



Art-based learning activities

The goal of arts-based learning is to create immersive learning experiences to help people gain new insights and perspectives about business challenges. Below are some examples of art-based learning activities using communication skills, creative problem solving, collaboration and team bonding.

Team based activities:

Back-to-Back Drawing

For: Communication skills

What you'll need: Paper, pens/markers, printouts of simple line drawings or basic shapes.

Instructions: Split your group into pairs and have each pair sit back-to-back. One person gets a picture of a shape or simple image, and the other gets a piece of paper and pen. The person holding the picture gives verbal instructions to their partner on how to draw the shape or image they've been given without telling them what the shape or image is. After a set amount of time, have each set of partners compare their images and see which team drew the most accurate replica.



Build Something: Marshmallow Spaghetti Tower

For: Creative problem solving and collaboration

What you'll need: 20 sticks of uncooked spaghetti, 1 roll of masking tape, 1 yard of string, and 1 marshmallow for every team.

Instructions: Use these supplies to build the tallest tower that has the marshmallow at the top. The structure has to stand on its own for five seconds.

Group Painting Mural

For: Team building

What you'll need: Pre-drawn canvases, paints and brushes, a drop cloth or tarp

Instructions: Give each member of your team a canvas and brush and let everyone create a colorful masterpiece on their canvas. They can be put together and displayed in your office as a mural.

Individual activities:

Paint/Draw: Draw or paint your emotions. Focus entirely on painting what you're feeling.

Create a sculpture of your feelings: Sculpt a physical manifestation of what you're feeling.

Put together a journal: Make an art journal to visually express emotions with drawings, collages, and doodles.

Paint a mountain and a valley: The mountain can represent a time where you were happy. The valley represents when you were sad. Add elements that reflect specific events as well.

Create an emotion wheel: Using color, this activity will have you thinking critically about your emotions.

Sources: Healthline.com, Everydayhealth.com, Wrike.com, Fellowshiphall.com*

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