



20 ways to find everyday AWE in ART & MUSIC

1. Listen to your favorite album or piece of music
2. Read a great work of literature
3. Watch a movie with an awe-inspiring story
4. Color in a coloring book
5. Write a letter to your younger self
6. Put on your favorite song and dance
7. Read a biography of an inspirational figure
8. Attend the latest exhibition at an art gallery
9. Make a birthday present for a friend
10. Take a pottery class
11. See a ballet performance
12. Take a bite of a freshly-baked cookie
13. Listen to a piece of classical music
14. Look at a piece of art
15. Complete a puzzle
16. Build something out of legos
17. Visit your local library
18. Attend a music festival
19. Get writing - start a book
20. Sign up for a painting class