

Art is an expression of our thoughts, emotions, intuitions and desires, but it is more personal, it is about sharing the way we experience the world, which for many is an extension of personality. Art is the activity that a person intentionally transmits to others, of which there are many types: painting/sculpture/theatre/architectural arts. Cultural expression and experience – Expressing history – Helps deal with anxiety and depression Art and crafts can inspire future generations. o It is the way to communicate intimate concepts that cannot be faithfully depicted with words alone, and because words alone are not enough, we must find another means that carries our intentions. The importance of art Art can truly touch our hearts and change our lives for the better, and it may have an important and effective role in our lives, and this importance includes the following: Personal creative expression o One of the best things about art is that it is a powerful form of self-expression o An outlet where you can share your experiences, thoughts, feelings and other aspects of your life. o The content that we instill in or in the chosen media is not in itself art. It is a tool for building bridges between people of different cultures and .ages. Art can also help us understand each other