

Make Art Anyway

MATISSE-INSPIRED SHAPES AND CREATIVE COURAGE

When illness and limitations made it hard for Henri Matisse to paint, he didn't stop creating—he picked up scissors instead, and created bold, joyful works that changed modern art. He called it *drawing with scissors*.

If your creativity looks different than it used to—
that's okay.
If you don't have hours or energy to spare—
that's okay.
You can still create something beautiful.

**LET MY MATISSE-INSPIRED SHAPES
ON THE NEXT PAGE
INSPIRE YOUR OWN
UNIQUE PAPER CUT-OUTS.**



detail from
Icarus, 1944



REMEMBER... NO DRAWING, JUST CUTTING



**FEEL FREE TO CUT THESE OUT TO GET YOUR HAND AND
SCISSORS MOVING TOWARD YOUR OWN COLORFUL SHAPES**



Make Art Anyway

**CREATIVITY TAKES COURAGE.
— HENRI MATISSE**

GIVE IT A TRY!

✂ Cut shapes directly—don't sketch them first.

🌈 Use colored or painted paper.

*Have an art paper stash you wonder how to use?
Miss making painty papers or luscious gel prints?
Now is the perfect time to jump back in!*

🌀 Arrange your shapes freely—
on paper, in your art journal, or just play.

✎ Add to your creative self-care with optional
journaling prompts on the next page.

**LET CREATIVITY
MEET YOU WHERE YOU ARE.
SHOW UP, EVEN IN SMALL WAYS.
YOUR ART IS STILL YOURS.**



melindavanry.com

BETTER WITH ART

details from
*The Sheaf
(La Gerbe),
1953*

Make Art Anyway

**BECAUSE WE ARE
BETTER WITH ART.**

JOURNALING PROMPTS

When has your creativity looked different
than you expected?

What kind of art-making fits this season of your life?

What would change if you gave yourself permission
to create “imperfectly”?

If you didn't come to this free resource from
its companion BETTER WITH ART video,
you can check it out here:



Make Art Anyway:
Matisse-Inspired Shapes
& Creative Courage

**EVEN A FEW MINUTES OF
CREATIVE PLAY IS VALUABLE.
DON'T WAIT FOR PERFECT.
JUST START.**

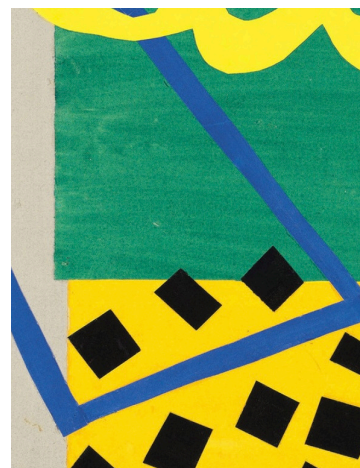


melindavanry.com

BETTER WITH ART



details from
The Codomas



(Les Codomas),
1947

