

## Art and culture

*By Marysia Grupińska - Happy Kid Mission leader*

As many of you may know, Happy Kid Mission is now going to be also involved in art. That is exactly the topic for today! I am going to give you guys some info about cool art galleries in Warsaw, since that's where I'm from, but also to encourage people who aren't from this country to come and visit, since this is a truly amazing city.

Firstly, how can art influence your everyday life? It is a very good mental health booster. According to Google, "Art and mental health can have a positive connection— artistic activities such as sculpting, painting, or drawing are known to lower stress levels and promote mental calmness. It takes your mind off of your everyday life and provides a relaxing distraction".

We can see art everywhere! Even on the streets! All of those grafitis that you see everyday, but you probably don't bring close attention to. The next time you pass a work like that try to take a moment and think about it. How was it made? Who might have made it? What is so special about it? Street art also means sculptures, which we can see in parks and even on streets. Then we have the art gallery type of art. Amazing art works, by one of the most talented artists to ever live. It depends on you what kind of art you prefer. Maybe you prefer to make your own art!



Source: [wyjazdologia.pl](http://wyjazdologia.pl)

How to connect art with your daily life? A way that I have found is making a very small and simple art work everyday. This takes 5 minutes,

but relieves a lot of stress and makes me very calm. Another thing you can do is meet with your friends to see an exhibition in an art gallery. I really enjoy doing this! It's a great hangout spot and is a lot of fun!

Art gallery list:

1. Zachęta
2. Ujazdowski Castle
3. Any galleries that are available for a short amount of time. At the moment: "Codzienne formy oporu", "Project room 2021", and "Ludwika Ogorzolec - Moment Równowagi".

Now, it's time for the culture part of the article. I thought about making this part interactive :)). Below you are going to find a link to a one question questionnaire. You are to answer the question "What makes the culture of your country so special?".



Here's an academic answer from Google, "In addition to its intrinsic value, culture provides important social and economic benefits. With improved learning and health, increased tolerance, and opportunities to come together with others, culture enhances our quality of life and increases overall well-being for both individuals and communities". But the thing about google is that first of all it's not always right, in addition, this is supposed to be an answer that really speaks about YOUR country, not all the countries in general. Here's my answer: "Poland. This is a country that has been through A LOT. This is the main point that

influenced our culture. How we celebrate christmas for example was all influenced by the time when Poland was a comunist country. It's special, because it shows how a country can survive a hard time and still live on the same traditions".

Make sure to write your anwer here:

[https://docs.google.com/forms/d/1zGDM5VsiYt1rLjX5-7YUqcGSPpsXvAqP\\_\\_GdJfft muc/edit](https://docs.google.com/forms/d/1zGDM5VsiYt1rLjX5-7YUqcGSPpsXvAqP__GdJfft muc/edit)

Thank you for reading this article. I hope that you have enjoyed! Make sure to visit the Happy Kid Mission Instagram @happy.kid.mission for more.



### **Maria Grupińska**

Hi! I am a Happy Kid Mission leader and the Global Awareness Movement Junior ambassador leader. I decided to join this community to share my perspectives and start global friendships.

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