



ART AT HOME!

Art Mail

~ Regina Scudellari-Ponemon, Hospital Artist-In-Residence at Mount Sinai Hospital

This tutorial is meant to inspire you to sit down and reach out to someone via a piece of Art Mail. I would also encourage everyone to consider Art Mail as the perfect way to expand and actively express your daily gratitude practice (if you already have one or wish to begin one)- simply make and send these special pieces of art to someone who comes to mind when you ponder what made you feel grateful today. One reason that I am presenting this project option is that we are all currently practicing socially distancing as a result of COVID-19 and reaching out to someone via Art Mail is a great option for staying in touch right now. Another reason that this is a perfect form of communication is the old-fashioned *thank you note*. Right now, there are all kinds of folks whose jobs are deemed essential and who are on the front lines, working hard to keep the rest of us safe. I love art that has a practical application and an Art Mail thank you card is the perfect way to express gratitude for their hard work, sacrifice and dedication.

Art Mail is also a wonderful way to mark any special occasion- perhaps a great daily creative practice would be to create one card each day and then send it out into the world- whenever!

For inspiration: <https://www.wikiart.org/en/artists-by-art-movement/mail-art#!#resultType:masonry>

Materials needed:

- paper
- scissors
- glue/gluestick
- tape
- postage stamps for getting the piece to its recipient (unless you intend on hand delivery). Postage stamps are an important part of the piece and I collect stamps that I love for both their color and design.
- ready made cards and envelopes
- collage /photo copy/ and any paper that can be recycled
- books and old photos (photo copy originals and play with reducing: enlarging the image on a copier).
- rubber stamp, stickers or hand drawn designs. The sky is really the limit with this miniature art form

EXAMPLES BELOW:



