



# LIVE YOUR WHY

## Afterschool Edition



Paint, draw, or write a story or poem while listening to instrumental music. Let the music guide your creativity.

[Check out this world music catalog, sorted by mood:](#)

Scan this:



[epidemicsound.com/music/genres/world](http://epidemicsound.com/music/genres/world)



How do you get inspired to do something creative?



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