CREATE YOUR OWN MAIL ART
THE HEALING ARTS PROGRAM

With so many of us finding our daily routines effected through COVID-19, were in an interesting time which allows us to almost instantaneously connect with one other digitally. Between streaming shows and social media, it’s very possible to consume an entire day while behind a screen. A great way to relax your eyes and encourage some creativity is bringing back the practice of good old fashioned Mail Art!

A brief history on Mail Art!
Mail art began in the 1960s when artists sent postcards inscribed with poems or drawings through the post rather than exhibiting or selling them through conventional commercial channels.
Its origins can be found in Marcel Duchamp and Kurt Schwitters and the Italian futurists. But it was the New York artist Ray Johnson who, in the mid-1950s, posted small collages, prints of abstract drawings and poems to art world notables giving rise to what eventually became known as the New York Correspondence School.
Mail art and can take a variety of forms including postcards, packages, faxes, emails and blogs. It is considered to be the predecessor of net art. (https://www.tate.org.uk/art/art-terms/m/mail-art)

Make your own Mail Art at home.
There are many ways to create mail art, and most materials we already have at our own homes. You can create your own decorative envelope, or upcycle a pre-existing envelope. Here you’ll find a number of resources to help you make your very own.

The Healing Arts Program is a community partnership between Hudson Hospital & Clinic, Westfields Hospital & Clinic, and The Phipps Center for the Arts. I would encourage you to also experience our virtual activities available through The Phipps website and YouTube Channel. This includes the Virtual Annual Area High School Art Exhibition and a virtual tour of the galleries featuring artists Mark Granlund, Michelle Kaisersatt, Kimber Olson, Gloria Adrian, Mark Ostapchuk and Gregory Wilkins.
https://thephipps.org/event/virtual-gallery-exhibit/
http://tiny.cc/ThePhippsCenterYouTube