

# DAY 28

# WHATEVER THE WEATHER

# UNLIMITED ...

Today's challenge comes from artist and curator [Aidan Moesby](#), who explores climate change and mental health using installations and performance.

*"I like to use metaphors in my work, particularly things around the natural world and especially the weather. Think about how you are feeling and try and express it in metaphor."*

## Do

Can you represent the way that you are feeling today using a metaphor? Like Aidan, you might be inspired by the natural world - what is your internal weather forecast? Are you calm or stormy? Are you feeling like snow, ice, wind, clouds or rainbows? Or, are you a tall strong flower, a mountain or a meadow? Capture your metaphor using any medium you like - drawing, painting, photography, poetry, collage - whatever you want to play with today.

## If you have more time...

Can you keep a 'weather diary' this week? You may try to express your mood in different metaphors or using different materials.

## Think

How could you squeeze more details in - are you feeling a light breeze on a summer day or fierce gales?

## Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @aidanmoesby  
 @textartist  
 [www.aidanmoesby.co.uk](http://www.aidanmoesby.co.uk)

## Resources

For today's challenge - this is totally up to you!?

What do you fancy capturing your weather forecast with? Pencils, pens, words, craft materials, collage...?,