



**Create Art. Create Good.**

Art for Good Mental Health & Well Being

**CORPORATE SOCIAL RESPONSIBILITY  
TEAM BONDING ART ACTIVITIES**



## Art For Good is a Social Enterprise which creates good through art.

At Art for Good, we use the simple concept and philosophy of using art to create good.

We help communities through art therapy, art enrichment and community art projects.

We provide professional art services to create art projects and programs which give back to the community.

Our beneficiaries include children in poverty, those with special needs, rare disorders & disabilities and persons with emotional behavioural problems.

**We believe that art and good mental health is for everyone and it is important to start from an early age.**

Using Positive Psychology and Art Therapy, we use the visual arts to promote good mental health and well being.

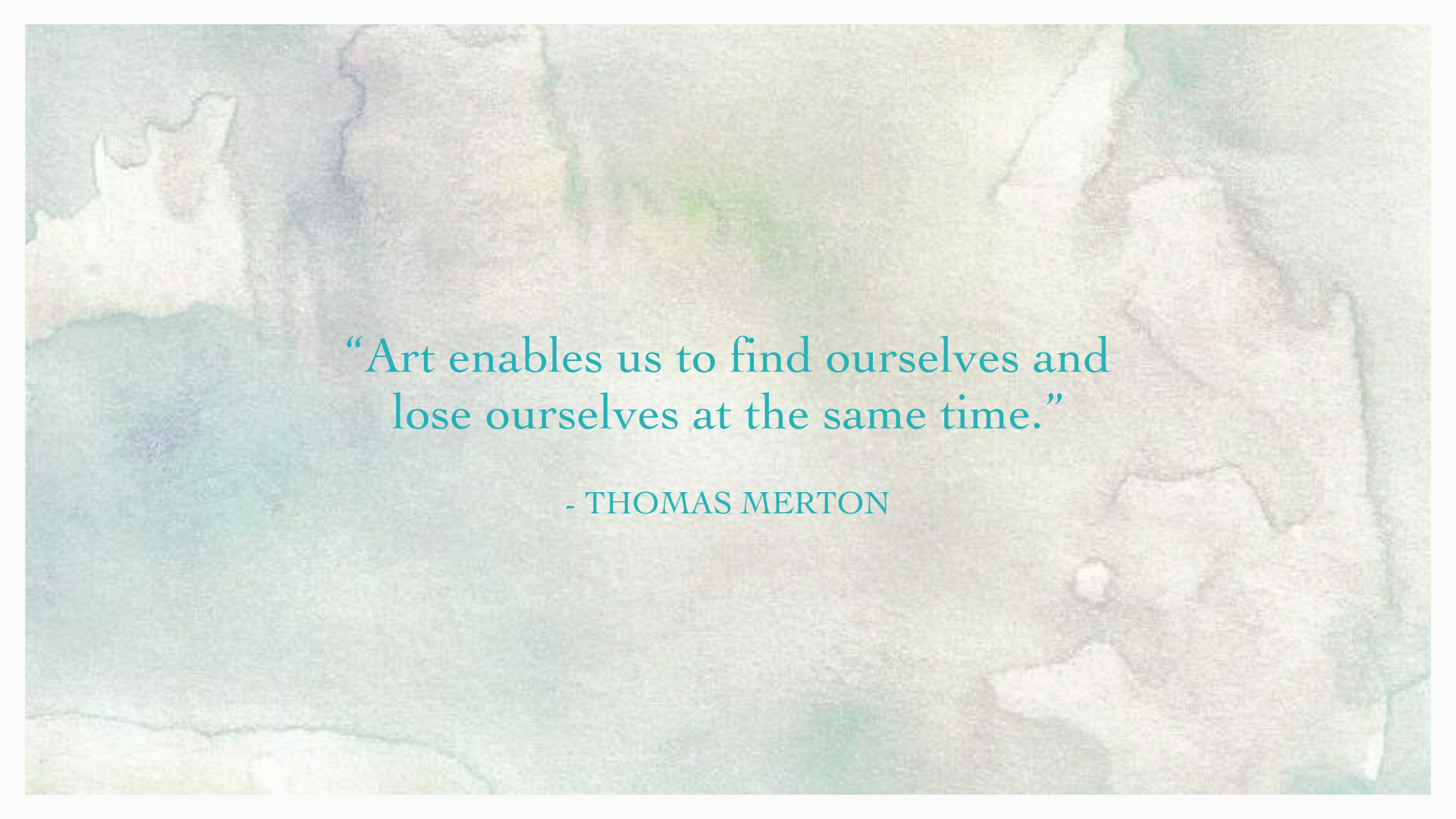
We love creating meaningful projects as giving back attributes to happiness for both the giver and the recipient.

Scientifically proven, art is fundamentally good, attributing to physical & mental well-being. Art can be used to provide therapeutic benefits on a clinical level (Art Therapy) and an educational level (Art as Therapy).

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**Our vision is to use art to help as many children as possible, especially those who are in need.**





“Art enables us to find ourselves and  
lose ourselves at the same time.”

- THOMAS MERTON



# FOOD ART WORKSHOP

@ CHEN SU LAN  
METHODIST HOME

*graced by*

**HALIMAH YACOB**  
PRESIDENT OF SINGAPORE

**14 April 2018** – We were invited to Chen Su Lan Methodist Home to conduct a food art workshop for the children, where they created the Singapore National Flag, together with Halimah Yacob, President of Singapore.

The children also made her a Snoopy Bento Box to bring home!

*The food from the workshop was sponsored by Charlie Brown Cafe, which has a food safety licence and a halal certified kitchen.*

# MOE PSB TEDDY BEAR PROJECT

## A CHRISTMAS PROJECT

**29 October 2018** – We designed a meaningful and fun team bonding art activity with a give back element!

88 participants from MOE PSB worked together in teams, to create 11 bears within 2 hours! These bears were made from scratch and hand stitched. Each bear also came with a message or fun story written by the teams.

These handmade bears were gifted as Christmas presents to 11 children with rare disorders from Rare Disorders Society of Singapore - RDSS ([www.rdss.org.sg](http://www.rdss.org.sg)).





## FINGER PUPPETS

### TEAM BUILDING ART WORKSHOP

*collaboration with*

### HOUGANG PRIMARY SCHOOL

**19 November 2019** - Participants created 15 finger puppets, based on the favourite characters of the special needs children from Club Rainbow who have been hospitalised at KKH for their medical conditions.

There were around 100 participants who working together in teams to design and put together the finger puppets within 2 hours! These finger puppets were created from scratch and came with a personalised message from each of the groups.

We gifted the finger puppets to the nominated children at Club Rainbow during their Christmas party! They were ecstatic to receive the finger puppets in their favourite characters, making meaningful as they were receiving something they really liked. There was happiness all around, giving the children some respite and a distraction from their illnesses and suffering.

# CANDY MAKING TEAM BUILDING ART WORKSHOP

*collaboration with*  
HOUGANG PRIMARY SCHOOL

**24 November 2020** – We designed another team bonding activity for the Hougang Primary school teachers and staff members. This time they learned how to make candy!

The group was divided into teams where they made lollipops from scratch! This included cooking the candy, pouring into moulds and decorating them! The teams packaged the candy and attached their Christmas messages.

In the allocated time, the teams managed to produce 80 candies! These candies would be given to children from low income families during their Christmas Party on 15 December 2020.





## EMPOWERING YOUTH ART JAMMING ART WORKSHOP

*collaboration with*  
MANCHESTER BUSINESS SCHOOL

**8th December 2018** - Art For Good led a group of youths in an exciting Art Jam session, organised by Manchester Business School as part of its annual CSR outreach programme.

The event was aimed to empower youth, and saw two alumni of The University: Andrea Abatte and Willard Ng, sharing their different journeys toward fulfilling their dreams. The message to the youths was to "Follow Your dreams". What ensued next was great fun between the youth and alumni of The University, who formed pairs to co-create unique pieces of artwork aimed at expressing their dreams.

We facilitated the online sales to raise funds for the charity. Each artwork is priced at \$100 (except the 3 most popular art pieces at \$120 each) and proceeds of artworks sold would be donated to the Youth from the Expedition Agape (EA) programme.



# PASSION ARTS FESTIVAL COMMUNITY ART WORKSHOPS

COLLABORATION WITH PEOPLE'S ASSOCIATION

## 7 July 2018 - Mug Painting Workshop Heartbeat@Bedok

Participants created mug designs with a National Day theme. This workshop was open to participants of all ages and we were amazed at their creativity!

## July 2018 - Food Art Workshop Punggol CCAC

Art you can eat! We made a dolphin, sheep and dog during the workshop. The children were most thrilled to make food art then snack on them afterwards!

## 14 July 2018 - Art for Good Booth Heartbeat @ Bedok

Participants stopped by our booth to write messages of encouragement for our beneficiaries struggling difficulties. Visited by GOH, Member of Parliament, Mr Lee Yi Shan.

## 15 July 2018 - Art Jamming Workshop Bishan North CO / Thomson CC / Bishan East / Toa Payoh

We succeeded in our mission to engage 100 participants to paint together that day! We had such an overwhelming response that we had to extend an additional 2 hours!



# MURAL PROJECTS

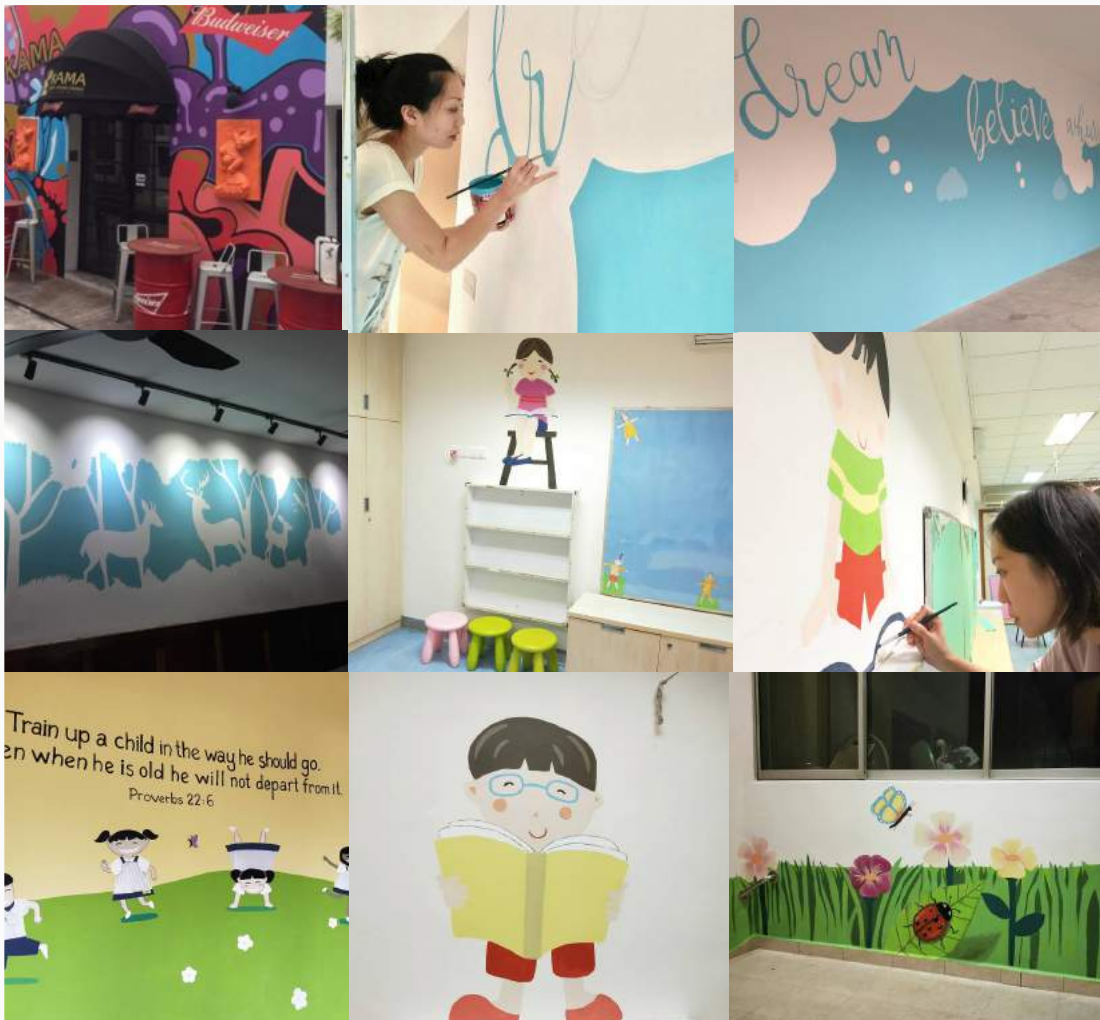
## TEAM BONDING

*We create team bonding and community art projects where corporates, children and volunteers paint for a good cause!*

**2018** – **YWCA** children’s activity room, we created a superhero themed art mural, together with the beneficiaries from YWCA as well as the volunteers.

**2018** – **National University Hospital Department of Ophthalmology** team bonding event. This mural was created for **Children’s Wishing Well** to inspire the children, “Every Child is a Star”. The walls were painted with inspirational quotes and gold stars!

**2018** – Community Art Project in collaboration with **Mural Lingo**, we painted an animal shelter (**BFF**) for cats and dogs. Children from our art outreach program were brought out to experience mural painting!



# MURAL PROJECTS

## COMMISSIONED

*Murals and art installations created by local artists & talents.*

**2017** – We were commissioned to paint the facade of **KAMA Restaurant**, sponsored by Budweiser.

**2018** – An inspirational wall at **East Coast Primary School**, where children can stick on their dreams, beliefs and achievements. The wall writes “Dream, Believe, Achieve”.

**2017** – **Jovis Cafe** commissioned a Psalm inspired mural, “As a Deer”. They loved it so much they installed lightings to enhance the mural.

**2018** – Mural at **Clementi Woods Kindergarten** took 200 hours and 6 artists over 10 days.  
 Feature Wall: Children playing on a hill in their school uniforms, wall spanning 30m.  
 Corridor: Garden theme across 30m wall.  
 Classrooms: Mascot children on bookshelves.

The background is a soft, abstract watercolor wash. It features a mix of muted teal, seafoam green, and pale yellow-green colors. The colors are blended together with soft, feathered edges, creating a dreamy and artistic atmosphere. The overall effect is reminiscent of a traditional watercolor painting on paper.

WE BELIEVE ART CAN  
CHANGE THE WORLD.



## REFUGEE PROJECT

**Since 2017** - Partnered Jesuit Refugee Service Singapore (JRS) and Kumpulan ACTS (ACTS) to provide Art Therapy for refugees. The Burmese refugees reside in a medical respite facility in Malaysia, most have physical health issues.

Art Therapy is provided to the children, women and men, to give them a safe space to heal, discover new-self and give them a voice and share their stories.

## EMPOWERING WOMEN

**Since 2018** - We empower refugee women by teaching them crafting skills.

Art for Good organises, sponsors the art materials, then markets and sells the products on our online platform to support these women.

We hope to promote interaction, engagement and sustainable income for these women.



## ART OUTREACH

**Since 2018** - Art For Good uses art to reach out to children from low income families in Singapore.

We provide art mentoring programs, art enrichment classes and art excursions for the children.

These children come from families would not be able to afford such enrichment classes, outings and opportunities.

SOME OF OUR  
SPONSORS & PARTNERS



COME AND BE A PART OF OUR JOURNEY!

YES! I WOULD LOVE TO COLLABORATE ON A MEANINGFUL ARTS PROJECT TOGETHER!  
HOW CAN WE GET STARTED?



DO YOU HAVE A  
SPECIFIC  
BENEFICIARY GROUP  
YOU WOULD LIKE  
TO SUPPORT?

You can select a cause,  
or a charity of your  
choice, or choose to  
support our beneficiaries!



DO YOU  
HAVE SOME  
INFORMATION  
WE CAN  
WORK WITH?

If you have a date,  
number of participants,  
location or budget, that  
would be most helpful!



DO YOU HAVE A  
SPECIFIC  
ART ACTIVITY  
YOU HAVE  
IN MIND?

Is a particular art activity  
you would like to do or try,  
or simply let us know you  
are open to suggestions!



WHAT WOULD  
YOU LIKE  
TO HAVE OR  
ACHIEVE AT  
THE END?

There are different ideas and  
objectives, where the art can  
be gifted to beneficiaries, or  
sold for fundraising etc.

DISCUSS AND DECIDE WITH YOUR TEAM ON HOW YOU WOULD LIKE TO MOVE FORWARD  
TOGETHER WE CAN CREATE ART FOR GOOD!

COLLABORATE & CREATE WITH US

[hello@artforgood.sg](mailto:hello@artforgood.sg)

**FOR BUSINESS  
GOOD**

Social Enterprise Member of **raISE**  
ASPIRATIONS

[www.artforgood.sg](http://www.artforgood.sg)