

## **Loose Parts Art**

Using nature and other small objects, create impermanent pictures, designs, and mandalas.

Laminated photos are provided to inspire you.

Loose parts art is also called “transient art”.

Transient art is - art that is moveable.

Research shows that art experiences can boost confidence, and alleviate anxiety, depression and stress.

To access this activity's translations, scan this QR code:



Or go to: <https://bit.ly/ocdenatureart>