



Art Matters Lesson Plan
Art Play Lesson #2:
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Tools

Materials

n/a	Pencils, paper, sharpies, markers You can also use colored pencils or crayons instead of markers.
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Inspired by: Dreams Unreal exhibit at the Albuquerque Museum

<https://www.cabq.gov/culturalservices/albuquerque-museum/exhibitions/dreams-unreal>

Amplifier Global Call to Artists

<https://community.amplifier.org/campaign/global-open-call-for-art/>)

Set Up

1. Set up work area with 2 sheets of paper, pencils, sharpies and markers.

Instructions

Part 1: Relax and Share

- a. As a group, take a deep breath through your nose and exhale or sigh out of your mouth. Do this two more times as a group. As you relax your shoulders, your face, and your mind, come into the present moment.
- b. Check in with how you're feeling and what you need right now. If you're in a group, go around and give everyone a chance to say this out loud.

Part 2: Symbol Development Chart

- a. Take a deep breath. Relax your shoulders, your arms, your hands. Remember to pause and do this periodically as you work.

- b. Draw a chart on your paper that is about 3 rows by 5 columns. It does not have to be perfect.
- c. In the top left square, draw a basic symbol of “sour”. In the next square below that, draw a symbol for “connectedness”. Under that, combine the two symbols to make one symbol.
- d. In the top next square, draw a basic symbol of “content”. In the next square below that, draw a symbol for “smells good”. Under that, combine the two symbols to make one symbol.
- e. In the next top square, draw a basic symbol of “radiant”. In the next square below that, draw a symbol for “hug”. Under that, combine the two symbols to make one symbol.
- f. Continue in this way, making up your own combinations as a group until your chart is full.
- g. Take time to share your symbol charts with each other! What did you discover? Are there similarities or differences? Are some words harder or easier to illustrate than others?

Part 3: Positive Poster Making

- a. Think back to part 1 and 2 of this lesson to generate a couple uplifting symbols, words or phrases.
- b. Think about how you might add color to reinforce your message. Color can convey feelings, and can be made brighter by other colors. Consider the use of warm (reds, yellows, oranges), cool colors (blues, greens, purples), and complementary colors (red/green, blue/orange, purple/yellow).
- c. Think about size and how elements fill the space (see references above if you want to visit our inspiration)
- d. Do you see a section you can add a pattern or color to? Does your piece need a border?

- e. Occasionally pause, take a breath and hold your work up in front of you or rotate it to gain a different perspective. What is the focal point? Is it legible? Is the message clear?

Questions to Consider as you work

1. How does adding color affect my work? Are the symbols and text conveying my message?
2. How does my piece change as I fill the space?
3. Am I breathing, taking a moment to pause and look at my work, and letting go of 'shoulds'?

Clean Up

1. Be sure all markers are capped tightly, put them away.
2. Keep your artwork! Even if you don't love it, it can be used later as a book pages, cut or torn up for collage work, shared with others.
3. Put away all materials.

Closing:

Take a deep breath. Use this lesson anytime you want to express your feelings and thoughts directly - it's a creative way to express complex ideas in simple ways. At the end, please share your pieces with each other. Hold your piece in front of you so others can see. Share: What did you discover? What did you enjoy? What do you like about other peoples' work?

Consider taping these up so others can see it!

Thank you for joining us to make art today!