

# CREATING JOURNEYS THROUGH THE ARTS

Expanding the Creative Mind through Mixed Media Book 2  
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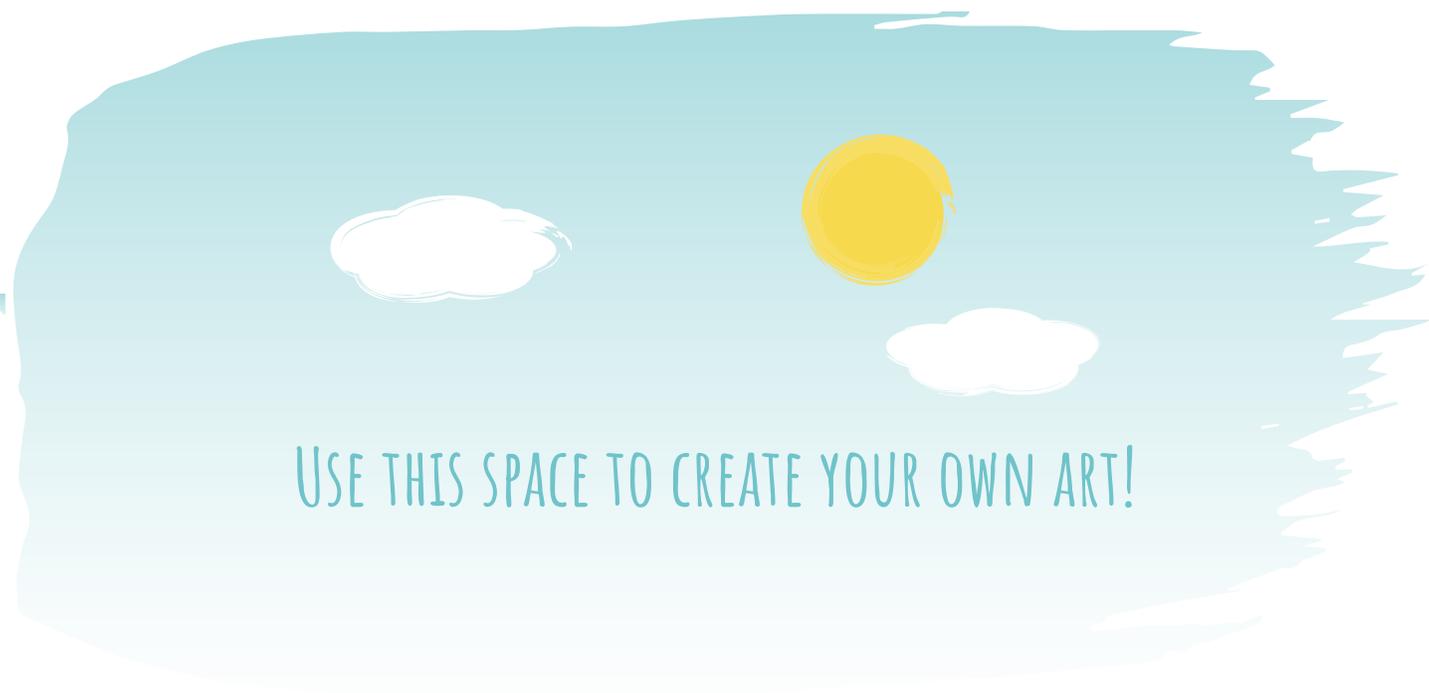
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# CREATING JOURNEYS THROUGH THE ARTS

*Follow your creativity and go beyond where the path leads so you can leave a trail to inspire others to express themselves, too!*

## Preface

We are pleased to present *Creating Journeys Through the Arts* to take you on a path to transform everyday materials into art, to explore the intersections of art with nature, literacy, technology, theater, music, mindfulness and STEAM and to learn how to use the arts to express your core values. Throughout this journey, we invite you to reflect on the legacy that can be created through the arts.

## How this Book Came About

In 2020, Art Sphere Inc. (ASI) responded to Covid - 19 to move our curriculum offerings online to engage and enrich Philadelphia's communities remotely. ASI has always been concerned about the lack of access and cutbacks in funding for the cultural arts in the inner city. In response, we developed this book of free art lesson plans for children to stimulate and inspire creative thinking. Each art project is outlined with easy-to-follow instructions and can be completed with low-cost or "found" materials. The printed book is supplemented by a database on ASI's website ([www.artsphere.org](http://www.artsphere.org)) with additional art lessons, which can be downloaded by teachers and families. The projects in this book, which have been tested in Art Sphere workshops and in schools, at public events and with diverse audiences, are designed to be easy enough for a parent or a teacher with no formal arts training to teach to others. All the projects can be completed in an hour or less and are intended for children from preschool to 6th grade.

## How to Use Our Online Materials and This Book

Not everyone learns the same way. Some people are more visual, some more musical, some more mathematical<sup>1</sup>. Our "Trail Maps" include symbols depicted in a "road sign" at the top of each page and indicate the different learning styles to be found in each project. By pointing out the different ways that a project can be approached, parents and teachers can guide their children to their individual paths to artistic success and ways to express their unique creative voices. The different learning styles and the symbols used to represent them in this book include:



**Literacy and Verbal-Linguistic**  
(using words effectively)



**Recycling and Naturalistic**  
(responding to nature)



**Technology and Logical-Mathematical**  
(reasoning, calculating)



**Health and Intra-personal**  
(understanding one's own interests, goals)



**Theatre and Bodily-Kinesthetic**  
(using the body effectively and creatively)

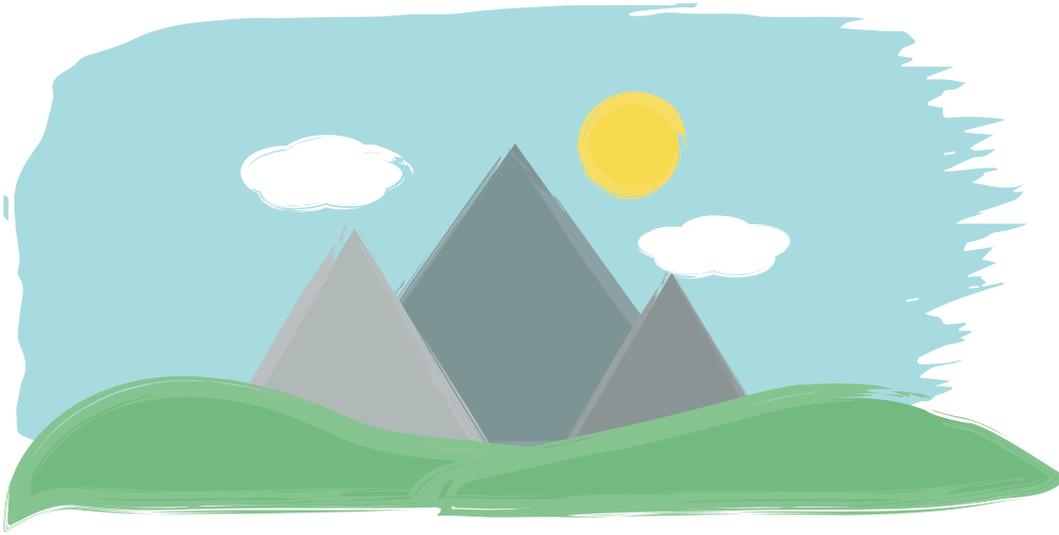


**Musical-Rhythmic**  
(sensitivity to rhythm and sound)



**Multicultural and Interpersonal**  
(understanding, interacting with others)

<sup>1</sup> These learning styles are based on Howard Gardner's discussion of types of intelligences. For more detail, see: Howard Gardner, *Frames of Mind: The Theory of Multiple Intelligences* (New York: Basic Books, 1983).



The lesson plans are more than just making art objects. They incorporate ideas such as compassion, mindfulness, respect for nature, healthy eating, cooperation, and other ideas for living in a way that contributes to a civil society. The pages are laid out as if you and the class are taking a journey:

- **Your Destination:** summarizes the outcome
- **Travel Kit:** list of materials you will need to make the object
- **On the Path:** ideas and directions for each child to make his/her own object and ideas for exploring the meaning of each object
- **Group Tour:** how to transform the individual process into an interactive and collaborative group experience
- **Extend your Journey:** vocabulary, helpful references, and links to explore additional ideas

*Find ways to express yourself - it's ok to think outside the box!*

Knowing that links sometimes become inactive or are changed is beyond our control and we apologize for the inconvenience. All the referenced links in this book have been checked for accuracy.

Please check our blog ([artsphere.org/free-resources/curriculum](https://artsphere.org/free-resources/curriculum)) and other social media channels for more suggestions on creative art projects.



# THANK YOU

This book would not have been possible without the participation of many talented and dedicated volunteers, interns and supporters. I would like to thank Penn Treaty Special Services District, Pennsylvania Council on the Arts, Philadelphia Cultural Fund, The Alfred and Mary Douty Foundation, The Christopher Ludwick Foundation, and The Stockton Rush Bartol Foundation for their years of support, encouragement and for believing in Art Sphere's work with youth living in low-income communities.

Everything we do is a team effort. Teachers this year that directly or indirectly contributed to the curriculum of ideas in this book include: Greta Heeb, Sophie Najjar, Kristen Rucker, Madison Drake, Jedidah Groseclose, Madeleine Smith, Julie Shaffer, Lisa Jungmin Lee, Ryan Tillman, Hailey Adams, Rise Skobeloff, Junyeon Sohn, Dayna Ensminger, Jim Burkhardt, Alice Zhao, Alexy Fitzmyer, Arielle Vallet, Laura Cho, Maritza Lohman, Theresa Oliver, and Alan Silverman.

Many others also provided their time and expertise in areas of web development, animation, coding, marketing, blogging, grant research, volunteer recruitment, IT staff support and so much more for which I am very grateful: Sierra Mitchell, Kyle Kaempf, Michael Mitoulis, Brian Edmondson, Jeanne McGill, Sharelle Boddie, Lila Vanni, Sarah Goldberg, Jade Hingten, Mallika Kodavatiganti, Dalia Almutawaa, Jessica Soriano, Jennifer Granata, Emily Radamis, Anthony Coccerino, Joshua West, Timo Stander, Martha Meiers, Robert Kurzban, Vince Heath, Eileen Brown, and Rupali Walunj.

My thanks also go to Judy Yellin, Steven White, Claire Manigo-Bizzell for editing each of our teachers' lesson plans, and Maura O'Malley, Catherine Rheault, and Maria Boggi of Temple University's Institute for Business and Information Technology. We appreciate Abbey Mayer and her COM 310 Technical Communication Drexel class including: Leah Douglas, Ivy Clarke, Candice Nguyen, Sandra Olaniyi, Allie Zubyk, Cecilla Murphy, Zana Schrader, Jeff Belonger and Sue Winant. Thanks also to McKenna Mason, Sophie Najjar and Shamiul Islam for hand-drawn handouts that also can be found at <https://artsphere.org/blog/asi-handout-list/>.

A special thank you to our Board of Directors: Erica Bettwy, P.J. Hakim, Subrata Mukherjee, John Groenveld, Tiffany Mercer-Robbins, Cliff Price and Ashley Fry.

Best Wishes on Your Finding Your Own Path of Beauty,

Kristin Groenveld, Founder and Artistic Director  
Art Sphere Inc.

**Share the artwork you make and your thoughts about the lesson plans and let others know about our free online version of this book: #takeanartjourney #creatinglegaciesthroughart #loveartsphereinc**

# GLOSSARY

**Abstract expressionism** An art movement that started in America, often characterized by mark making and gestural brush strokes

**Asymmetry** Not being equal on all sides of something

**Background, middle ground and foreground** Three parts of picture plane starting from the farthest away from viewer to the closest to the viewer (as in mountains miles away, a trail sign a short distance walk and your hand blocking part of the view of all three)

**Cork** A material that is often found sealing wine bottles

**Color study** A painting or drawing where one can experiment with how colors react with each other

**Contemporary artist** An artist who creates work today or in recent times

**COVID-19** A virus that has caused a global pandemic

**Cubism** An art movement where the characteristics were geometric and shapely

**Debossing** Creating a sunken relief image

**Elevated** Raised

**Embossing** A technique of creating a raised relief image

**Equality** Where all people are treated fairly and the same; without discrimination

**Features** A distinctive attribute

**Geometric** Decorated in regards to shape and line

**Hexagon** A six-sided shape

**Identity** The characteristics and traits that one associates with themselves and makes up who they are

**Impression** An imitation or mark created by something

**Impressionism** An art movement characterized by brush stroke and capturing life as it is happening

**Inclusive** Including everyone or everything  
Interact When materials have an effect on each other

**Justice** Making sure that people are given rights and people are not treated unfairly

**Mandala** An example of balanced radial design found in Hindu and Buddhist art; meant to represent the cosmos and to be used as aids in meditation

**Mobile** An object that can move or hang freely

**Monoprinting** A form of printmaking that has lines or images that can only be made once, unlike most

printmaking, which allows for reproducing multiples of the same image

**Movement** When the painting has different attributes that draws one eye across the painting

**Negative space** The space around and between an image

**Optical illusion** Illusion created by a visual perception or trick

**Pattern** A design you can make using repetition

**Parallel lines** Lines on a plane that are equal distance apart and never meet

**Pointillism** An art movement that was characterized by painting with small dots or points

**Portrait** A depiction of a person

**Primary colors** Red, yellow, and blue

**Privilege** Being given more fair opportunities and treated better because of your race, gender, or social class

**Proportion** The specific measurement you want something to be

**Racism** Prejudice and discrimination directed at someone or a group of people of a different race

**Radial design** A type of balance based on a circle with its design extending from center

**Recycle** The process of converting waste materials into new objects

**Repetition** To repeat something

**ROYGBIV** Red, orange, yellow, green, blue, indigo, violet

**Scale** A way to measure something

**Silhouette** The outline or shape of something or someone, typically against a light background

**Secondary colors** Orange, green, purple

**Stained glass** An art form using pieces of glass

**Symmetry** Being even on all sides

**Systematic racism** Racism that happens through institutions, societal norms and practices

**Temporary** Short term

**Texture** How something feels



# 1. PASTA PEOPLE

This lesson is good for ages 5 -14

## Your Destination:

Create a portrait using pasta.

## On the Path:

**Step 1** Create a quick sketch of the person you are choosing to recreate on a piece of paper. Start with an oval for the head, and eyes that are about one third of the way down the top of the head. Make sure you leave some space between the eyes. About halfway between the eyes, and the chin, draw the bottom of the nose, and about halfway between the nose and the chin, draw on a mouth.

**Step 2** Gather different types of pasta for the different features. For example, if you are portraying your sister and she has straight hair, you might want to use a straight noodle rather than a curly noodle.

**Step 3** Start to lay out the different types of pasta over your sketch. Once you are happy with the layout, glue the pasta down.



## Travel Kit:

- Pasta
- Construction paper
- Glue
- Pencil
- Pasta People handout

## Group Tour:

Create a noodle creature with a friend or pick an artist that you are interested in and create their portrait with the noodles.

## Extend Your Journey:

**Learn new vocabulary:** proportion, scale, features, portrait, symmetrical, asymmetrical

### Find visual aids and resources:

20 Popular Types of Pasta <https://www.mybluprint.com/article/popular-types-of-pasta-when-to-use-each-one>  
Make Crazy Pasta Sculptures <https://www.hellowonderful.co/post/MAKE-CRAZY-PASTA-SCULPTURES/>

**Pasta People handout:** <https://artsphere.org/blog/pasta-people-craft-handout/>

**Access our instructional video:** <https://www.youtube.com/watch?v=cnXk4OII7yY>



## 2. HENRI MATISSE "STAINED GLASS" FOIL EMBOSSEING

This lesson is good for ages 5 -14

### Your Destination:

Learn how to emboss with materials you can find at home.

### On the Path:

**Step 1** Look at Henri Matisse's stained glass "Tree of Life".

**Step 2** Start by sketching out a tree with branches on a piece of cardboard. Draw leaflike shapes and simplify into geometric shapes.

**Step 3** Measure and cut string to different size pieces depending on how much you need for each shape.

**Step 4** Glue the pieces of string for each shape onto cardboard; then let dry.

**Step 5** Cut enough tin foil to cover your board and wrap around the edges. Use your paint

brush and coat the board with a very fine layer of glue. Place your tin foil on top and press lightly around the yarn pieces to make the embossed look. Let this dry.

**Step 6** Pick different colors and decorate your stained glass. Make sure you color the raised areas a different shade than the places that have been flattened.



### Travel Kit:

- Cardboard
- String
- Tin foil
- Markers
- Glue
- Pencil
- Scissors
- Old paintbrush
- Foil Embossing handout

### Group Tour:

Go for a nature walk and look at different trees with friends and family.

### Extend Your Journey:

Pick your own subject and create your masterpiece using the above techniques.

**Learn new vocabulary:** embossing, stained glass, geometric, elevated, reduced

### Find resources and visual aids here:

4 Ways to Emboss Like a Boss <https://blog.thepapermillstore.com/4-ways-to-emboss-like-a-boss/>  
Henri Matisse Tree of Life <https://www.wikiart.org/en/henri-matisse/tree-of-life-stained-glass-behind-the-altar-in-the-chapel-of-the-rosary-at-vence-1951>

**Foil Embossing handout:** <https://artsphere.org/blog/henri-matisse-stained-glass-foil-embossing>

**Access our instructional video:** <https://www.youtube.com/watch?v=2da2RNor6mU>



# 3. RODNEY MCCOUBREY RECYCLED FISH

This lesson is good for ages 5 -14

## Your Destination:

Reuse recyclables and transform them into art.

## On the Path:

**Step 1** Cut opposite sides of the carton so it can be opened flat. Cut the tail fin by following the triangular shapes that form the bottom of the carton. Draw out the body of the fish on the larger part of the carton and cut it out.

**Step 3** Choose one color to paint your fish. Paint everything except the tail fin and then let dry.

**Step 4** For the top fin and tail fin, cut different size and color triangles out of a magazine. Glue the triangles on the top fin of your fish. You can line them up from large to small or mix them up. Glue the triangles down. For the tail fin, overlap the triangles so that the tail part of the carton is completely covered. Triangles can stick out from the fish tail. Let fins dry.

**Step 5** Cut enough tin foil to cover your board and wrap around the edges. Use your paintbrush to coat the board with a fine layer of glue. Then, place your tin foil on top and press lightly around the pieces of string to make an embossed look. Let dry.

## Group Tour:

Collaborate with others to make a school of fish.

*(lesson continued on next page)*

**Step 6** Cut out any shape or size pieces from a plastic bag to make scales for the body of the fish. Brush on a light layer of glue where you want your scales to be and then attach your plastic pieces. Let dry. Once your scales are dry you can add more paint on top.

**Step 7** Once dry, make the lower fin which can be glued to the middle of the fish or on the bottom of your fish. Repeat the steps for making your top fin.



## Travel Kit:

- Milk carton (plastic or cardboard)
- Magazine or newspaper
- Jar lid
- Acrylic paint or gouache
- Paintbrush
- Plastic bag
- The Rodney McCoubrey Recycled Fish handout

## Extend Your Journey:

Think about why it is important to reuse materials and tell a friend. Dive deeper into global climate change and how it is impacting sea life. Practice recycling.

**Learn new vocabulary:** recycle, contemporary artist

**Find resources and visual aids:** Rodrigo's Recycled Art <https://www.rodrigorecycledart.com/>

Climate Change: How Do We Know? <https://climate.nasa.gov/evidence/>

Material Renewal: Four Artists Turning Trash into Art <http://magazine.art21.org/2016/03/18/material-renewal-four-artists-turning-trash-into-art/#.XvOtnJNKhPM>

**Rodney McCoubrey Recycled Fish handout:** <https://artsphere.org/blog/rodney-mccoubrey-inspired-recycled-fish/>

**Access our instructional video:** [https://www.youtube.com/watch?v=3\\_v5a0s2xLo](https://www.youtube.com/watch?v=3_v5a0s2xLo)



## 4. ANDY GOLDSWORTHY INSPIRED TEMPORARY ART

This lesson is good for ages 5 -14

### Your Destination:

Focus on creating a pattern and repetition through natural materials found outside.

### On the Path:

**Step 1** Look at Andy Goldsworthy's artwork. Watch the video below about him talking about his artistic process.

**Step 2** Collect four or more different natural materials. The materials should be different colors, shapes, sizes and textures. Two of these items should be a dark color, and two should be a light color.

**Step 3** Make a large circle to start your yin-yang symbol.

**Step 4** Take one of your dark colors and one of your light colors and create two little dots lined up vertically inside your large circle.

**Step 5** Next, create a line that divides the two circles by weaving between them like a snake slithering on the ground.

**Step 6** Fill the left side in with your light material and the right side in with your dark material.



### Travel Kit:

- Different colored or textured leaves
- Flowers
- Sticks
- Other found objects
- Temporary Art handout

### Group Tour:

Go outside with a friend or family member and collaborate on a gigantic leaf formation. Photograph the leaves to document and then rescatter.

### Extend Your Journey:

Go outside with a friend or family member and collaborate on a gigantic leaf formation.

**Learn new vocabulary:** pattern, repetition, temporary.

**Find resources and visual aids:** Andy Goldsworthy's artwork <https://www.youtube.com/watch?v=9DjCMqtJr0Q>

**Temporary Art handout:** <https://artsphere.org/blog/andy-goldsworthy-inspired-temporary-art/>

**Access our instructional video:** [https://www.youtube.com/watch?v=hGojstv3C\\_w](https://www.youtube.com/watch?v=hGojstv3C_w)



## 5. MOTHER'S DAY INSPIRED KANDINSKY HEART COLOR STUDY

This lesson is good for ages 5 -14

### Your Destination:

Create Kandinsky's color study with heart shapes instead of circles for Mother's Day. Through this lesson students will be able to observe how colors interact together and interpret what the colors may represent to them.

### On the Path:

**Step 1** Create a grid on your paper by drawing two parallel lines vertically and three parallel lines horizontally, evenly spaced apart from the edges on a sheet of white paper. (Each line will be approximately 7 ¼ cm apart on a standard sheet of copy paper.) Next draw hearts in all of your boxes. Make sure that hearts are taking up most of the space in each square.

**Step 2** Now it is time to experiment! Pick a few of your hearts and paint them 5 different colors. This is going to be the start

for the wet on dry technique, where you use wet paint to go over dry paint. While your wet hearts dry, you can use the wet-on-wet painting technique on some of the hearts by using another color directly over the wet paint.

**Step 3** Paint the areas around the heart in the separate boxes.



### Travel Kit:

- Water based paint (gouache or watercolor)
- Paint brush
- Crayons
- Paper (watercolor paper works best)
- Kandinsky Heart Color Study handout

### Group Tour:

Learn about Wassily Kandinsky as an artist and how he views color and how it influences his work.

### Extend Your Journey:

Listen to music that inspired Wassily Kandinsky and use your own favorite song to make a painting.

**Learn new vocabulary:** color study, parallel, interact

### Find resources and visual aids:

Music for Kandinsky Paintings <https://www.youtube.com/watch?v=RGSF5AGZ7oI>  
What Does Colour Sound Like? <https://www.youtube.com/watch?v=2xDnxkzQtdI>  
Arnold Schönberg & Wassily Kandinsky <https://www.youtube.com/watch?v=daVaEoF5Hrk>  
Kandinsky Color Study <https://www.moma.org/interactives/exhibitions/2012/inventingabstraction/?work=12>

**Kandinsky Heart Color Study handout:** <https://artsphere.org/blog/mothers-day-inspired-kandinsky-heart-color-study>

**Access our instructional video:** <https://www.youtube.com/watch?v=nngDsp1BTAY>



# 6. CLAUDE MONET FINGER PAINTING

This lesson is good for ages 5 -14



## Your Destination:

Practice Impressionist art by recreating Monet's "The Water-Lily Pond."

## On the Path:

**Step 1** Look at Claude Monet's "The Water-Lily Pond."

**Step 2** Create your own color palette by using a hard surface to mix your paint on. Make several different shades of pink by mixing different amounts of red and white paint on your palette. Make a light green by mixing green and white paint. When a color is mixed with white, it is called a tint. Squeeze out yellow, green, red and blue paint individually onto your palette without mixing them with another color.

**Step 3** Start in the middle and paint the water with the blue

and layer pink paint on top. Use one of your fingers and make little overlapping marks.

**Step 4** On either side, paint your lily pads starting with yellow as your base layer. Go in with pinks, blues, or reds and create thin layers on top for flower blossoms.

**Step 5** Create foliage around the sides. You can start with your light green and then add some darker green to add definition to the painting.



## Travel Kit:

Acrylic Paint

Paintbrush

Something to paint on  
(canvas, wood, thick paper,  
etc.)

Claude Monet Finger  
Painting handout

## Group Tour:

Create a waterscape mural with others on a larger piece of paper using the techniques Monet used. See Monet's "[Water Lilies](#)" for inspiration.

## Extend Your Journey:

After practicing Impressionist techniques with finger painting, try applying the skills you've learned using paint brushes and palette knives. Learn how to identify aquatic plants (<https://aquaplant.tamu.edu/plant-identification/>).

**Learn new vocabulary:** Impressionism, Pointillism

**Find resources and visual aids:** The Met Collection <https://www.metmuseum.org/art/collection/>

**Claude Monet Finger Painting handout:** <https://artsphere.org/blog/claude-monet-finger-painting/>

**Access our instructional video:** <https://www.youtube.com/watch?v=WMLuiPCq5Mk>



# 7. VAN GOGH "STARRY NIGHT" MOBILE

This lesson is good for ages 5 -14

## Your Destination:

Create a 3-D version of "Starry Night."

## On the Path:

**Step 1** Look at Van Gogh's "Starry Night" painting.

**Step 2** Take your cardboard and draw out the bottom of the landscape with your marker.

**Step 3** Cut out the sky of your landscape, leaving about two inches on the top and on the left side so that the landscape is still attached. Decorate your landscape.

**Step 4** With the leftover cardboard, cut out the shapes in Van Gogh's sky. These shapes consist of swirls and circles. After they are cut out, decorate the shapes.

**Step 5** In the top section of the two inches of cardboard you have left, create little holes with your scissors that will be used for hanging the objects. Next cut matching holes in the sky shapes.

**Step 6** Hang the leftover cardboard sky shapes from the holes in the top using the string.



## Travel Kit:

- Cardboard
- Crayons or colored pencils
- Scissors
- String
- Marker
- Starry Night Mobile handout

## Group Tour:

Make a mobile of a room interior of your home with a family member incorporating elements such as a rug, chair, table, lamp, clock, window.

## Extend Your Journey:

Investigate more examples of Post-Impressionism. Learn about the stars and how to identify constellations (<https://stardate.org/nightsky/constellations>).

**Learn new vocabulary:** mobile, negative space

### Find resources and visual aids:

Vincent Van Gogh: Starry Night <https://www.vangoghgallery.com/painting/starry-night.html>  
Alexander Calder mobile <https://www.moma.org/collection/works/81621>

**Starry Night Mobile handout:** <https://artsphere.org/blog/a-close-look-at-van-goghs-starry-night/>

**Access our instructional video:** <https://www.youtube.com/watch?v=-EXvSXXU1Rs>



# 8. CUBIST FLOWERS

This lesson is good for ages 5 -14

## Your Destination:

Students will learn about popular Cubist artists, such as Picasso, who have heavily influenced the Cubist movement. By creating a simple bouquet of flowers, students will be able to learn about the characteristics of Cubism and how to create Cubist art.

## On the Path:

**Step 1** Look at Pablo Picasso's cubist paintings. With a black crayon, draw out the outline of your bouquet.

using values of the similar color instead, so shapes can be seen from a distance.

**Step 2** Use a ruler to make straight lines that cut across the page at different angles with a black crayon. This will break up the flowers and vase into geometric shapes.

**Step 3** Color in the sections as desired making sure no two shapes that touch are the exact same color. Consider

## Group Tour:

Draw a picture with a friend or family member. Use plastic lids to trace circles to break up the drawing. Color in the sections as desired making sure no two shapes that touch are the exact same color.

## Extend Your Journey:

Review different geometric shapes with a parent or friend.

**Learn new vocabulary:** Cubism, geometric

### Find resources and visual aids:

Pablo Picasso's Cubism Period <https://www.pablocicasso.org/cubism.jsp>  
Cubist artwork [https://www.metmuseum.org/toah/hd/cube/hd\\_cube.htm](https://www.metmuseum.org/toah/hd/cube/hd_cube.htm)

**Cubist Flowers handout:** <https://artsphere.org/blog/cubism-paint-your-own-picasso-handout>

**Access our instructional video:** <https://www.youtube.com/watch?v=TECMUsYrCNk>



## Travel Kit:

Paper

Crayons

Oil pastels

Cubist Flowers handout



# 9. DIY T-SHIRT FACEMASK

This lesson is good for ages 5 -14

## Your Destination:

Create a facemask out of an old T-shirt that you have.

## On the Path:

**Step 1** Take your T-shirt and make sure it is facing inside-out. Measure how much of the shirt you will need to cover your face from the nose to the chin, use your hand as a reference. Take a sharpie and make a mark where the tip of your finger is placed.

**Step 2** Fold the T-shirt in half, having both ends meet the mark you made. See our video for reference. Cut your fold away from the rest of the shirt, leaving you with the neat fold you made, and the remains of the shirt.

**Step 3** Make the front of the mask, where your face will be covered. Measure about 4 inches from the left side of the mask and make a mark. On the other side, you will make the straps. On the top of your folded piece of shirt, make a mark about two inches down from the top of your shirt. Then, make a

mark about two inches up from the bottom of the shirt.

**Step 4** Using scissors, cut along each of the marks you made for the straps until you reach the mark you made for the front of the mask. You will be left with a large flap in the middle of these two lines. Cut that off of the shirt using the mark you made for the front of the mask as your guide. Cut the tube ends of the shirt furthest from the facemask to create 4 straps.

**Step 5** Tie a knot with each of the straps on either side, making sure that they are close to the face mask. This will tighten the facemask. Then, make a small knot on the far end of each of the 4 straps to secure them. Your mask is now complete! Tie these straps around the back of your head to wear it.



## Travel Kit:

Old T-shirt

Scissors

Face Mask handout

## Group Tour:

Have a family mask-making night or make one with a friend. Make extra masks to donate to people that need them.

## Extend Your Journey:

**Learn new vocabulary:** Covid-19

**Find resources and visual aids:** No Sew T-Shirt Bag <https://www.youtube.com/watch?v=zgpaM3u2zng>

**Face Mask handout:** <https://artsphere.org/blog/diy-t-shirt-face-mask/>

**Access our instructional video:** <https://www.youtube.com/watch?v=dleivrYl4tc>



# 10. IDENTITY SILHOUETTE

This lesson is good for ages 5 -14

## Your Destination:

Based on Kara Walker's work with silhouettes, the students will create 5 silhouettes of aspects that they feel make up their identity. The silhouettes are going to be a basic outline of different shapes. This can be activities they enjoy, such as, family members or symbols.

## On the Path:

**Step 1** On a piece of paper, or in your sketchbook, take 10 minutes to think about 5 different aspects of your life that make up your personal identity. These can be things about your family, your culture, or anything else that comes to mind. Write these things down and draw them!

**Step 2** Taking your white paper, start to draw out the silhouettes of these images; these can be simple symbols or caricatures.

**Step 3** Cut out these shapes. Also, cut out a large dark circle

from the black piece of paper. Glue the shapes you cut out with the light paper on to the dark paper.

## Group Tour:

Discuss Kara Walker's artwork on identity, such as how she includes it in her work and what aspects of identity she focuses on.

## Extend Your Journey:

Create a silhouette of your face and make a poem about your identity to paste inside of it.

**Learn new vocabulary:** silhouette, identity

**Find visual aids and resources:** Kara Walker's artwork <https://art21.org/artist/kara-walker/>

**Identity Silhouette handout:** <https://artsphere.org/blog/identity-silhouette/>

**Access our instructional video:** <https://www.youtube.com/watch?v=6BVbescGXv8>



## Travel Kit:

Black paper

White paper

Scissors

Pencil

Glue

Identity Silhouette handout



# 11. CORK AND WIRE BALLERINAS

This lesson is good for ages 5 -14

## Your Destination:

Using recycled materials, create small sculptures of people. This will give students a chance to practice creating sculptures in a fun, creative way.

## On the Path:

**Step 1** Look at the artwork of Elizabeth Berrien and Alexander Calder. Think about how they use wire in their work. What are the similarities, what are the differences?

**Step 2** By bending and twisting your wire, create the shape of a person.

**Step 3** Next, stick the bottom of the sculpture into the cork so that it can stand freely. This can be the feet of your ballerina.

**Step 4** Finally, take the plastic bag and cut a piece off to make the tutu. You can also use the plastic bag or fabric to make a leotard.

## Group Tour:

Make more dancers with others. Create a stage by cutting a rectangle out of the bottom of a cardboard box - play music and create a performance!

## Extend Your Journey:

**Learn new vocabulary:** cork, proportion

### Find visual aids and resources:

A Brief History of Ballet <https://tinyurl.com/yc5zaw6d>

Classical ballet performances <https://www.music-opera.com/en/classical-dance/>

Sugar Plum Fairy <https://www.youtube.com/watch?v=zV1qLYukTH8>

Swan Lake <https://www.youtube.com/watch?v=9rJob7y6Ncs>

Crafts with wire and cork <https://recycledcrafts.craftgossip.com/fun-idea-for-wire-ribbon-and-recycled-cork-people-for-halloween/2019/09/22/>

Elizabeth Berrien's wire artwork <http://www.wirelady.com/>

Alexander Calder's wire artwork <https://tinyurl.com/y8a4j5oq>

Calder's Circus <https://whitney.org/collection/works/5488>

Artist Study with Kids: Alexander Calder <https://www.artbarblog.com/artist-study-kids-alexander-calder/>

**Cork and Wire Ballerinas handout:** <https://artsphere.org/blog/wire-and-cork-ballerinas/>

**Access our instructional video:** <https://www.youtube.com/watch?v=mF2eYBXsz7o>



## Travel Kit:

Wire

Cork

Ribbon

Fabric

Tape

Plastic bag

Wire cutter

Scissors

Cork and Wire Ballerinas handout



# 12. JACKSON POLLOCK DRIP PAINTING

This lesson is good for ages 5 -14

## Your Destination:

Recreate Pollock's drip painting by replicating the direct, raw techniques that he used.

## On the Path:

**Step 1** Look at the artwork of Jackson Pollock.

**Step 2** On your canvas, drip your first layer of paint. Take the pallet knife or brush and smooth some parts out.

**Step 3** Take another color of paint and repeat the first step.

**Step 4** Take a third color of paint and drip it onto the canvas. Use your paintbrush and palette knife to brush and move around some parts. Also leave parts of

the dripped paint untouched if you'd like. Notice how some parts of your painting blend, while other parts of the dripped paint are distinct.

## Group Tour:

Look deeper into [Jackson Pollock's process](#) by watching him work and learn how he changed the [art of painting](#).

Learn what [Abstract Expressionism](#) represents and how it changed the art world.

## Extend Your Journey:

Create your own non-representational art using the Abstract Expressionist style using paint and a paintbrush this time.

**Learn new vocabulary:** Abstract Expressionism

**Find visual aids and resources:** Jackson Pollock's artwork <https://www.jackson-pollock.org/>

**Drip Painting handout:** <https://artsphere.org/blog/jackson-pollock-drip-painting/>

**Access our instructional video:** <https://www.youtube.com/watch?v=o8H44YXWpeE>



## Travel Kit:

- Wood
- Canvas
- Paint
- Paintbrush
- Palette knife
- Drip Painting handout



# 13. LEAF PRINTS

This lesson is good for ages 5 -14



## Your Destination:

Explore nature with paint through the process of monoprinting.

## On the Path:

**Step 1** Gather flowers, leaves and plant materials. Only pick plant materials you can identify and that are safe to touch. Rinse gently and remove excess moisture by patting softly with a paper towel. Place on a table covered with newspaper.

**Step 2** Notice that the leaves have a smoother side and a rougher side which has the raised texture of veins. Leaves transport water and nutrients to the rest of a plant, just like how human veins help transport blood in our own bodies.

**Step 3** Coat the more textured side of your leaves and plant materials with paint.

**Step 4** Press the plant materials onto the paper creating a stamp-like impression.

## Group Tour:

Collaborate with others and create a garden on a large piece of paper with all of your natural materials.

## Extend Your Journey:

Learn more about [monoprints](#) made by artists from around the world.

**Learn new vocabulary:** impression, pattern, monoprint

### Find visual aids and resources:

USDA Plants Database <https://plants.usda.gov/java/>

Identify different wildflowers <http://mywildflowers.com/identify.asp>

Plant Encyclopedia <https://www.bhg.com/gardening/plant-dictionary/>

**Leaf Prints handout:** <https://artsphere.org/blog/leaf-printing/>

**Access our instructional video:** [https://www.youtube.com/watch?v=T6YabO30GzU&list=PLN2FL32merRtb7mpleuOqshK3\\_OyPWyoc&index=8](https://www.youtube.com/watch?v=T6YabO30GzU&list=PLN2FL32merRtb7mpleuOqshK3_OyPWyoc&index=8)



## Travel Kit:

Leaves

Flowers

Paint

Scrap paper

Construction paper

Newspaper

Leaf Prints handout



# 14. SYMMETRICAL RADIAL DESIGNS

This lesson is good for ages 5 -14

## Your Destination:

Learn about symmetry by creating a fun design.

## On the Path:

**Step 1** Look at radial designs in art such as the Rose Window of the Notre Dame Cathedral, or Mandalas from Hindu and Buddhist art. Look at things that are radial – like snowflakes, stars, the top of a daisy, or the inside of an orange.

**Step 2** Find the center of your paper by folding it in half horizontally and vertically. Take each of your bowls and trace to create three circles, one inside the other, with the smallest in the center.

## Group Tour:

Research [symmetrical animals](#), then recreate with a friend.

## Extend Your Journey:

Create a large mandala using household items, things found in nature and learn about [mandalas from around the world](#).

**Learn new vocabulary:** radial, symmetry, asymmetry, mandala

### Find visual aids and resources:

Sam Spreckley's Oil and Water <https://www.axisweb.org/p/samspreckley/workset/90513-oil-and-water/>

Mandala examples <https://tinyurl.com/yqj2usng>

Learn more about radial design <https://study.com/academy/lesson/radial-design-definition-examples.html>

**Symmetrical Radial Designs handout:** <https://artsphere.org/blog/symmetrical-radial-designs/>

**Access our instructional video:** <https://www.youtube.com/watch?v=3qWIO7Dbhns>



## Travel Kit:

Markers

Paper

3 different sized bowls (or plastic lids)

Ruler

Symmetrical Radial Designs handout



# 15. JERRY WILKERSON'S "BANANAS" PAINTING

This lesson is good for ages 5 -14

## Your Destination:

Recreate Jerry Wilkerson's "Bananas" painting using pointillism techniques.

## On the Path:

**Step 1** View Jerry Wilkerson's "Bananas" and see how it was created with uniform dots of color.

**Step 2** View Georges Seurat's "Entrance of the Port of Honfleur" and compare and contrast the two paintings. See how they both use visual mixing. Red dots next to orange dots make orange, blue dots next to yellow dots make green, red dots next to blue dots make violet.

**Step 3** Sketch out a large banana in the middle of the

paper or trace a real banana.

**Step 4** Paint the banana yellow using dotting motion. Add a mix of brown and black dots for lines and leave spaces when you want to fade shapes into the background or use the white of the page to make white. Place dots closer to one another when you want a denser darker color.

**Step 5** Move on to paint the starry sky background with different shades of blue.



## Travel Kit:

Q-tips

Pencil

Yellow, blue, red, brown, and black paint or markers

Canvas

Palette (wax paper, plastic lid, etc.)

Banana Painting handout

**Alternate:** This project can also be completed using markers and paper.

## Group Tour:

Create a mural filled with other fruits or vegetables using thumbprints.

## Extend Your Journey:

Visit the Barnes Foundation online virtual exhibit (<https://tinyurl.com/ybztkacs>).

**Learn new vocabulary:** Pointillism

### Find visual aids and resources:

Jerry Wilkerson's *Bananas* <https://www.mutualart.com/Artwork/Bananas/FE17F8BEDE9501B8>

Georges Seurat's *A Sunday on La Grande Jatte* <https://www.metmuseum.org/art/collection/search/437658>

View Barnes Takeout: Art Talk on Georges Seurat's *Entrance of the Port of Honfleur* <https://tinyurl.com/pj8895sv>

**Banana Painting handout:** <https://artsphere.org/blog/jerry-wilkersons-bananas/>

**Access our instructional video:** <https://www.youtube.com/watch?v=IxcWa94oa1o>



# 16. COLOR WHEEL FLOWER

This lesson is good for ages 5 -14

## Your Destination:

Create a color chart in the shape of a flower that includes labeled primary and secondary colors: red, orange, yellow, green, blue and violet.

## On the Path:

**Step 1** Look at the artwork of Piet Mondrian and look at the color wheel.

**Step 5** Create a stem with the colors of Red, Orange, Yellow, Green, Blue, and Violet. Label them with the appropriate color.

**Step 2** Draw the center of the flower with black, a neutral color.

**Step 3** Next, draw the primary colors (yellow, blue, red) in the shape of the petals. Label them with a "P".

**Step 4** Draw the secondary colors (orange, green, violet) in the shape of petals. Label them with a "S".

## Group Tour:

Look at artists that tend to use a lot of primary colors in their work such as Piet Mondrian.

## Extend Your Journey:

Start mixing colors by navigating through your chart. Experiment online to learn about more [advanced color relationships](#).

**Learn new vocabulary:** primary colors, secondary colors, ROYGBIV

### Find visual aids and resources:

Learn more about the color wheel <https://tinyurl.com/f3jx3erf>

Learn more about Piet Mondrian <https://www.piet-mondrian.org/composition-ii-in-red-blue-and-yellow.jsp>

**Color Wheel Flower handout:** <https://artsphere.org/blog/color-wheel-flowers/>

**Access our instructional video:** <https://www.youtube.com/watch?v=tgOdS5pR4xU>



## Travel Kit:

Paper

Pen

Markers

Color Wheel Flower handout



# 17. BEEHIVES FOR KIDS

This lesson is good for ages 5 -14

## Your Destination:

Create a beehive with hexagons.

## On the Path:

**Step 1** Look at the artwork of Ava Roth made in collaboration with bees.

**Step 2** Take a tutorial on how to make a [hexagon tracer](#).

**Step 3** Trace the hexagons on your paper with a marker, covering the whole page.

**Step 4** Color the inside of each hexagon yellow, and then add black and brown to the edges of each hexagon, to give your picture more of a realistic beehive look.

## Group Tour:

Watch a video on how bees live and maintain their hive. Plant a [bee friendly garden](#).

## Extend Your Journey:

Talk to a parent about how the bees affect the ecosystem and how a beehive works. [Build a bee house](#).

**Learn new vocabulary:** hexagon

### Find visual aids and resources:

Celebrating the Greatest of All Pollinators—Bees <https://tinyurl.com/pb5cz6pe>

Why Bees Are Important <https://www.planetbee.org/why-we-need-bees>

Different Ways Kids Can Help Honeybees <https://tinyurl.com/r9v5a5px>

**Beehives for Kids handout:** <https://artsphere.org/blog/bee-hive-coloring-handout/>

**Access our instructional video:** [https://www.youtube.com/watch?v=ju2taQ\\_sbxE](https://www.youtube.com/watch?v=ju2taQ_sbxE)



## Travel Kit:

Glue

Sharpie

Hexagon tracer

Oil Pastels

Two pieces of paper

Scissors

Beehives for Kids handout



# 18. OPTICAL ILLUSION HEARTS

This lesson is good for ages 5 -14

## Your Destination:

Create a 3-D illusion out of line and color.

## On the Path:

**Step 1** Look at the artwork made by Jeff Koons and Victor Vasarely.

**Step 2** On two separate pieces of paper, draw two hearts that are as large as your piece of paper.

**Step 3** On the first heart: Draw six or seven lines through your heart, making sure that the lines touch both ends of the paper. On the second heart: Draw horizontal wavy lines across the heart from the top of your paper down to the bottom.

**Step 4** Rewrite to read as the following: On the first heart: Choose two colors that you haven't used yet. Color inside of

each shape you have created with the lines you drew in step 3, and be sure to coordinate your colors! On second heart: Choose two more colors you haven't used yet. Start from the top left and of your heart and color across the heart, alternating colors every time you get to a new shape that your wavy lines made in your heart.

## Group Tour:

Look at art made by artist Jeff Koons and other sculptures.

## Extend Your Journey:

Look at great ideas for [notching cardboard](#) so that it can be structurally sound and even support the weight of a person. Create 3-D sculpture made out of a medium that is typically used for 2-D art, such as paper or cardboard.

**Learn new vocabulary:** optical illusion

### Find visual aids and resources:

Learn about Jeff Koons <https://art21.org/watch/extended-play/jeff-koons-art-history-short/>  
Learn more about Vasarely's art <https://tinyurl.com/zrxabxfk>

**Optical Illusions Heart handout:** <https://artsphere.org/blog/optical-illusion-hearts/>

**Access our instructional video:** <https://www.youtube.com/watch?v=AFxqVvTki3M>



## Travel Kit:

Your choice of medium (markers or crayons work best) that have multiple colors

Paper

Optical Illusions Heart handout



# 19. SOCIAL AWARENESS ARTISTIC CHALLENGE

This lesson is good for ages 5 -14

## Your Destination:

The students will create a piece of artwork based on the following prompt, "What do mirrors, windows, and sliding glass doors at school look like when we create a world where everyone is treated fairly and is able to reach their full potential?"

## On the Path:

**Step 1** Watch and read 2020 Student Creative Challenge Resources.

**Step 2** Brainstorm about a world that you would like to live in. A world where, not only do you feel safe, but in which your friends and peers do too. What are your thoughts on how these ideas could work? What needs to change in order to make the world better?

**Step 3** Think of the ways in which you can see yourself contributing

to the world that you have imagined (Mirrors).

**Step 4** What actions do you and the people around you need to take in order to create this world (Sliding glass doors)? Draw a picture of you and your friends helping to create this world.

## Group Tour:

Talk to one of your friends to learn about their race or culture. Include them in your activities! Learn about artists from other cultures and races at <https://artclasscurator.com/art-around-the-world-in-30-days/>.

## Extend Your Journey:

Meet with a friend and brainstorm 5 steps that you can take to contribute to a more equal and just world.

**Learn new vocabulary:** inclusive, racism, equality, privilege, justice

### Find visual aids and resources:

Learn more about activism <https://blacklivesmatteratschool.com/>  
Student Creative Challenge Resources: <https://tinyurl.com/nd4a4njx>

**Social Awareness Artistic Challenge handout:** <https://artsphere.org/blog/creativity-handouts/>

**Access our instructional video:** [https://www.youtube.com/watch?v=IKwHh6a\\_KvA](https://www.youtube.com/watch?v=IKwHh6a_KvA)



## Travel Kit:

Any medium you would like  
Social Awareness Artistic  
Challenge handout



# 20. PAINTING WITH UTENSILS

This lesson is good for ages 5 -14

## Your Destination:

Paint a landscape using alternative utensils to explore texture and movement in painting.

## On the Path:

**Step 1** Use your paint brush to first paint the background of your landscape. Make sure you use a good amount of paint.

**Step 2** Create a layer of texture by using your utensils to scratch, scrape, carry, press, displace, roll, move, dab smear and stroke the paint along the canvas. Create your own unique marks.

**Step 3** Create layers of marks.

**Step 4** Choose new colors and repeat the last two steps until you are happy with the outcome of your painting.

## Group Tour:

Look at artists who paint with nontraditional materials and experiment by making your own nontraditional texture studies. Collect other tools to experiment with making future marks such as: pompoms, popsicle sticks, lids, old sneaker, scrunched up paper, scrunched up tissue, sponges, old toothbrush, old comb, old hairbrush.

## Extend Your Journey:

Create a landscape using your utensils. Mimic the texture that one would find in nature such as bark, clouds, grass, weeds, flowers, leaves, pine trees, water falls, streams, ponds, dirt, sand and rocks. Assign a different tool for making each texture.

**Learn new vocabulary:** texture, movement, background

### Find visual aids and resources:

Jo Atherton's artwork <https://joatherton.com/gallery/>

Beyond the Brush: Inventive Use of Media for Painting Students <https://www.studentartguide.com/articles/inventive-mixed-media-techniques>

**Painting with Utensils handout:** <https://artsphere.org/blog/painting-with-utensils/>

**Access our instructional video:** [https://www.youtube.com/watch?v=kKSlxquByFE&list=PLN2FL32merRtb7mpleuOqshK3\\_OyPWyoc](https://www.youtube.com/watch?v=kKSlxquByFE&list=PLN2FL32merRtb7mpleuOqshK3_OyPWyoc)



## Travel Kit:

Utensils

Thick paper or canvas

Paintbrush

Paint

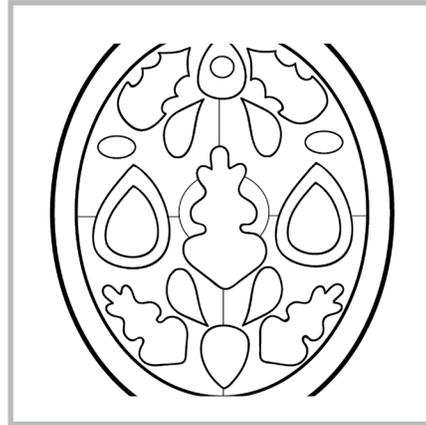
Painting with Utensils handout

# APPENDIX

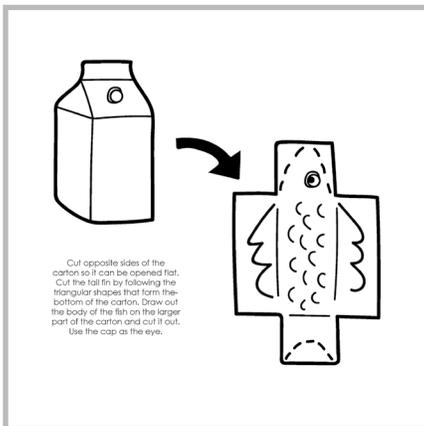
**1** Pasta People



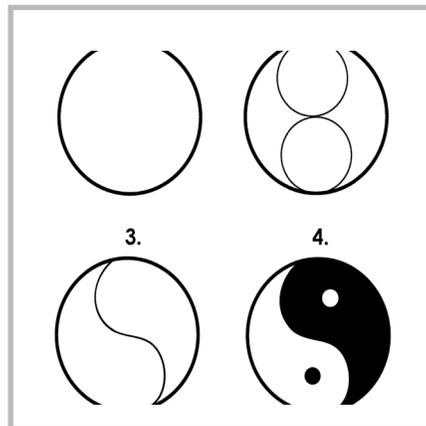
**2** Henri Matisse "Stained Glass" Foil Embossing



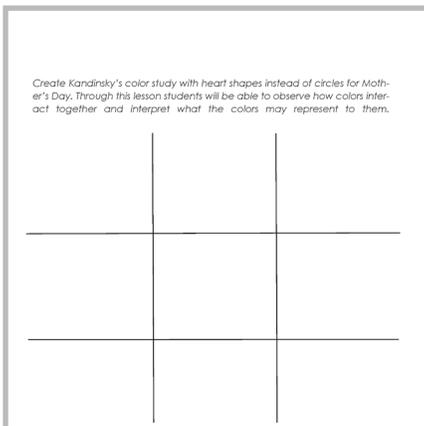
**3** Rodney McCoubrey Recycled Fish



**4** Andy Goldsworthy Inspired Temporary Art



**5** Kandinsky Heart Color Study



**6** Claude Monet Finger Painting

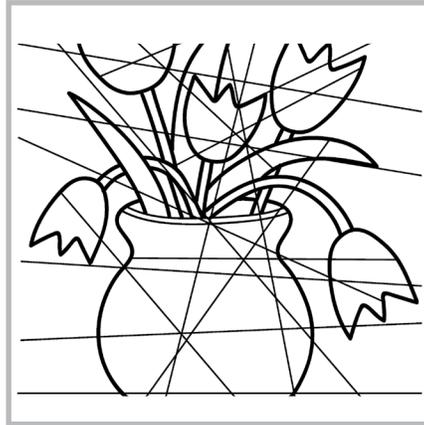


# APPENDIX

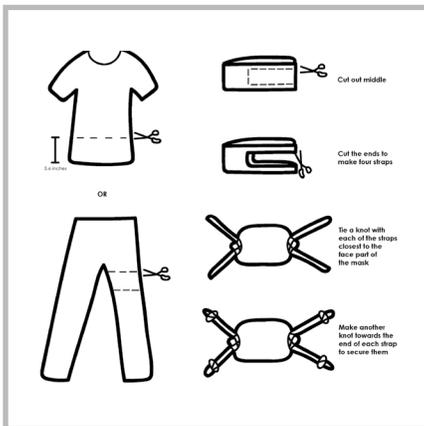
**7** Van Gogh "Starry Night" Mobile



**8** Cubist Flowers



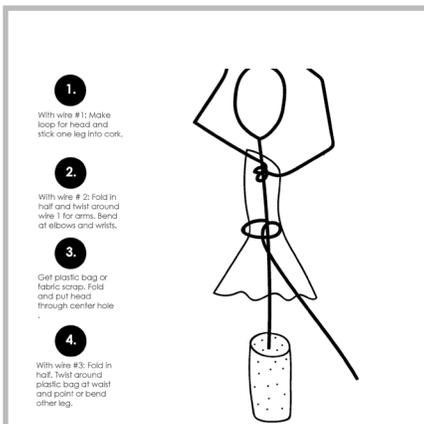
**9** DIY T-Shirt Face Mask



**10** Identify Silhouette



**11** Cork and Wire Ballerina

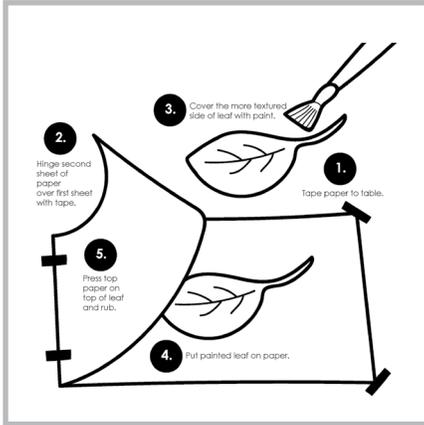


**12** Jackson Pollock Drip Painting

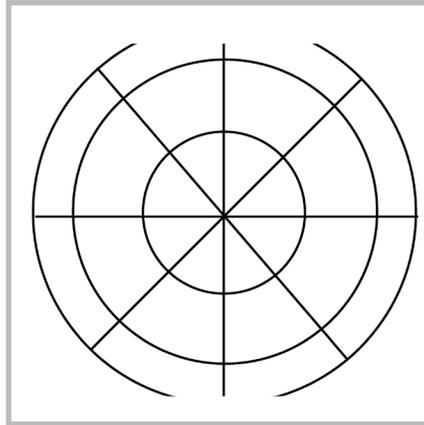


# APPENDIX

## 13 Leaf Prints



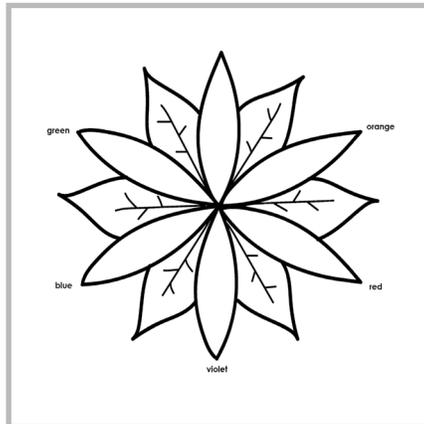
## 14 Symmetrical Radial Designs



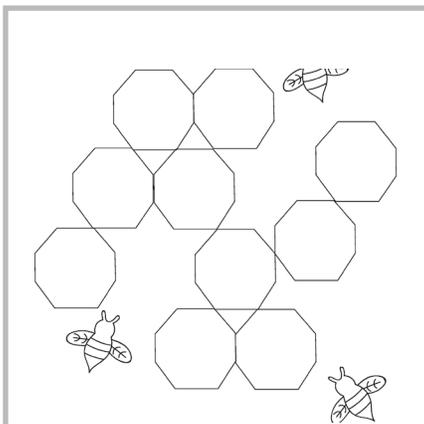
## 15 Jerry Wilkerson's "Bananas" Painting



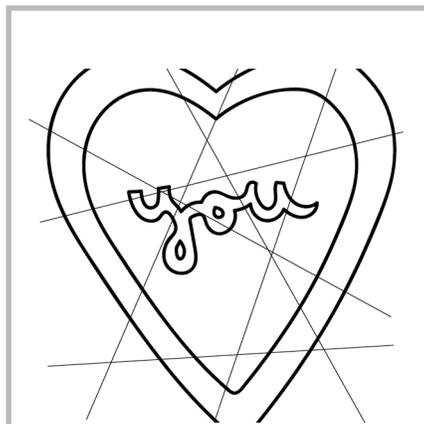
## 16 Color Wheel Flower



## 17 Beehives for Kids

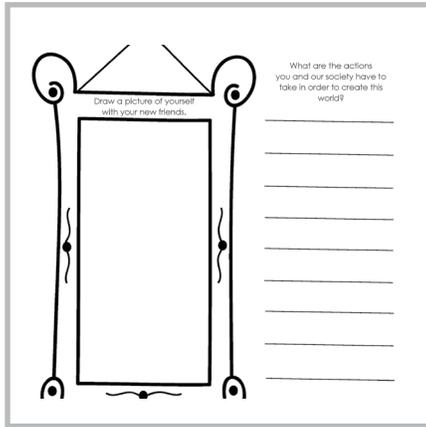


## 18 Optical Illusions Hearts



# APPENDIX

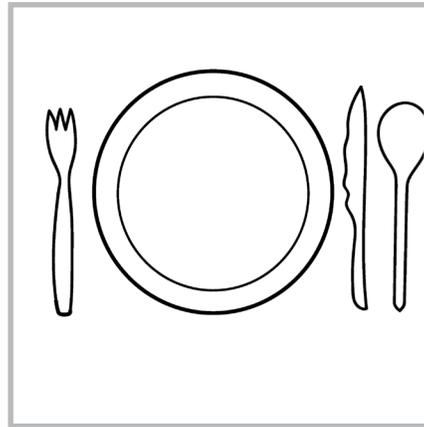
## 19 Social Awareness Artistic Challenge



Draw a picture of yourself with your new friends.

What are the actions you and our society have to take in order to create this world?

## 20 Painting with Utensils





## ABOUT US

Art Sphere Inc. (ASI), founded in 1998, provides meaningful free arts programs in an effort to engage the creativity in communities, empower neighborhoods, explore the positives in peoples' lives, and heal the mind, body, and spirit through the arts.

Working with hundreds of volunteers every year and partnering with numerous civic, academic and governmental organizations, our grassroots events help support inner-city neighborhoods. ASI's in-school and after-school workshops lay the framework for the arts to nourish the character and development of youth, open up a new world of social engagement and reinforce the school curriculum.

We appreciate the generous support of Penn Treaty Special Services District and other foundations and institutions, who, among our other supporters, have paved the way for Art Sphere Inc. to continue to serve the public through on-site and online education programs.



Art Sphere Inc. receives state arts funding support through a grant from the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.

For more information, visit [artsphere.org](http://artsphere.org). <https://artsphere.org/who-we-are/copyright-and-disclaimer/>

