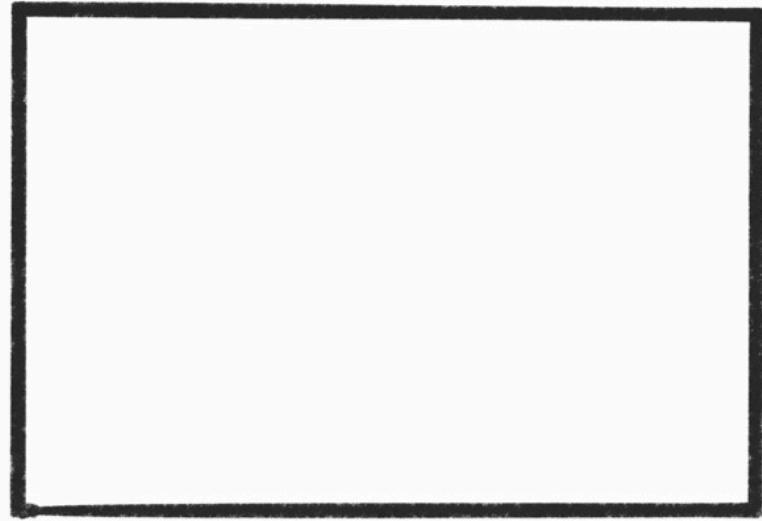
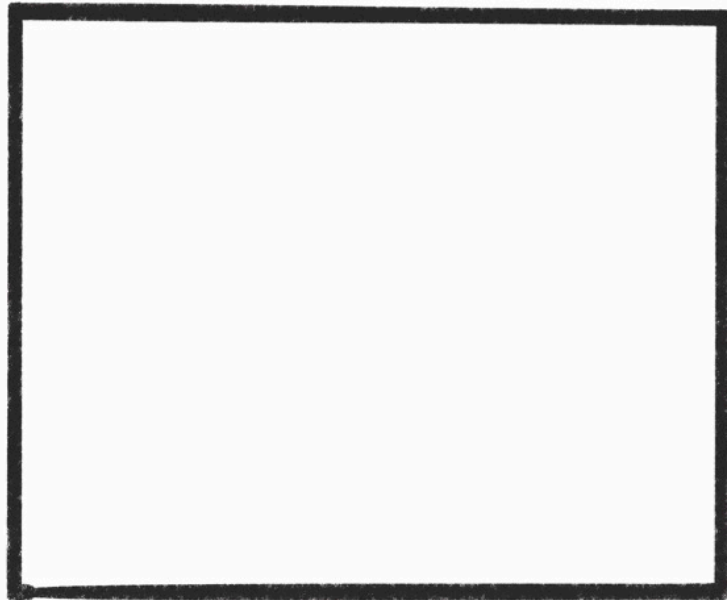
Using a finger, take turns to draw on each other's backs.

Re-create the image you felt on your back.

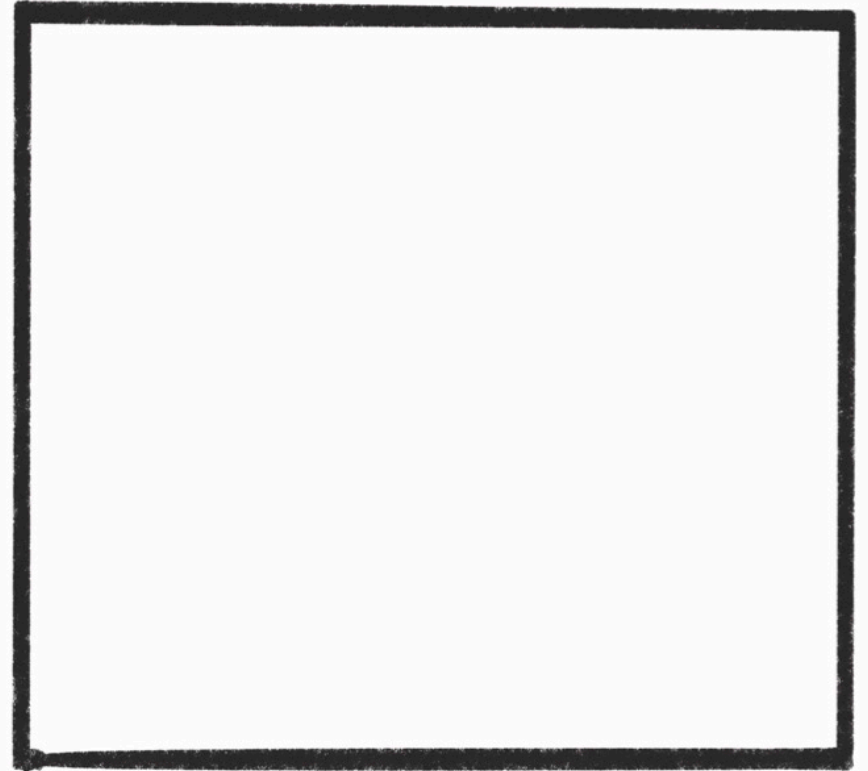




Draw out the word written
on the corner of the page.



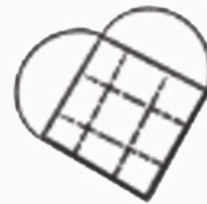
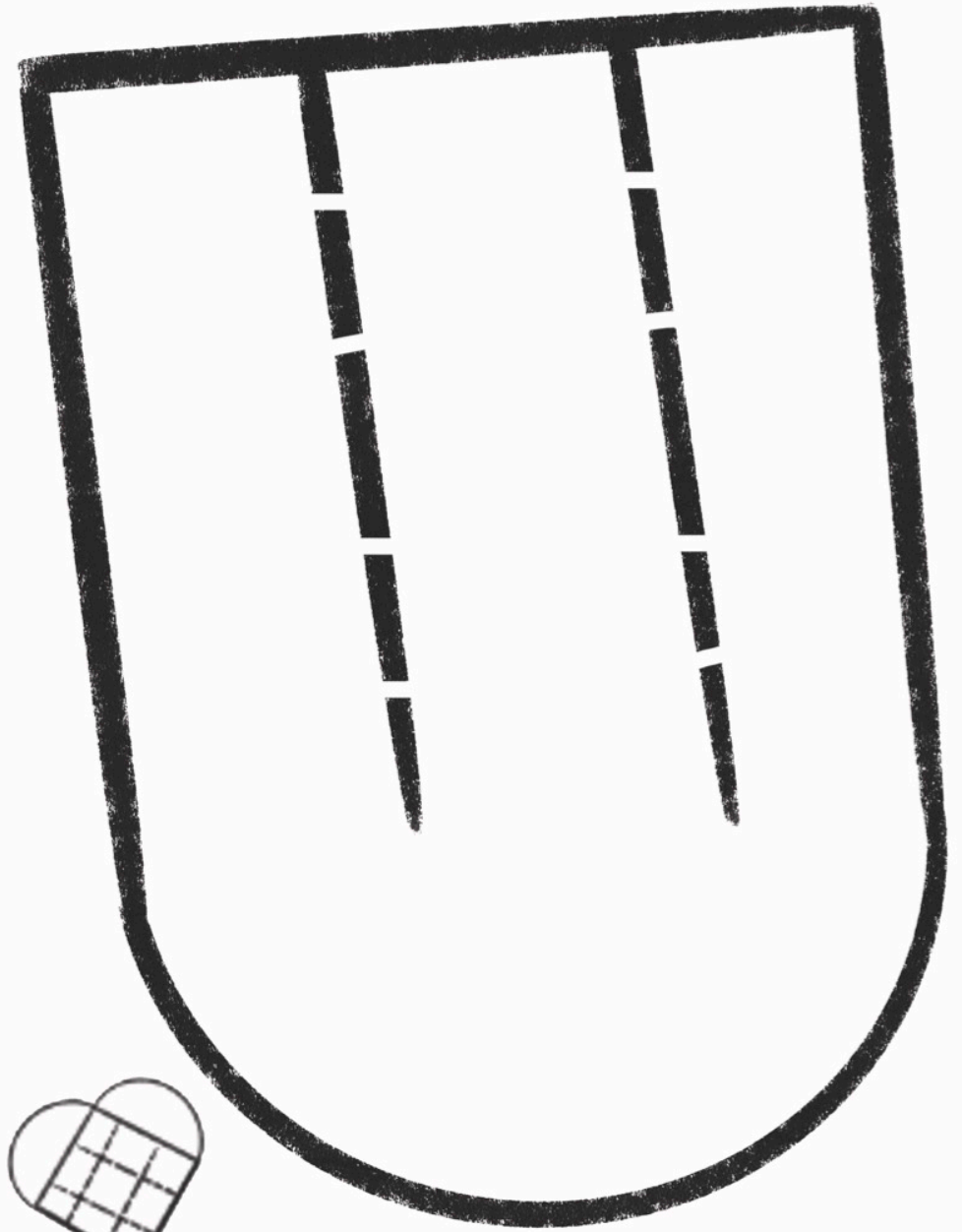
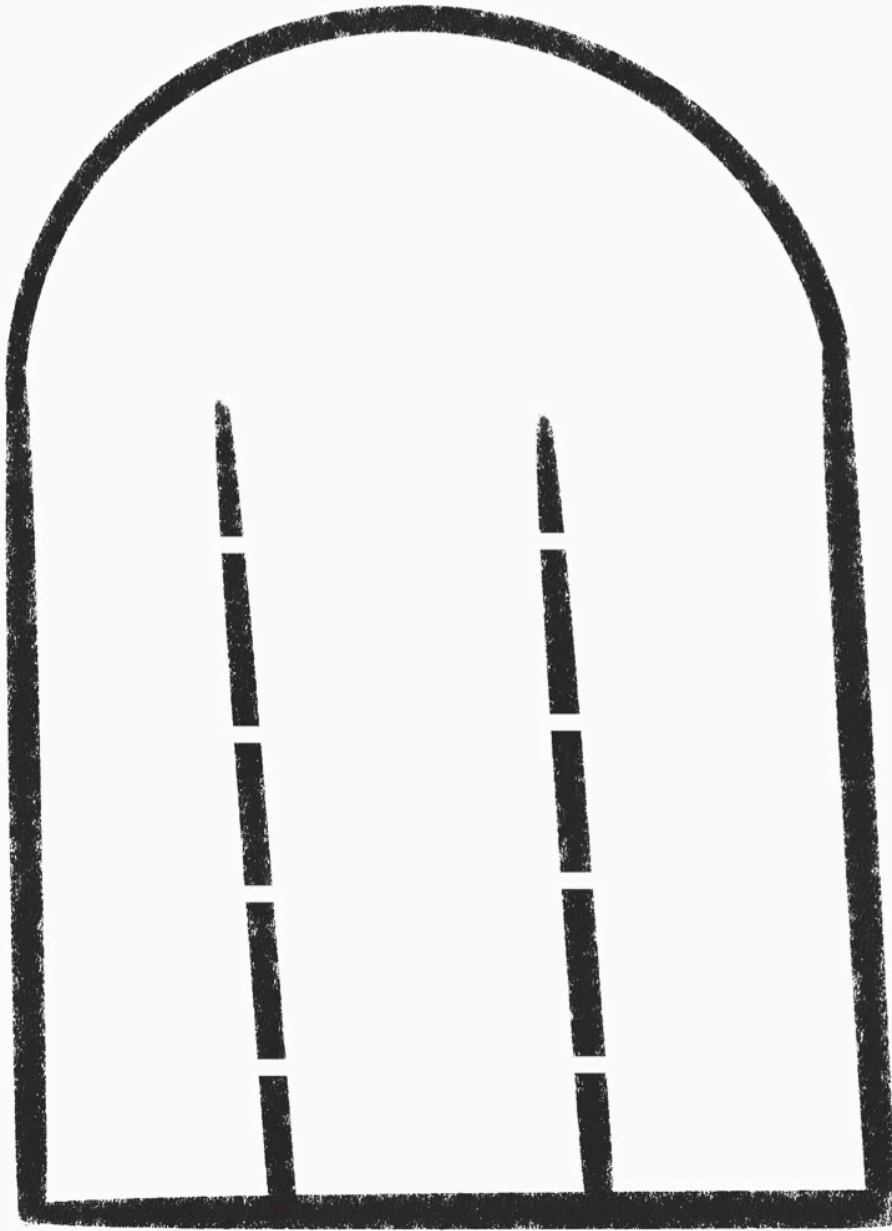
Can you guess the word?



Write a word and fold a dog-ear.

Write a word and fold a dog-ear.

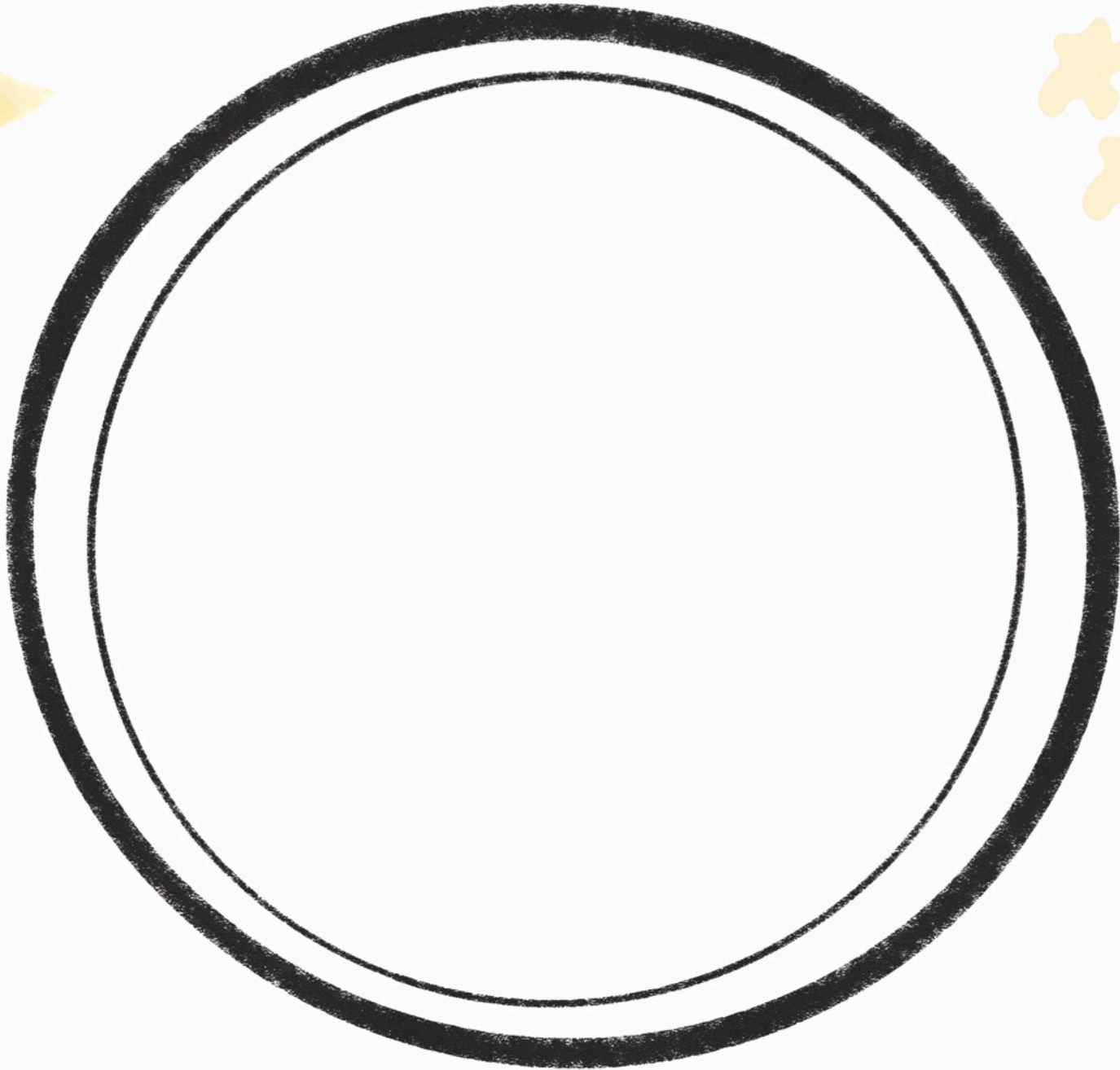
Colour each half.



Tear them out and weave a heart

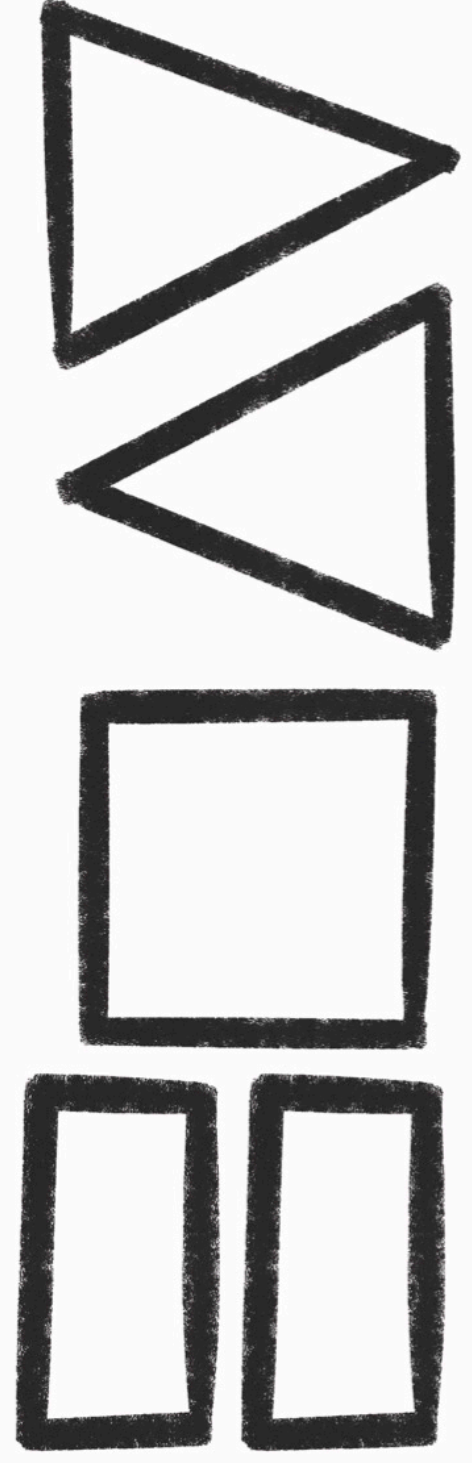
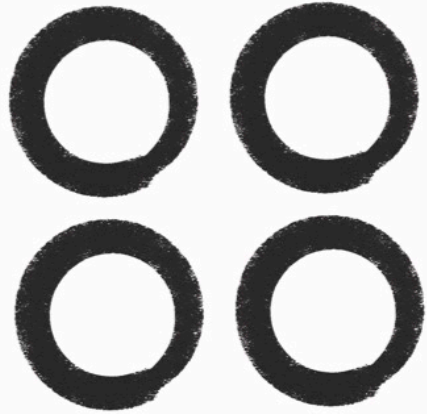
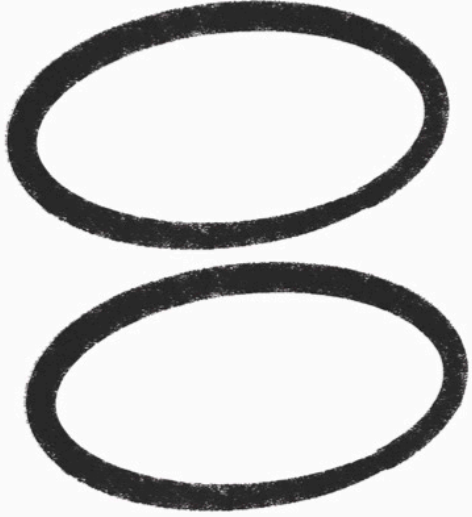
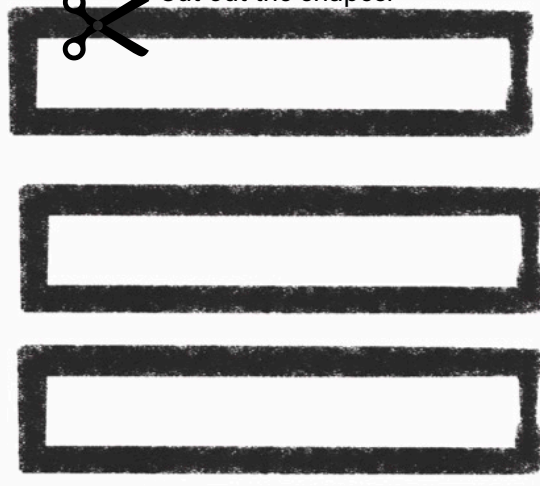
together using only one hand each.

Using the shapes, prepare a meal together





Cut out the shapes.



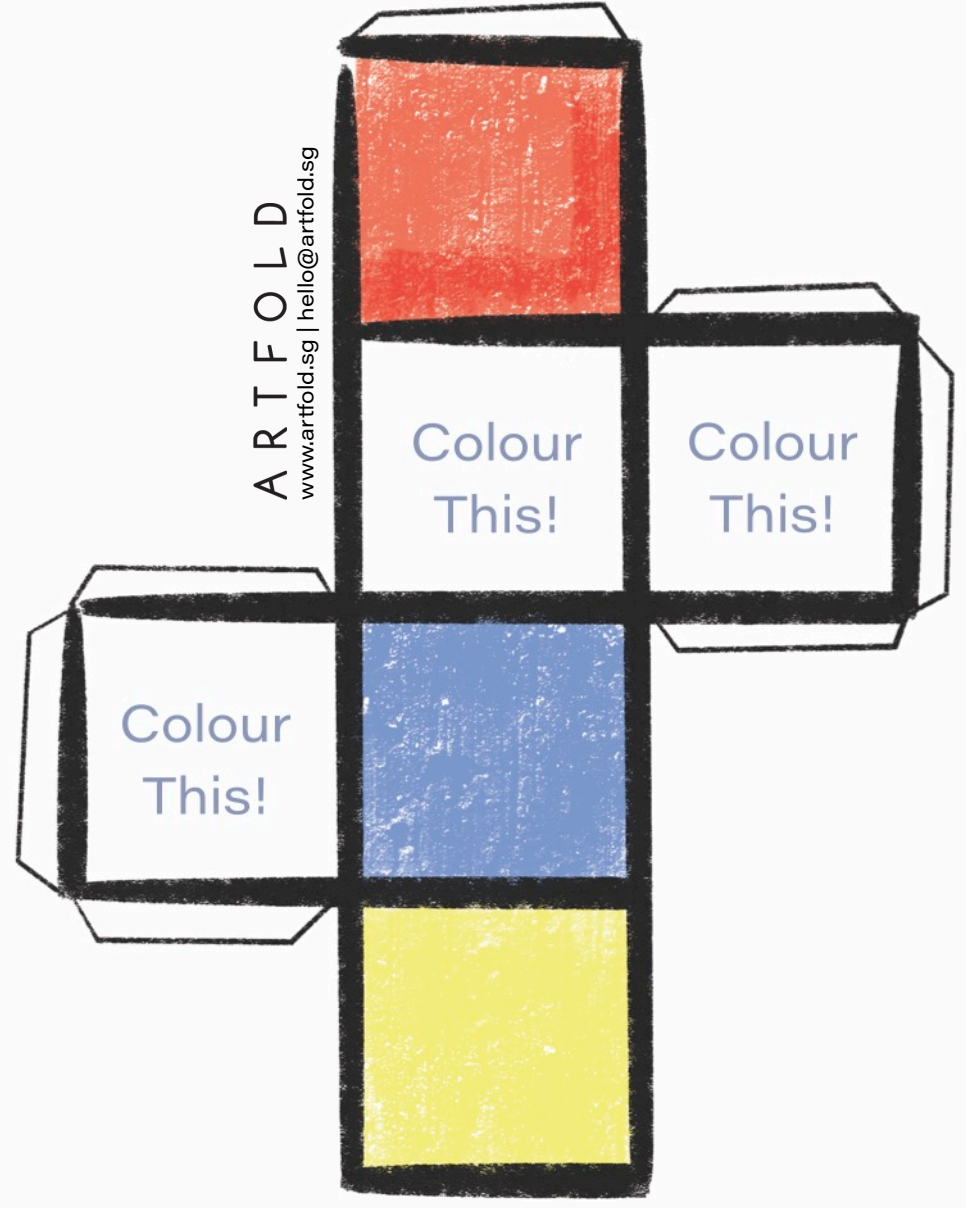
Take turns to roll the die



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and add colour(s) to the canvas.

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Tear out and fold to create a die.