

Colors that Sing

CREATIVE SELF-CARE WITH WASSILY KANDINSKY

Wassily Kandinsky is often called
the father of abstract art,
but his work was rooted in something
deeply personal:
he experienced a condition called
SYNESTHESIA.

He could *hear* colors
and see music.

For him, painting was like
composing a symphony,
with colors and shapes as his notes.

His art reminds us of something important:

**CREATIVITY CAN GIVE FORM
TO FEELINGS,
EVEN WHEN WORDS
FALL SHORT.**



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BETTER WITH ART



detail from
Composition VIII
1923

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GIVE IT A TRY

🎨 Gather some art materials you enjoy using,
or whatever is close at hand...
markers, colored pencils, watercolors, even crayons...

🎵 Choose some music.

Settle in and listen for a moment.

🖍 When you're ready, start making marks.
Lines, simple shapes, areas of color.
Let the music lead.

TAKE IT FURTHER

Use separate pages to compare
how different types of music influence
the art you make in response.

**WE CAN TUNE IN TO
AND EXPRESS
EMOTIONS
WITHOUT NEEDING WORDS.**



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EXPRESS YOURSELF

JOURNALING PROMPT

What emotions did you notice while letting your art “sing” on the page?

If you didn't come to this free resource from its companion BETTER WITH ART video, with a different Kandinsky-inspired creative self-care art prompt, you can check it out here:



[Centered on Kandinsky.](#)

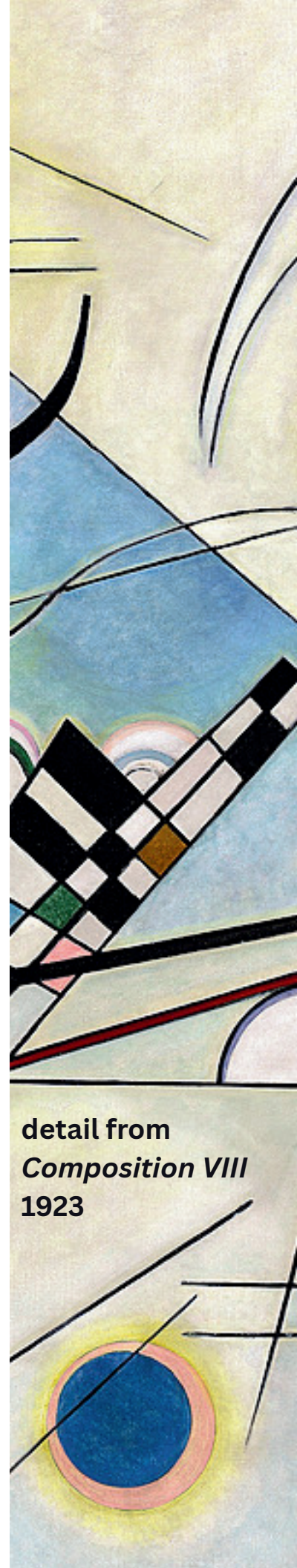
You can find the printable grids mentioned in the video on the final two pages.

**LISTEN.
FEEL.
MAKE.
SEE.**



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**COLOR
IS A POWER
WHICH DIRECTLY
INFLUENCES
THE SOUL**

Wassily Kandinsky

Impression III (Concert), 1911

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