

Creativity Prompt

Life is Art, an AI Fresco 4'33"

Description

Take a walk and listen to the music around you.

Goal

To connect to the music in nature by immersing yourself in fresh air, using active listening, and unplugging from the digital world.

Time to Complete

Approximately 4 minutes and 33 seconds (per John Cage's infamous silent composition), or however long feels right to you!

Number of Participants

You can do this activity by yourself

Materials

Timer (optional)

Paper and pencil (optional)

Instructions

Ponder this quote:

"I think everything in life is art. What you do. How you dress. The way you love someone, and how you talk. Your smile and your personality. What you believe in, and all your dreams. The way you drink your tea. How you decorate your home. Or party. Your grocery list. The food you make. How your writing looks. And the way you feel. Life is art." -Helena Bonham Carter

Set a timer for 4 minutes and 33 seconds (4'33") and head outside for a short stroll, a sit on your front stoop or even by an open window.

Allow yourself to be silent and focus your hearing on the sounds around you. There is a symphony of sounds all around you! Maybe you hear birds singing, a car horn, rustling leaves, your feet hitting the sidewalk, a dog barking, a siren, or the wind in the trees.

When your timer buzzes/beeps/bloops/honks find a spot to sit and write/draw a short note or journal entry and make a catalogue or list of some of the things you heard.

Reflect on what you observed during your time listening. What did you like? What did you learn?

Optional Add On

Learn more about John Cage's 4'33", good places to start: [NPR](#) and johncage.org

Sharing Suggestions

Share your list with a friend! Comment on this Facebook post or tag us in an Instagram story!