

CREATING JOURNEYS THROUGH THE ARTS

Expanding the Creative Mind through Mixed Media
with Instructor: Madeleine Smith

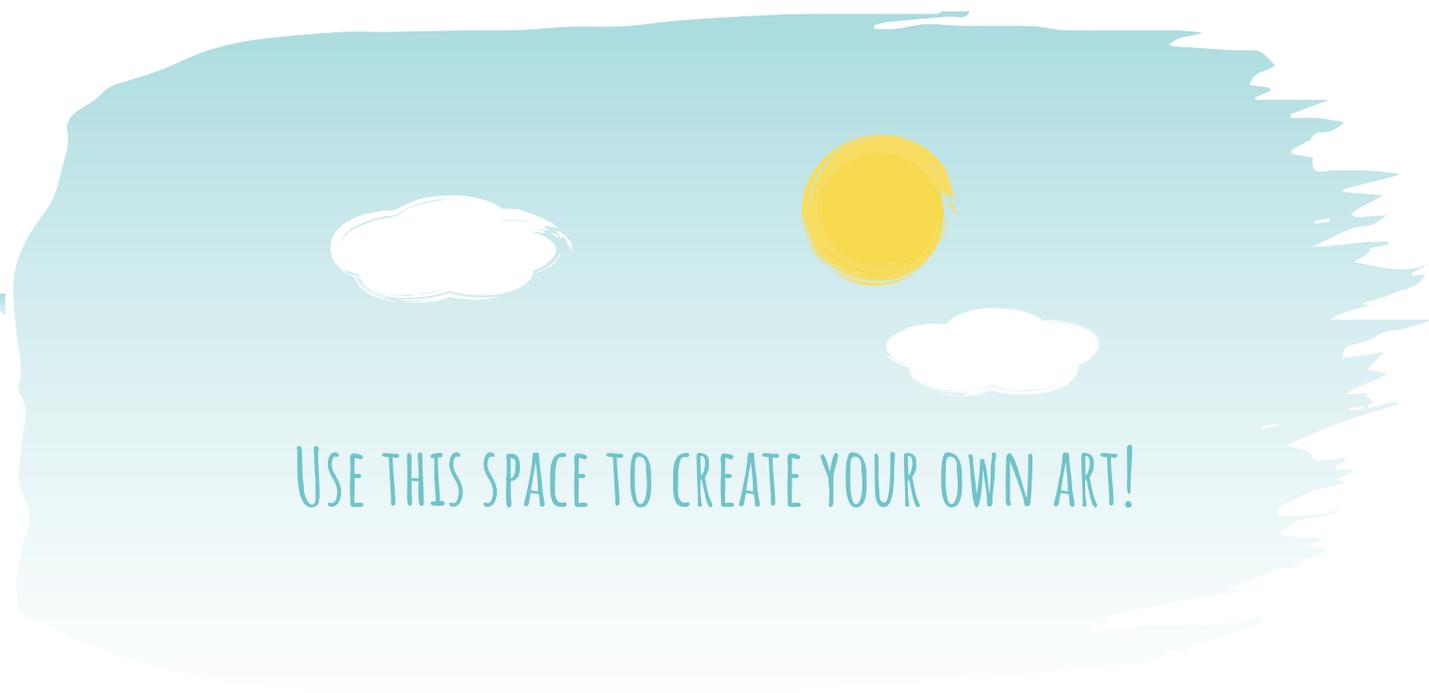
Editor: Blair Nakamoto



TABLE OF CONTENTS

- i-iii Preface
- iv Glossary
- 1 Draw a People House
- 2 Create a Bird's Nest
- 3-4 Make Playdough
 - 5 Make Playdough Mini Projects
 - 6 Playdough Portraits
 - 7 Salt Dough Fossils
 - 8 Accordion Card
- 9-10 Folding Fan
- 11 U is for Unicorn
- 12 Bubble Painting
- 13 Automatic Drawing
- 14 Blind Contour Drawing
- 15 Scrape Painting
- 16 Origami House
- 17 Tissue Paper Printing
- 18 Paint Star Constellations
- 19 Paint the Sun
- 20 Paper Marbling
- 21 Pumpkin Stamps
- 22 Puffy Paint Clouds
- 23 Appendix - How to Pages





USE THIS SPACE TO CREATE YOUR OWN ART!





Art Sphere Inc.
Transforming Lives Through Art

STRENGTHENING OUR COMMUNITIES SINCE 1998

BOK Building, 1901 S 9th St. Studio 502, Philadelphia PA, 19148 • (215) 413-3955 • www.artsphere.org • info@artsphere.org

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) 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 mathematical¹. 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)

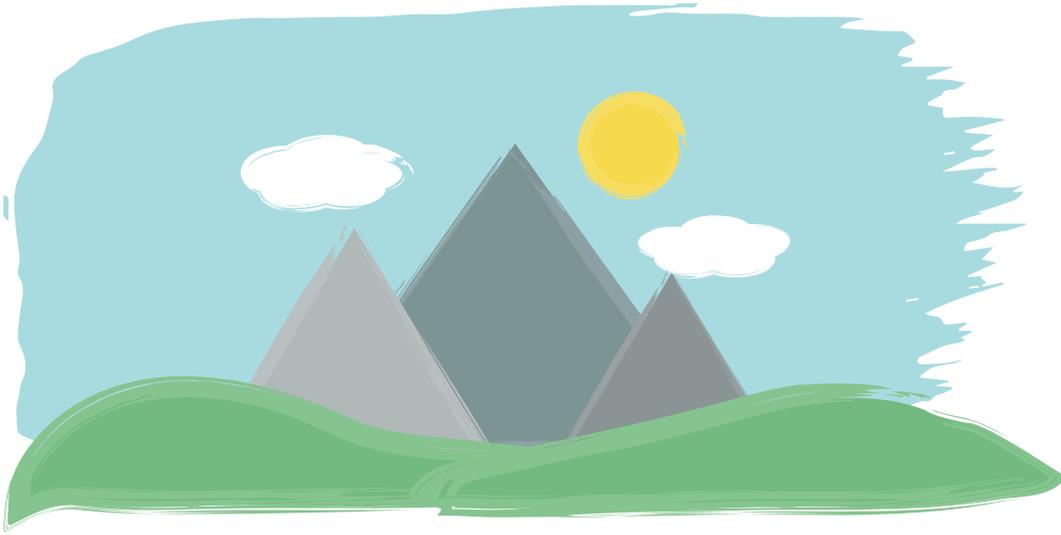


Musical-Rhythmic
(sensitivity to rhythm and sound)



Multicultural and Interpersonal
(understanding, interacting with others)

¹ 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 (<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, Rupali Walunj, and Blair Nakamoto.

My thanks also go to Judy Yellin 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. I am also blessed by many others for their support of our work these 22 years and especially my husband, Frank Cellucci, who encourages my creativity.

Enjoy this book and create your own journey!
Best Wishes on Finding Your 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 Art that does not try to represent or look like anything identifiable

Accordion fold A series of alternating folds

Automatic drawing Making a drawing without planning or thinking about it, sometimes not even looking at your paper

Bubble A thin layer of soap and water around a pocket of air

Bust A sculpture depicting a person's neck and head

Cirrus clouds Thin and wispy clouds that are very high in the sky

Color wheel A circle that shows the organization of colors and their relationship to one another

Complementary colors Color pairs that are the most contrasting when placed next to one another. Red-green, orange-blue and yellow-purple are complementary colors

Constellations Visible stars that are organized into groups and given specific names, like Ursa Major and Ursa Minor

Contour The outline of an object that represents its edges

Crease A line made by folding a paper

Cumulus clouds Puffy clouds that are often a sign of a bright day without rain

Diagonal line A straight line that is slanted

Egg An oval object laid by some female animals that contains their young. The young grow inside the egg and break it open when they are ready to hatch

Flatten To make or become flat. For example, pressing a ball of playdough on a table with your hand and making it flat

Folding fan A handheld fan that is design to be folded

Fossil The preserved remains or impressions of a once-living organism

Horizontal line A straight line that goes from side

to side

Imprint To make a mark with pressure

Nest A structure an animal creates to live in and shelter its young

Origami The art of paper folding

Outline A line or lines that enclose a shape

Oval A shape that looks like an egg

Oviparous An animal that produces its young by laying eggs

Pinch To squeeze something, like playdough, between two of your fingers

Portrait A representation of someone, especially one depicting their face

Primary colors Colors that can be mixed together to make all other colors. They are red, yellow, and blue

Roll To move something along a surface, like playdough, while turning it over and over

Scrape painting Spreading paint around on a paper using a hard card instead of a paint brush

Sculpture A three-dimensional piece of art, often created by carving and molding materials

Secondary colors Colors made by mixing primary colors together. They are green, orange, and violet

Stamp A tool to apply paint or ink on a surface in a specific shape

Stratus clouds Clouds that are close to earth and are thinly layered. They often lead to a light drizzle of rain

Sun The star at the center of our solar system that creates and sustains life on earth

Transfer To move something from one place to another

Unicorn A mythical creature that looks like a horse but has a single horn on the top of its head

Vertical line A straight line that goes up and down



1. DRAW A PEOPLE HOUSE

This lesson is good for ages 8–14

Your Destination:

Homes come in all shapes and sizes. Using horizontal, vertical, and diagonal lines, draw your home.

On the Path:

Step 1 Let's review the types of lines that you will use to draw the outline of your house: horizontal, vertical, and diagonal lines. Hold up your pointer finger and move it from left to right and right to left in front of you. That is the direction of a horizontal line. Now, move your finger up and down to show the direction of a vertical line. A diagonal line moves across, low to high or high to low; move your finger in those directions.

Step 2 The horizontal and vertical lines make a square. Draw two vertical lines parallel to each other. Then, connect the top and

bottom of these lines with two horizontal lines.

Step 3 The square is the base of the house. Next, draw a triangle on top of the square to make a roof. Draw a diagonal line in each top corner of the square so that they meet at the center point above the square.

Step 4 You can decorate the inside or the outside of your house. Talk about the different elements that are part of both.

Step 5 Try drawing more houses and other features that are in your neighborhood.

Group Tour:

Read *In a People House* by Theo LeSeig. This is a great book for matching pictures to words to start developing a strong vocabulary. Give a house tour! Tell somebody about the house that you drew and the people that are in it.

Extend Your Journey:

Did you know that Theo LeSeig was actually the famous children's book author and illustrator Dr. Seuss? Sometimes authors use different names instead of their real names to conceal their identities. These names are called pen names. Dr. Seuss's real name was Theodor Seuss Geisel, but he used the pen names Theo LeSeig and Dr. Seuss. LeSeig is actually Geisel spelled backwards. Can you think of a pen name for yourself?

Learn new vocabulary: Horizontal line, vertical line, diagonal line, outline

Find resources and visual aids: Find another way to draw and paint a house <https://www.youtube.com/watch?v=On0hnIrgVnA>

Watch Wes Tank read and rap "Fox in Sox," a Dr. Seuss book, to the beat of Dr. Dre: <https://www.youtube.com/watch?v=hqIbEHNqBPs>

Access our instructional video: <https://www.youtube.com/watch?v=kaKTuSO5M8c&t=5>



Travel Kit:

- Paper
- Pencil
- Pen
- Markers
- Crayons
- Colored pencils



2. CREATE A BIRD'S NEST

This lesson is good for ages 8–14

Your Destination:

Learn about the American Robin, including the eggs this type of bird lays and the nest it builds. Birds are oviparous, which means they create their young by laying eggs. Female robins lay their beautiful blue eggs in a nest that they've built. Their nests are made of mud, twigs and dried grass. Create your own robin's nest using simple materials around the house.

On the Path:

Step 1 Start by drawing your robin's eggs. Eggs come in all different colors and sizes, but they're all a similar oval shape. Oval means egg-shaped.

Step 2 You can draw an egg using a circle. Get your first piece of paper and a pencil. Draw a circle, and then draw two curved lines in the shape of a 'u' or 'c' on either side of the circle. Erase the circle inside the oval. Practice drawing ovals until your paper is completely filled.

Step 3 On your second sheet of paper, draw 4 eggs. Find the center of your paper, and draw 4 ovals

close together. The ovals should be about the size of your thumb. Color these ovals in with a blue marker, crayon, or colored pencil.

Step 4 Let's build the nest. Using a brown paper bag, rip strips of paper at varying sizes so they will be about as long as your fingers. These will be the twigs in your nest. Glue these pieces of paper around your eggs to form a circle.

Step 5 You can also use the side of a brown marker or color pencil to draw a nest around your Robin's eggs. Draw lines around them to build a circular shape around them.



Travel Kit:

- 2-3 pieces of paper
- Pencil
- Brown paper
- Glue
- Blue markers
- Crayons or colored pencils

Group Tour:

Add a robin to your nest. Find a picture of a robin to draw from, and add your drawing to your nest. You can also keep building your nest. Birds use all sorts of materials that they find outside to build their nests, like yarn and grass. Are there any materials you could add to your nest to make it sturdier?

Extend Your Journey:

Watch this video to learn more about how birds build nests: <https://www.youtube.com/watch?v=KpDCQBPTFM>

Learn new vocabulary: Egg, robin's egg blue, oviparous, nest, oval

Find resources and visual aids: Learn about different types of bird's nests here: https://kids.kiddle.co/Bird_nest & <https://www.youtube.com/watch?v=mhWDCcBhXLQ>

American Robin facts are found here: <https://www.youtube.com/watch?v=NMkQbi2eZa0> & <https://kids.nationalgeographic.com/animals/birds/american-robin/>

Access our instructional video: <https://www.youtube.com/watch?v=D-vqJJoH1RE>



3. MAKE PLAYDOUGH

This lesson is good for ages 8–14

Your Destination:

Playdough can be used for so many different things! In this activity, you will make playdough and use it to learn about the color wheel. Ask a grownup to make playdough with you, and gather a few ingredients found in your kitchen.

On the Path:

Step 1 Using a whisk, mix flour, salt, cream of tartar, vegetable oil, and 2 cups of water in a medium bowl.

Step 2 With adult supervision, heat the batter. Pour the batter into a sauce pan, and place it on a stovetop on medium heat. Stir the batter continuously for 3 to 5 minutes. Turn off the heat once the batter has thickened to a doughy consistency. Remove your batter from the heat, and allow the dough to cool for a few minutes.

Step 3 Kneading dough helps make it more durable. Sprinkle some flour over a smooth, clean surface. Place dough on the surface, and sprinkle more flour over it. This will help the dough from sticking to the surface and to your hands. Using the palms of your hands, press into dough. You can knead it until it feels like the right texture for you.

Step 4 Divide the dough into 6 equal sized pieces. Now we'll learn about color mixing! There are 3 primary colors: red, yellow and blue. Select 3 of the 6 pieces of dough. With the food coloring, dye them red, yellow

and blue. Press your thumb into the center of your dough piece and place a few drops of one of the colors in there. Close the hole and start massaging your piece of dough until the food coloring is well blended.

Step 5 Use the last 3 pieces of dough to mix the 3 secondary colors: orange, green and violet. Secondary colors are made from primary colors. Select a plain piece of dough, and press your thumb in the center. Then, place a few drops of yellow and red in the hole. Mixing yellow and red makes orange. Knead the dough until it turns completely orange. To create the last two secondary colors, repeat this step but with these combinations. Use yellow and blue to make green, and use blue and red to make violet.

Step 6 You just mixed the 6 colors on the color wheel. Roll out a small ball of each color. Place them in a circle, but in this order: red, orange, yellow, green, blue and violet. This is the color wheel. We use the color wheel to understand color relationships.



Travel Kit:

- 2 Cups flour
- 1 Cup salt
- 4 Teaspoons cream of tartar
- 1 Tablespoon vegetable oil
- 2 cups water
- Red, yellow, and blue food coloring
- Plastic bags

(lesson continued on next page)

Make sure the red is across from the green, the orange is across from the blue, and the yellow is across from the violet. The color across from another color on the color wheel is its complementary color. When complementary colors are next to each other, they make each other seem more vibrant and colorful. Practice selecting and matching complementary colors with your playdough.

Group Tour:

Try making pinch pots with the playdough you just made. Roll a piece of dough into a ball using your hands or a flat surface. Gently press your thumb into the center of your ball to make a small hole. With your thumbs in the hole and your fingers around the ball, start pinching the sides. Soon, you will have made a small bowl. What can you sculpt with the dough to put in your pinch pot?

Extend Your Journey:

What is your favorite color? With that colored playdough, can you sculpt objects that are your favorite color?

Learn new vocabulary: Primary colors, secondary colors, color wheel, complementary colors

Find resources and visual aids: Review what you just learned about the color wheel by watching this video here: <https://www.youtube.com/watch?v=eGrGkJtSLsk&t=141s>

Learn about the famous scientist, Sir Isaac Newton, and how he invented the color wheel here: <https://www.youtube.com/watch?v=3ButdiKfJLU>

Access our instructional video: https://www.youtube.com/watch?v=yrG_KBNlb_Y&t=12s



4. MAKE PLAYDOUGH MINI PROJECTS

This lesson is good for ages 8–14

Your Destination:

Did you know that you need to exercise your hands? Playing with playdough can help give you strong hands! For this activity, you'll exercise your hand muscles by making some interesting things out of playdough.

On the Path:

Step 1 The first mini project you'll make is a ball. Pinch off a piece of dough, and roll it between your hands or on the table. What are some objects that are the same shape? Maybe a basketball?

Step 2 Next, try to make an even smaller ball. Pinch off a smaller piece of dough and try just rolling it between your fingers. What's another kind of ball that's smaller than a basketball?

Group Tour:

Ask a friend or family member what their favorite food is. Can you make their favorite food out of playdough?

Extend Your Journey:

Become the teacher! Can you teach a friend or family member all of the different playdough exercises you learned in this lesson? Show someone else how to flatten, pinch, and roll the playdough.

Find resources and visual aids:

Here's a no-bake playdough recipe: <https://www.youtube.com/watch?v=oAIAm6BF0fs>

Learn how to make donuts out of playdough: <https://www.youtube.com/watch?v=gi9UViU6Wuk>

Access our instructional video: <https://www.youtube.com/watch?v=almqR0KCCw0>





5. PLAYDOUGH PORTRAITS

This lesson is good for ages 8–14



Your Destination:

A portrait is a portrayal of someone's face. You can draw, paint, sculpt or take a photo of someone's face. For this activity, you will sculpt a portrait with playdough.

On the Path:

Step 1 Think about the parts of a person's face, like two eyes, a nose, a mouth, eyebrows. What other features can you think of?

Step 2 Take a bowl, and turn it over so that the bottom of the bowl is the top. This will be the 'head' that you'll attach your playdough facial features to.

Step 3 Start by sculpting some hair for your bust. A bust is a sculpture of a person's head. Roll out some dough on a flat surface. Then, divide the rolled out dough into smaller pieces. Attach it to the top of the bowl.

Step 4 Next, sculpt the eyes. Take two small pieces of

dough and roll them into two balls. Then, gently press down with your thumb. Add pupils to your eyes by repeating this step, but with smaller pieces of playdough.

Step 5 You have hair and eyes now, but you still need a nose. You can make a nose in many different ways. You could sculpt a triangle, or roll a spiral shape. What's another way you could make a nose?

Step 6 A mouth can be really simple to make. For your mouth, roll out a piece of dough, and attach it in the shape of a smile, frown, or other expression.



Travel Kit:

playdough
bowl

Group Tour:

Artists often sculpt portraits by looking directly at the person they're sculpting. Ask a friend or family member to sit for you while you sculpt their portrait. See if you can make a portrait from your playdough that looks like them.

Extend Your Journey:

Read *Go Away Big Green Monster!* by Ed Emberley. Can you make the Big Green Monster with playdough and take it apart, just like in the book?

Learn new vocabulary: Portrait, sculpture, bust

Find resources and visual aids:

- Learn about the history of portraiture here: <https://www.youtube.com/watch?v=x-XvGWFXQ0I> and here: <https://wiki.kidzsearch.com/wiki/Portrait>

Watch this artist make a sculpture of a person's head: <https://www.youtube.com/watch?v=q01yAKBAmZE>

Access our instructional video: <https://www.youtube.com/watch?v=m0okdUkzbm0>



6. SALT DOUGH FOSSILS

This lesson is good for ages 8–14



Your Destination:

Fossils are really cool, and they're also important. Fossils help scientists learn about ancient plants and animals, like dinosaurs. Fossils are the imprint of an animal or plant that is no longer alive. You will make your own imprints using objects around your home and some salt dough.

On the Path:

Step 1 First, with adult supervision, make the salt dough. In a medium bowl, mix together flour, salt, and water. Mix it until it is well blended.

Step 2 To make sure the dough is the right texture, you'll have to knead it. Sprinkle some flour on a flat surface before placing your dough down, then sprinkle more flour on top of the dough. Using the palms of your hands, press into the dough. Fold it over, and continue until the dough texture is no longer sticky.

Step 3 After making your salt dough, you'll need to gather

materials to make your impression of fossils. You can use just about anything that is around you. For example, you could use buttons, clothespins, or markers. You could even go outside and collect materials like twigs and leaves.

Step 4 Next, roll out your salt dough using a rolling pin, or flatten the dough with your hands. Use a cup to cut out circles on your rolled out dough.

Step 5 Select one of the objects you've collected. Press it gently into a piece of salt dough that you've cut out. Do you see the imprint that is left?



Travel Kit:

- 2 cups flour
- 1 cup salt
- 1 cup water
- Bowl
- Whisk
- Rolling pin

Group Tour:

Have you ever been to a museum and seen objects on display? Make your own display by laying out your salt dough fossils and writing a label for each one that describes what it is.

Extend Your Journey:

Once you've made your museum display, become a tour guide! Give a museum tour of your fossil exhibition to your family or friends.

Learn new vocabulary: Imprint, fossil

Find resources and visual aids:

Visit the Field Museum at: <https://www.fieldmuseum.org/>

and learn more here: <https://interactive.wttw.com/prehistoric-road-trip>

Learn more about fossils here: <https://www.dkfindout.com/us/dinosaurs-and-prehistoric-life/fossils/>

And here: <https://www.youtube.com/watch?v=tyOjxjFHW-c>

<https://naturalhistory.si.edu/exhibits/david-h-koch-hall-fossils-deep-time>

Access our instructional video: <https://www.youtube.com/watch?v=DULICeE5Y9U&t=560s>



7. ACCORDION CARD



This lesson is good for ages 8–14

Your Destination:

Have you given or received a greeting card, like a birthday or Valentine's Day card? Cards are part of a popular tradition. First, read *Guess How Much I Love You* by Sam McBratney. Then, you'll make a really long accordion card to tell someone how much you love them.

On the Path:

Step 1 The accordion fold uses a sequence of alternating folds. Take your first sheet of paper, and fold it in half, matching the short sides of the paper together. Make sure the corners line up, and firmly press down on the crease to make a crisp fold.

Step 2 Next, with your paper still folded in half, fold the left side of your paper toward the crease. Flip your paper over, and fold the right side of the paper toward the crease. Repeat the same folds with your other two pieces of paper.

Step 3 When all three sheets of paper are folded, you can glue them together. To continue the accordion fold pattern with all three papers, you need to match the edge of one paper to the folded crease of another paper. Use a few drops of glue to connect your papers together.

Step 4 Once the glue has dried, you can write on your card. On the front of your card write, "I love you." Then, on the inside of your card write, "This much!" Make sure you write this really big. Decorate your card using a variety of colors, shapes and patterns.

Group Tour:

Give your card to someone special in your life. You can personalize your card by writing the name of the person who it's for and writing who it's from--you!

Extend Your Journey:

How long do you think you could make your accordion card? Fold more paper and glue it onto your card to make an even longer card!

Learn new vocabulary: Accordion fold, crease

Find resources and visual aids:

Watch how Hallmark Cards, a large American greeting card company, make their cards here: https://www.youtube.com/watch?v=9STFqb_U3kg

What does an accordion look and sound like? Watch this video to find out: <https://www.youtube.com/watch?v=ifHRDBx-ctw>

Access our instructional video: https://www.youtube.com/watch?v=2XSvaS8Um_k&t=40s



Travel Kit:

3 Sheets of paper

Glue

Markers

Colored pencils or
crayons



8. FOLDING FAN

This lesson is good for ages 8–14

Your Destination:

The folding fan originated in Japan a long time ago. Then, people made their fans from many different materials, but you can make a simple folding fan with just a piece of paper.

On the Path:

Step 1 First, decorate your folding fan with interesting patterns. Patterns are shapes or colors repeating themselves. You could draw stripes, polka dots, zig zags, or another shape.

Step 2 Next, fold your paper in half. Press gently on the fold to sharpen the crease.

Step 3 Unfold your paper. Fold one side so that its edge matches the center crease, and do the same for the other side.

Step 4 Unfold your paper again. You should now have 4 sections.

Step 5 Take one side of your paper and fold it over so that it lines up with the crease farthest from it. Press down on the new crease. Repeat this step on the opposite side.

Step 6 Next make two small folds on both sides. Fold one side over so that it lines up with the crease closest to it. Do the same for the other side.

Step 7 Following the crease you've made, make an accordion fold. Fold one side of your paper so that it matches with the crease closest to it. Press down on this new fold. Keep your paper folded, and flip it over. Repeat this same fold over and over again, making sure to flip your paper over in between folds.

Step 8 Finally, with your paper closed and with all of the folds intact, create one more fold. Fold your paper in half, and press down on the fold. Your folded paper should make a 'V' shape. Using a little bit of glue, glue the two sides of your folded paper together. Allow a few minutes for the glue to dry.



Travel Kit:

Paper

Glue

Markers

Crayons or colored pencils

Group Tour:

Artists design prints for lots of things like t-shirts, bags, and furniture. Sometimes they will customize these things for customers. Can you make a custom fan for a family member or friend? Ask them what colors and patterns they like, and design a fan just for them!

(lesson continued on next page)

Extend Your Journey:

Can you learn this dance with your fan? <https://www.youtube.com/watch?v=kX6xMYIEwLA>

Learn new vocabulary: Folding fan

Find resources and visual aids:

Fans in Japanese art at the Freer Gallery of Art in the Smithsonian: https://asia.si.edu/?s=fans&collection-area=japanese-art&search_context=objects&post_type=tms_object

Learn about Japan and what it would be like to travel there: <https://www.japan.travel/en/>

Access our instructional video: <https://www.youtube.com/watch?v=5tOVsVoh6QY&t=4s>



9. U IS FOR UNICORN



This lesson is good for ages 8–14

Your Destination:

Use the letter 'U' to draw a unicorn.

On the Path:

Step 1 Start with your paper in a vertical format. On the middle of your paper, with your pencil, draw the letter 'U'. To do this, draw a line down, and when you're close to the bottom of the paper, curve around and continue back up the paper. This is the head of your unicorn.

Step 2 Draw a curved line to close off the top of the 'U'. Then, you can draw the unicorn's ears by drawing an upside down 'V' on both sides of the top of its head.

Step 3 Add two ovals towards the bottom of the unicorn's head to create its nose. Then, add a

curved line beneath the nose for its smile.

Step 4 Draw the eyes in the shape of upside down 'U' or as two circles. Next, create the unicorn horn by drawing a triangle on the top of the head.

Step 5 When you're done, use markers, colored pencils, or crayons to color in and decorate your unicorn.

Step 6 Make a flower crown out of tissue paper. Tear small pieces of tissue paper, and crumple them into balls. Glue them around your unicorn's horn.



Travel Kit:

- Paper
- Pencil
- Tissue paper
- Markers
- Glue
- Pencils or crayons

Group Tour:

You used the letter 'U' to draw a unicorn's portrait. Are there any other animals you could draw using that letter? Draw the letter 'U,' and see if you can turn it into another animal. Brainstorm with a family member or friend.

Extend Your Journey:

Watch the book *Uni the Unicorn* by Amy Krouse Rosenthal be read aloud here: <https://www.youtube.com/watch?v=n1K8j3Lhcv>

Learn new vocabulary: Unicorn

Find resources and visual aids:

Learn how to write more letters here: <https://www.youtube.com/watch?v=z1U9OR4wkZY>

The mythology of the unicorn was started a long time ago. Read more about the history of unicorns here: <https://kids.kiddle.co/Unicorn>

Access our instructional video: <https://www.youtube.com/watch?v=S7E-1grx68I>



10. BUBBLE PAINTING

This lesson is good for ages 8–14

Your Destination:

You don't always need a brush to make a painting. Have you tried using a straw? In this lesson, you'll learn how to make a painting by blowing lots of bubbles through a straw.

On the Path:

Step 1 Pour a few drops of paint or food coloring into a disposable container.

Step 2 Pour 2 tablespoons of dish soap and 2-3 tablespoons of water into the same container. Mix them together thoroughly.

Step 3 Next, using your straw, gently blow into the bubble paint mixture. When the

bubbles start to pile up and seem like they might overflow, push them onto the paper with your straw.

Step 4 Repeat step 3 until you've covered most of your paper.

Step 5 Try combining different colors on the same piece of paper.

Group Tour:

You already make bubbles everyday when you wash your hands. Learn this song about making bubbles while washing your hands: <https://www.youtube.com/watch?v=W3YHu0MvhN8>

Extend Your Journey:

You can decorate a lot of things using bubble painting. Try decorating cards and envelopes. Then, you can share them with friends and family.

Learn new vocabulary: Bubble

Find resources and visual aids:

Watch a video for making bubbles with different recipes and tricks: <https://www.youtube.com/watch?v=xXpU9eyHYN8>

Learn about the science of bubbles here: https://www.youtube.com/watch?v=XxU_QenIO54&t=2s

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



Travel Kit:

- Disposable bowls or cups
- Straws
- Paper
- Dish soap
- Non-toxic tempera paint or food coloring



11. AUTOMATIC DRAWING

This lesson is good for ages 8–14

Your Destination:

Learn to draw with your eyes closed. In this lesson, you'll make a quick drawing by letting your subconscious guide you. Surrealist artists in the 20th century made many automatic drawings by closing their eyes and not thinking about what they were drawing.

On the Path:

Step 1 Find a quiet space, and place a piece of paper in front of you on a flat surface.

Step 2 Take the cap off of your marker, and place the tip on the paper. Close your eyes, and for 10-20 seconds, move your marker across the paper. Don't think too much about what you're drawing, just stay on the paper.

Step 3 When you're done, observe the shapes that you made. Do they look like anything else, or are they abstract shapes?

Step 4 Next, color in your drawing. Try using just three different colors, and carefully color your drawing so that the same color is not next to itself.

Group Tour:

Draw with a friend! With a friend or family member, create automatic drawings together. Then, switch drawings, and color each other's in.

Extend Your Journey:

Watch this artist make an automatic drawing:
<https://www.youtube.com/watch?v=Sw0LoDGPxCI>

Learn new vocabulary: Abstract, automatic drawing

Find resources and visual aids:

Watch this video to learn more about Surrealism:
https://www.youtube.com/watch?v=1YE_Zas-A5A

Access our instructional video: <https://www.youtube.com/watch?v=ERkixevtUP4>





12. BLIND CONTOUR DRAWING

This lesson is good for ages 8–14

Your Destination:

Artists, like yourself, often draw from direct observation. That means they're drawing an object that is right in front of them. This exercise will help you closely observe the many details of an object directly in front of you as you draw it.

On the Path:

Step 1 Sitting at a table with a piece of paper in front of you, choose an object to draw. This could be anything, like a toy, a vase, or a bowl

Step 2 Draw the contour of this object. This means you should draw the object's outline. While you're drawing the outline, don't look at your drawing

Step 3 Pick any point on the object to start drawing from. As your eyes slowly move

around the outside of the object, move your marker along with them. Your eyes and marker should be moving at the same pace. Your marker is recording whatever your eye is seeing in that moment

Step 4 Remember to not look down at your paper until you've finished the drawing.

Group Tour:

Try drawing a friend or family member's portrait using the blind contour method. Do you think your drawing will look like them?

Extend Your Journey:

Challenge yourself by making a continuous blind contour drawing. That means you never lift your marker off of the paper as you draw.

Learn new vocabulary: Contour

Find resources and visual aids:

Learn more about blind contour drawing here:

<https://www.youtube.com/watch?v=qgicqYiqen4>

Access our instructional video: <https://www.youtube.com/watch?v=UkwXUAMdLn8>



Travel Kit:

Paper

Marker



13. SCRAPE PAINTING

This lesson is good for ages 8–14

Your Destination:

Scrape painting is a technique made famous by contemporary German painter Gerhard Richter. He used a large squeegee to spread paint across his canvases. By blending his paint with a squeegee, Gerhard Richter created surprising results.

On the Path:

Step 1 Select a color of paint, and squeeze a dot onto the top left corner of your paper. Put another dot of paint in the center top of your paper and a third on the right corner. In between these dots, squeeze a different color. The colors should be alternating.

Step 2 Place a paper towel next to your paper. Next, take your squeegee, which could be a used gift card or piece of cardboard, and

hold it upright at the top left of your paper. Slowly drag the card over the paint all the way down to the bottom of your paper. Put a little bit of pressure on the card so that you can pull the paint down.

Step 3 Wipe the excess paint on your card onto the paper towel. Move to the center of the top of your paper, and repeat the process. Do this until all of the paint has been scraped across the paper.

Group Tour:

Practice mixing secondary colors by using just primary colors. Using the scrape painting technique, blend red and blue, red and yellow, and blue and yellow together. These combinations will make the secondary colors; purple, orange, and green.

Extend Your Journey:

Watch this instructional video to learn how to make an origami wallet from your colorful painted paper:

<https://www.youtube.com/watch?v=WLwdovHOMPQ>

Learn new vocabulary: Scrape painting

Find resources and visual aids:

Watch Gerhard Richter paint here:

<https://www.youtube.com/watch?v=yF6EluMNR14>

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



Travel Kit:

Paper

2 or 3 different paint colors

Old gift card or piece of cardboard

Paper towels



14. ORIGAMI HOUSE

This lesson is good for ages 8–14



Your Destination:

Origami is the art of paper folding. Create your own mini house by folding a single sheet of paper.

On the Path:

Step 1 Place your piece of paper in front of you vertically. Fold the paper in half, matching the shorter ends together. Everytime you fold, press down on it to make a crisp crease. Fold the paper in half again, bringing the shorter sides together.

Step 2 Unfold this last fold, and fold the two ends to the center crease of your paper. Open one side slightly, and place your finger inside that fold. Slowly, move it up to the corner of that fold, and press down to make a triangle shape. Repeat this on the other side.

Step 3 Flip your paper over, and fold back the other sides. Now, stand your paper up. It should be in the shape of a house.

Step 4 To decorate your origami house, completely unfold your paper. The crease in the center is the top of the roof. On one side, draw the outside of a house, and on the other side draw the inside of the house.

Step 5 When you're finished decorating, fold your paper in the same order that you first did, following the creases you've already made.



Travel Kit:

Paper

Markers

Group Tour:

Make another origami house, but try and decorate and color it to look exactly like your home.

Extend Your Journey:

What other objects can you make out of paper to add to your house? How about a pet? Watch this video to learn how to make an origami dog: <https://www.youtube.com/watch?v=OPOiGpfzj4M>

Learn new vocabulary: Origami

Find resources and visual aids: Read If I Built a House by Chris Van Dusen: <https://www.youtube.com/watch?v=pXW89Pc8B7I>

Access our instructional video: <https://www.youtube.com/watch?v=IMtclidqvF4>



15. TISSUE PAPER PRINTING

This lesson is good for ages 8–14

Your Destination:

Did you know you can print on paper using tissue paper? In this activity, you will use tissue paper to paint and decorate paper.

On the Path:

Step 1 Take a few sheets of different colored tissue paper, and either tear them or cut them into smaller pieces.

Step 2 Arrange the tissue paper on a piece of white paper. When you are finished composing the tissue paper, carefully start printing them by brushing water over top. Make sure all of the tissue paper is dampened by your brush. The dye from the tissue paper will transfer onto the white paper.

Step 3 Allow the tissue paper to dry. While you're waiting you can make another one.

Step 4 When the tissue paper has dried, remove it from your white paper. The white paper should now be different colors from the tissue paper.



Travel Kit:

- Tissue paper
- White paper
- Brush
- Scissors
- Water

Group Tour:

Now that you've mastered tissue paper printing, on your next piece, make a drawing in white crayon and then use the tissue paper transfer technique. See what happens to your drawing!

Extend Your Journey:

Take the tissue paper you used to print on your paper, and make another art piece. Learn more here: <https://www.youtube.com/watch?v=2uo7psxm4Y>.

Learn new vocabulary: Transfer

Find resources and visual aids: <https://nurturestore.co.uk/tissue-paper-printing-project>

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



16. PAINT STAR CONSTELLATIONS

This lesson is good for ages 8–14

Your Destination:

There are millions and millions of stars in our universe. Since ancient times, people have looked for patterns in the stars. These are called constellations. For this activity, look at a constellation and try to copy it.

On the Path:

Step 1 Find an image of a constellation. Make sure you can clearly see the stars of the constellation that mark its shape. On a piece of paper, dip your Q-tip in blue paint, and try matching the stars of the constellation on your paper. Dot these points using the painted Q-tip.

Step 2 Pay attention to how much space is in between each star. When you have painted each star in the constellation, allow the paint to dry

Step 3 Next, with a pencil, connect the dots. Copy the lines of the constellation to make your constellation look like the one you're copying. If you draw a line that isn't straight, erase it and try again

Step 4 Trace over your pencil lines with a blue marker to make them stand out. How closely does your constellation painting match with the one you tried to copy?



Travel Kit:

Q-tips

Paper

Blue paint

Pencil

Blue marker

Group Tour:

Teach a friend or family member about the constellation you painted. Tell them its name and if there's a story about it.

Extend Your Journey:

Go stargazing! On a clear, dark night, go outside with adult supervision and see if you can spot any constellations. Download the app Star Chart to help you find more constellations: https://play.google.com/store/apps/details?id=com.escapistgames.starchart&hl=en_US&gl=US

Learn new vocabulary: Star constellations

Find resources and visual aids: Learn more about constellations here: <https://www.youtube.com/watch?v=MZffhapfOgg>

Access our instructional video: <https://www.youtube.com/watch?v=bmGQcCuV0Tg>



17. PAINT THE SUN

This lesson is good for ages 8–14

Your Destination:

The sun is a massive star in the center of our solar system. It helps create and fuel life on earth. For this activity, you are going to paint the sun.

On the Path:

Step 1 First, on a white piece of paper, turn a cereal or small bowl upside down and trace the outside of it with a pencil. Loosely color the circle in with red and yellow markers.

Step 2 Dip your paintbrush in water, and paint over the red and yellow parts you just colored. The markers should start to bleed like watercolor paint. Fill in the entire circle, and allow it to dry completely before moving to step 3.

Step 3 Carefully cut your sun out. You may need adult supervision for this. Then, glue the sun on the center of a black piece of paper. If you don't have black paper, you can always color a piece of white paper black using crayons or colored pencils.

Step 4 There are many, many stars in our universe. Use yellow paint and a Q-tip to dot some stars around your sun.



Travel Kit:

Paper

Black marker

Colorful marker

Crayons or colored pencils

Group Tour:

Try learning this song about the sun <https://www.youtube.com/watch?v=t-kzdR93bqw>.

Extend Your Journey:

Make art using sunlight. On a bright, sunny day go outside with a piece of paper and pencil, and find a shadow. Place the paper where the shadow is, and try tracing it onto your paper with your pencil. See a demonstration here: <https://family.disney.com/activity/the-lion-guard-shadow-art/>

Learn new vocabulary: Sun

Find resources and visual aids: Learn more about the sun here: <https://www.youtube.com/watch?v=RzkJkEKV8Yk>

Access our instructional video: <https://www.youtube.com/watch?v=zW95jN297vY>



18. PAPER MARBLING

This lesson is good for ages 8–14

Your Destination:

Paper marbling is an art technique that creates intricate patterns which are supposed to look like stone or marble. They're usually created with water, but you'll use shaving cream instead.

On the Path:

Step 1 Cover the bottom of your wide container or tray with shaving cream. Spread it out with a plastic card to make the surface smooth.

Step 2 Select 2 or 3 different colors of food coloring, and drip them across the shaving cream. Then, take your toothpick, and drag it through the shaving cream horizontally and vertically. The dye should spread. Don't overdo this step because you don't want to overmix your colors.

Step 3 Place a piece of paper on top of the shaving cream, and gently press down on it. Make sure all parts of the paper make contact with the dyed shaving cream.

Step 4 Pull the paper out of the shaving cream, and set it down on a flat surface. Scrape away the shaving cream on your paper using the plastic card. Look at the beautiful patterns and colors that transferred from the shaving cream onto your paper.

Group Tour:

There are many different ways to marble paper. Try using different materials. <https://www.goodhousekeeping.com/home/craft-ideas/videos/a43431/how-to-make-marbled-milk-paper/>

Extend Your Journey:

Marbled paper was historically used to cover books. What could you make out of your marbled paper? Learn how to make a book here: <https://teachbesideme.com/easy-folded-book/>

Learn new vocabulary: Paper marbling

Find resources and visual aids: Learn more about the art of paper marbling here: <https://www.youtube.com/watch?v=Vyga8VMWXXg>

Access our instructional video: <https://www.youtube.com/watch?v=qdHmGiWIFx8>



Travel Kit:

Wide container or tray

Shaving cream

Plastic card

Food coloring

Toothpick

White paper



19. PUMPKIN STAMPS

This lesson is good for ages 8–14

Your Destination:

What's your favorite activity during the fall? A lot of people really like to go to pick pumpkins out of pumpkin patches. In this activity, you'll create a pumpkin patch using an apple.

On the Path:

Step 1 Have an adult cut an apple in half for you. Paint the inside of half of the apple orange.

Step 2 Stamp the painted side of the apple onto the lower half of your paper. Press down on the top of the apple to make sure all of the paint transfers. Try printing at least two more onto your paper. Add more paint to your apple before you make another print.

Step 3 When the paint is dry, color in the background. Pumpkin patches are outside on farms. Color in the sky and the ground. Add details to your pumpkins by drawing their stems and leaves.



Travel Kit:

Apple

Orange paint

Paper

Paint brush

Markers, colored pencils, or crayons

Group Tour:

Do you like to carve pumpkins in October? Draw jack-o-lantern faces on your pumpkins.

Extend Your Journey:

Read the book *The Pumpkin Patch* by Margaret McNamara here: <https://www.youtube.com/watch?v=6UE6-pSzH0E>

Learn new vocabulary: Stamp

Find resources and visual aids: Learn more about what a pumpkin is here: <https://www.sciencekids.co.nz/sciencefacts/food/pumpkins.html>

Access our instructional video: <https://www.youtube.com/watch?v=7BGzEUKGW0I>



20. PUFFY PAINT CLOUDS

This lesson is good for ages 8–14

Your Destination:

There are many different types of clouds in the sky. In this activity you'll learn about three of them.

On the Path:

Step 1 Mix some glue and shaving cream together, using about a quarter cup of each. Mix them until you have a fluffy consistency.

Step 2 Look at images of these three different clouds, a cirrus, stratus, and cumulus cloud <https://web.extension.illinois.edu/treehouse/clouds.cfm?Slide=5>

Step 3 Position your paper horizontally, and at the top of your paper, paint cirrus

clouds. In the middle of your paper, paint stratus clouds. At the bottom of your paper, paint some cumulus clouds. Look closely at images of these clouds, and pay attention to how they look different from one another.

Group Tour:

Go outside on a day with clouds in the sky, and see if you can recognize any of the clouds that you just learned about.

Extend Your Journey:

With your extra puffy paint, paint a landscape. Divide your puffy paint into 3 containers. With food coloring, dye one of them green and the other pink, yellow, or purple. On another blue sheet of paper, start by painting your favorite types of cloud in the sky. Then fill in the bottom with green puffy paint for grass. Dot the grass with colorful flowers.

Learn new vocabulary: Cirrus cloud, Stratus cloud, Cumulus cloud

Find resources and visual aids: Learn more about clouds here: <https://www.youtube.com/watch?v=yod3wMbFHUY>

Access our instructional video: <https://www.youtube.com/watch?v=DKLX-38fJvk>



Travel Kit:

- Container
- Glue
- Shaving cream
- Paint brush
- Blue paper



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 Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.

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

