

A Tactical Guide for Physical Activity and Social Connection



Public art attracts attention and creates cultural energy that can transform a community. Use art in its variety of forms to beautify any neighbourhood space and encourage greater activity and connection among residents. Here are a few ideas to get started:

1. Yarn bombing

Try this relaxing activity and beautify your neighbourhood by **yarn bombing** some nearby trees! Use environmental friendly textiles whenever possible!





Source: The Mandala Trees, managed by Diny Slamet and crocheted by members of the best yarn society, by: Dianne Walker, https://www.instagram.com/p/Ccu6anrvo3q/

2. Furnish your space

Seats can be used for rest, physical activity (think tricep dips), and connecting with others. **One bench at a time**, you can come together with others or help others use space comfortably. You can even add a side table, lantern, and carpet to finish the look!



Source: Soap Street, Manchester, by: Westport 1946 https://www.flickr.com/photos/91968926@N08/13227975543

3. Turn Trash into Treasure

Turn your local garbage can into a work of art! Let your creativity, family history and culture, and sense of humor shine! Learn more at **upcycleart.info** and **Mosaic Tile Trash Cans** for more upcycled art info in public space.





Source: Trash can makeover by Old Oakland Neighbors, By Juan Lopez, New World Mosaics, https://newworldmosaics.com/

4. Beautify alleyways and fences with art

Try painting some artwork on a fence to brighten your neighbourhood space and express the local culture.



Source: Siobhan Joseph Art, Squamish Arts Council Mural Walk, photo by Our Squamish, https://www.downtownsquamish.com/squamish-mural-walk/

5. Fairy trail

Spark your own and your kids' imaginations by creating your very own fairy trail through the forest. Post a treasure map for others to find the fairy houses and do some magic in your neighbourhood.



Source: Fairy trail, By Emily Faber of Sinclair Broadcast Group, 2020] https://abc6onyourside.com/news/offbeat/follow-this-new-york-city-fairy-trail-for-a-magical-and-miniature-scavenger-hunt

6. Rock the trails

Placing painted rocks along trails is a great way to engage people of all ages and abilities and can be used as art, as part of a scavenger hunt or to encourage play. Another idea: bring a smile to the faces of your neighbours with a simple, quirky signboard!







7. Painted Roads

Get a neighbourhood group together to plan and execute some street art that can last until the next rainstorm! Corn starch paint is inexpensive, temporary and easy to apply, and has the added benefits of enlivening your space and potentially calming traffic.





Source: C. Costas

Here's more:

- Install trail and park art.
- Organize an art scavenger hunt that is accessible to everyone.
- Host holiday decorating contests (e.g., holiday home tours) to encourage neighbourhood walks/wheels in the winter.
- Decorate the trees in your front yard, leave the lights up all winter and encourage your neighbours to do the same.
- Knit a big scarf or other object and wrap it around the house or trees of refugee families as a welcome.
- Build a "gnome home" on the boulevard.

For more information about how to Activate Your Neighbourhood, visit activateyourneighbourhood.ca.

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