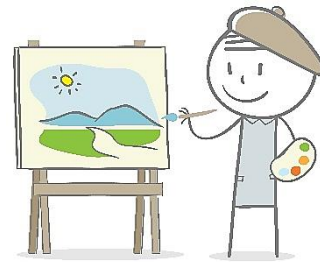
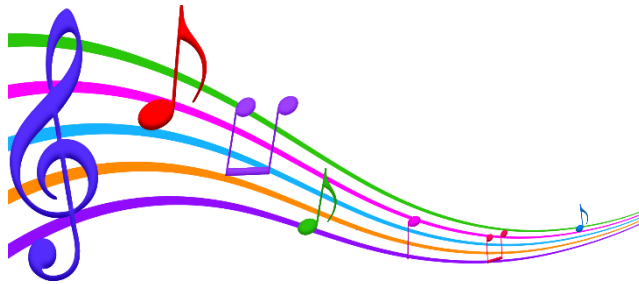




## Live Your Why – Afterschool Edition

**Paint or draw while listening to instrumental music.  
Let the music guide what you draw.**



Here's an online catalog of many  
different types of instrumental music:

Scan this:



[naxos.com/nwgenrelist.asp?genre=World&workcat=World&p\\_id=A](https://naxos.com/nwgenrelist.asp?genre=World&workcat=World&p_id=A)

How do you get inspired to do something creative?

What does being creative mean to you?



Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)