



**WHAT IS ART & WHY
IS IT IMPORTANT?**

WHAT IS ART?

- any creative work of a human being
- a form of expressing oneself
- resides in the quality of doing; the process is not magic
- an act of making something visually entertaining
- an activity that manifests the beauty (What is Beauty in Art?)
- the mastery, an ideal way of doing things

THE IMPORTANCE OF



Association for

WHY IS IT IMPORTANT & POWERFUL?

- **It has the power to educate people about almost anything.** It can create awareness and present information in a way that could be absorbed by many easily. In a world where there are those who don't even have access to good education; art makes education an even greater equalizer of society.
- **It promotes cultural appreciation among a generation that's currently preoccupied with their technology.** In fact, it can be said that if it weren't for art, our history, culture, and traditions would be in more danger of being forgotten than they already are.



It accesses higher orders of thinking. Art doesn't just make you absorb information. Rather, it makes you think about current ideas and inspire you to make your own. This is why creativity is a form of intelligence – it is a special ability that unlocks the potentials of the human mind. In fact, studies have shown that exposure to art can make you better in other fields of knowledge.

- It ***breaks cultural, social, and economic barriers***. While art can't really solve poverty or promote social justice on its own, it can be used as a leveled playing field for discourse and expression. The reason why everyone can relate to art is that everyone has emotions and personal experiences. Therefore, anyone can learn to appreciate art regardless of their social background, economic standing, or political affiliation.

How art therapy
can heal us?





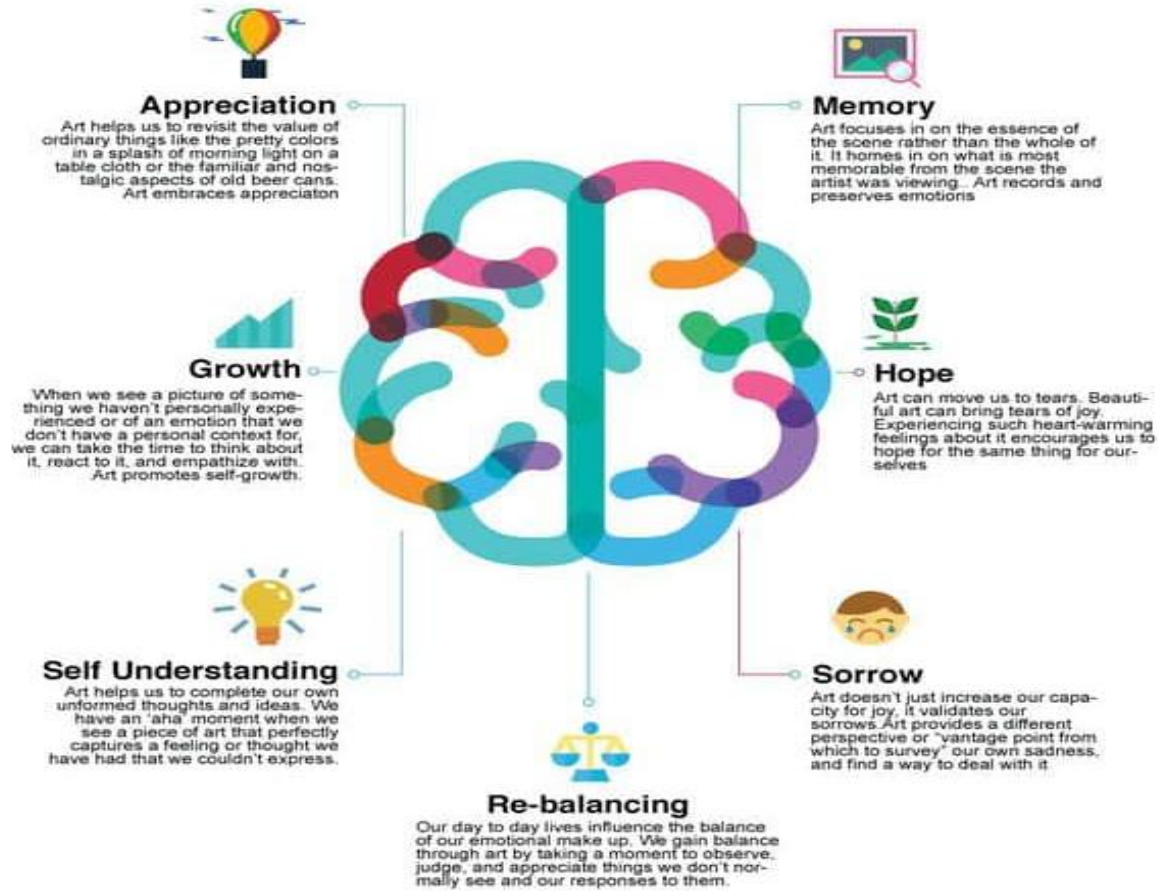
ART HEALING

- **A:** Art is healing because it forces you to forge a connection between your mind and your body. Unlike [exercise](#), which works your body, or [meditation](#), which clears your mind, art-making accesses both mind and body to promote healing. Every time you sit down to write a song or paint a picture, you're using mental processes in a physically engaging activity.

Art As Therapy

How art helps us grow and evolve in our understanding of ourselves, each other, and the world we live in?

Based on the book Art as Therapy, Alain De Botton and John Armstrong identify seven functions of art



Art is not a handicraft, it is the transmission of feeling the artist has experienced - Leo Tolstoy