Unlocking the Imagination
A Creative Arts and Positive Mental Health Partnership
“Participating in the arts and being creative is good for mental health and wellbeing!

How will you Act, Belong or Commit to the arts and take positive steps to improve your mental wellbeing? Find out more at act-belong-commit.org.au”
The arts and being creative help us to maintain our mental wellbeing, express who we are, connect us to our world and to each other.

It’s as simple as A-B-C

**ACT**
**DO SOMETHING**

**BELONG**
**DO SOMETHING WITH SOMEONE**

**COMMIT**
**DO SOMETHING MEANINGFUL**

Big or small, write or sketch how you commit to the arts being part of your life.

Share your promise to creativity and inspire others.
I'm now feeling...
A CURIOUS LAND FRAMED BY WONDER...

The artist is trying to say that this beautiful land was formed by imagination, and if you’re very careful you can hear the trees and the creatures. It makes me feel so calm because the colours in this picture are not too crazy.

If you look for a long time you can find all the details.
**CONVERSATIONS WITH RAIN**

- **Presence/Attention:** What if everything begins with breathing?
- **Looking/Responding:** What if we allow more time to notice before responding?
- **Parameters/Limitation:** What if working within a framework makes us feel more free?
- **Emergence/Open-endedness:** What if we trust not knowing how things will turn out?
- **Reflection/Sharing:** What if listening is an artwork in itself?
Principal Partner

act
belong
commit

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Find out more at act-belong-commit.org.au
Think of this rain book as an invitation to be like weather: unique, changing, unpredictable, powerful, gentle, confident, sensitive and active!

As the artist of these pages draw your way from quiet sun showers to wild storms, and notice all the states in-between.

The First Nations people of South Western Australia have six seasons. We acknowledge the Wadjuk people of the Noongar nation and the importance of indigenous knowledges in the climate futures we all share. The Nyoongar Season ‘Makuru’ is represented by the colour dark blue as it symbolises rain and cold weather.

KAYA!

Welcome to the Art Gallery of Western Australia where we See Things Differently.

We collect artworks that tell stories, teach us about history, and remind us to pay attention to ourselves, our surroundings and each other. In an Art Gallery the world of weather lives as painted landscapes, drawn storms and portals to unlikely puddles. We control the temperatures to keep the artworks cool, and the concrete ceiling keeps the sky from falling down on us. Weather is both inside and outside the gallery; inside and outside our bodies.

Creativity and the arts can calm our storms, or flood us with feelings. This Response Journal was made by AGWA Learning in partnership with ECU School of Education and is yours to sketch and scribble all your weathers: thoughts, ideas and feelings.

Act • Belong • Commit
Artist Activations are artist-conceived projects that engage multi-generational audiences to collaborate on the creation of new works of art.

Each of the Artist Activations is connected to our exhibition schedule and sits within the new AGWA Learning model, which promotes meaningful engagement opportunities for multi-generational audiences.

In Conversations with Rain workshops participants explore themselves, sensations, artworks, sounds, movement, imagination and materials to generate creative responses, and develop a Rain. Each of the books contributes to an accumulating Library of Rain.

Participate Collaborate Create Experiment Explore
The Art of Business

Key Learnings

Consider not just a potential partner’s objectives and strategies…
How do they see the world? How you see the world?

Stories over Statistics… Creativity over Criteria

Find time to Listen, Reflect, Discuss – Repeat