

Lisa Kay

Therapeutic Approaches in Art Education

Appendix

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Download this collection of reproducible resources and worksheets at DavisArt.com/Appendix



Davis Publications, Inc. Worcester, Massachusetts

DavisArt.com

I am POEM

1. Write a list of 5 things that you like to...

see  →

taste  →

smell  →

hear  →

touch  →

2. Put a ☆ by your favorite in each category.

3. Use your favorites to fill in the blanks.

I am the sight of _____.

I am the taste of _____.

I am the smell of _____.

I am the sound of _____.

I am the touch or sensation of _____.

I am _____.

certificate

of

COMPLETION

artist name:

date:

What are you called? Hello my name is...

C



WHO named you?

WHAT does your name mean?

WERE you named after anyone? ☐ yes ☐ no ☐ maybe

TELL the story about your name...

WHAT are your nicknames?

pseudonym (SOO-doh-nim)

Greek for "false name"

ψευδώνυμο (*pseudonymon*)

- a name that a person assumes for a particular reason different from their original name
- conceals your real identity
- like an actor's stage name or screen name, a writer's pen name, a graffiti artist's tag name, a nickname, or an alias

Look at the images of artwork and find a female artist whose work interests you.

You will use her name as your
pseudonym, or AKA (also known as)
when you sign your artwork
and your writing.



Female Art History Collages

E1

Gerstleschitz
Judith slaying Holofernes 1912



the trauma of rape and sexual violence
a her to cope with the emotional and physical
pain. Her artistic style is influenced
by REALISM and CHIAROS CURA.
The women herpines in her
art work are shown as strong
figures who exhibit
over their aggressors.
* LIGHT
* DARK

Artemisia
(Rome, 1593-1652)
* paints
historical events
she
First Women Artist
to achieve recognition
in the male world!
* she
paints
religious
scenes



Self-portrait as Allegory 1638-39
www.artemisia-gentileschi.com

.....●.....
Gonzalez "Chelo" Amezcua
 (1903 - 1975)
 Chelo was born in Piedras Negras, Texas. When she was 10, her family moved to Del Rio, Texas. Her family dream of attending 2nd school ended when her family died in Mexico before she could enroll. She worked at a "5 & Dime" store, but always made Art. She was inspired by her many trips across the border and by Mayan, Aztec and Egyptian history.
 © She often wrote poetry on the back of her artwork.



Chelo Gonzalez drawing

© Chelo is considered an outsider artist, self-taught and operating outside the traditional art museum + gallery world until much later in her life.

www.beatsvillageblogspot.com

Female Art History Collages

E3



Female Art History Collages

E4



Female Art History Collages

E5



Female Art History Collages

E6



LEE KRASNER < born 1908-1984 >

IMMIGRATED w/ her Russian parents who fled persecution and WAR.

Painted Murals as a part of the WPA Public Works of Art Project during the Great Depression

<1934>

IMPORTANT FIGURE IN ABSTRACT EXPRESSIONISM!

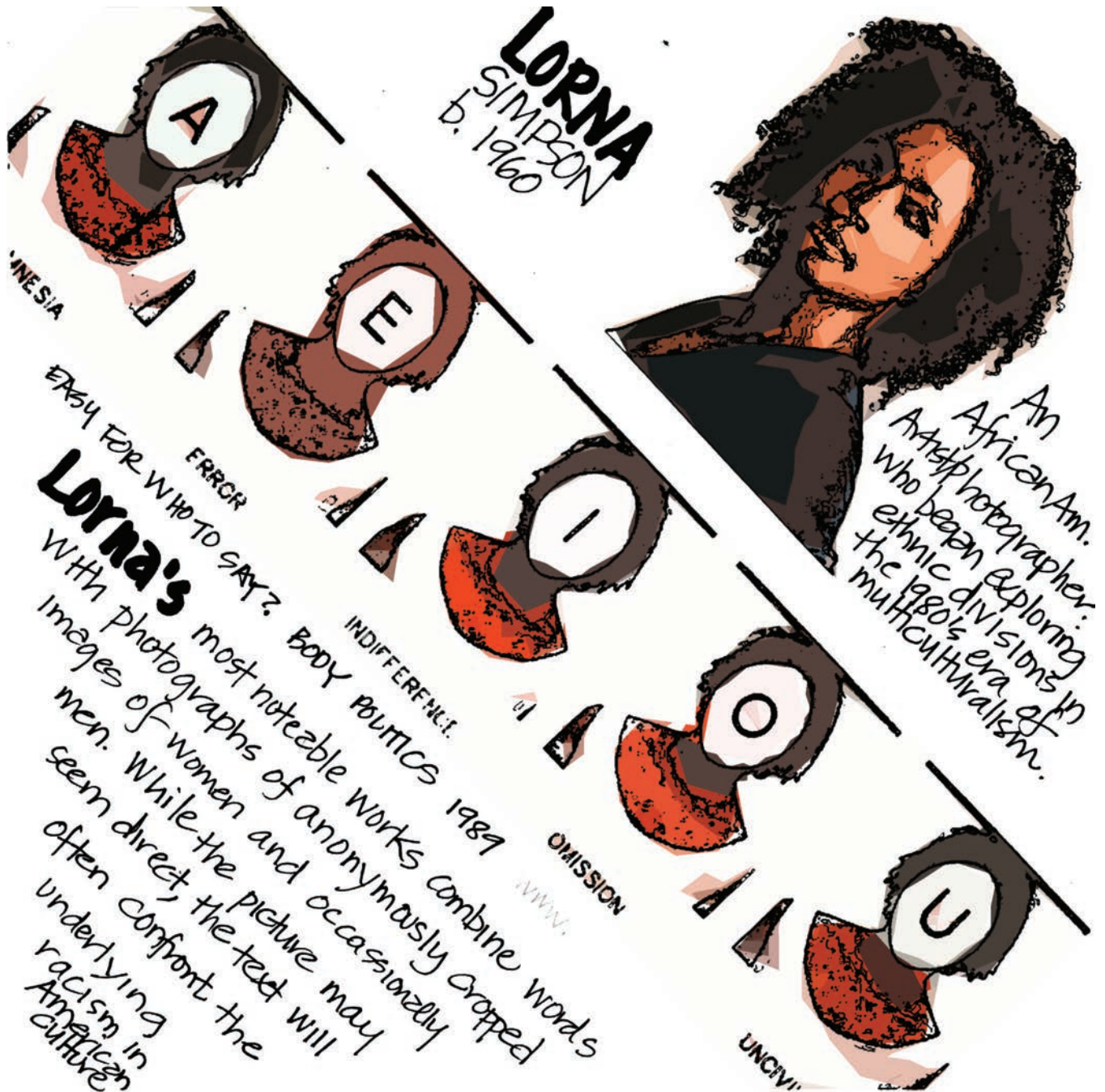
Image from: Thyssen Bornemisza Collection Lugano Switzerland



red + white blue + yellow black 1939

Lee (aka Lenore) was an abstract painter and collage artist. At 14 she studied studio art. After graduation she continued her art and design education.

Wife of artist Jackson Pollack. she gave up painting to support her husband's career. Lee used art to deal with loss and grief after her husband's death due to alcohol.



Female Art History Collages

E9

Maria Sibylla Merian was born in Frankfurt, Germany. She was a naturalist and scientific illustrator.



1647-1717
Maria



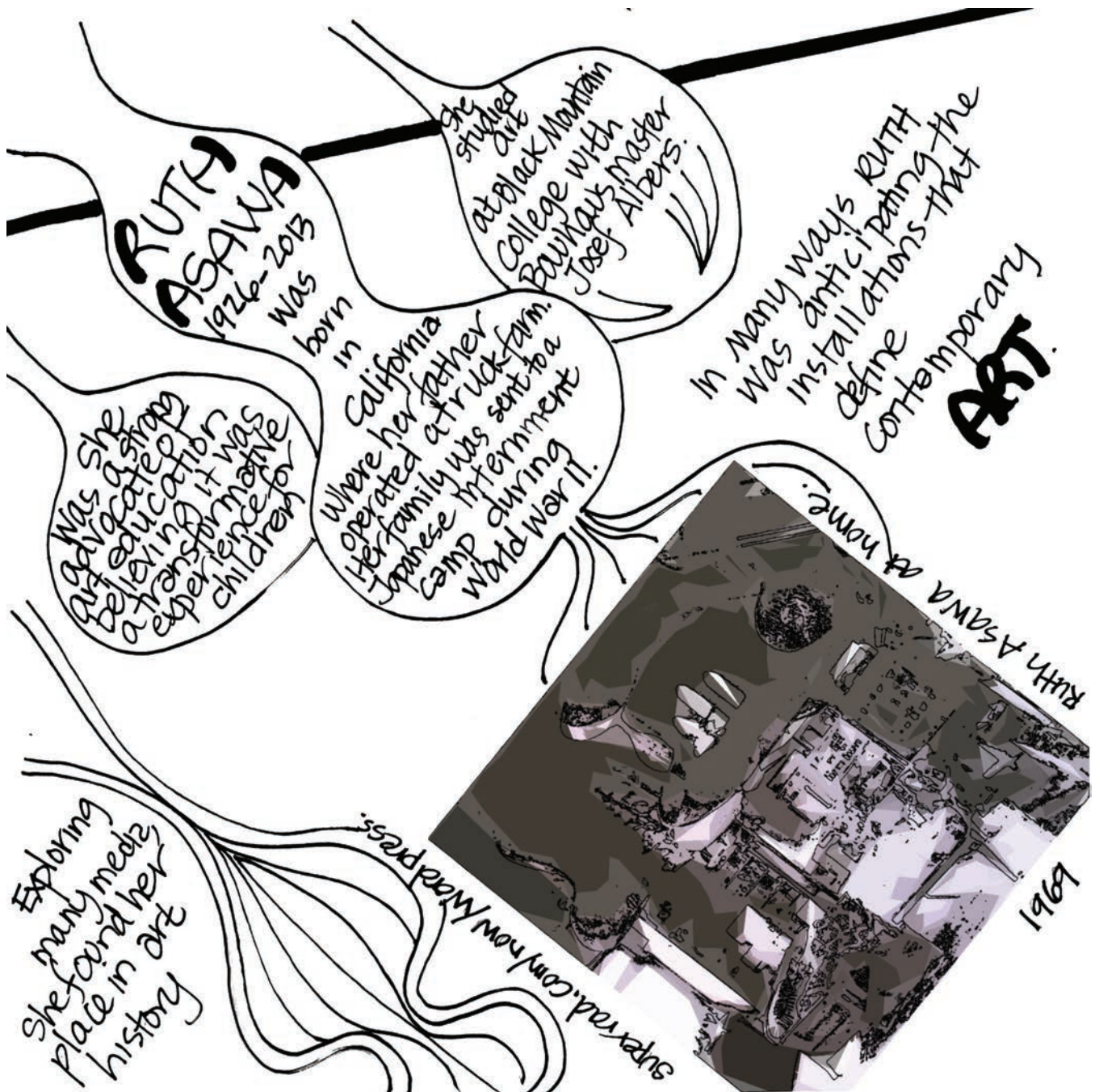
3 pages
she studied art with her step father, John Marrel. She published her 1st book from nature at age 28 in 1675.

1719

Metamorphosis Insectorum Surinamensium (a book with her drawings) earned her great respect as one of the most significant contributors to the field of entomology.

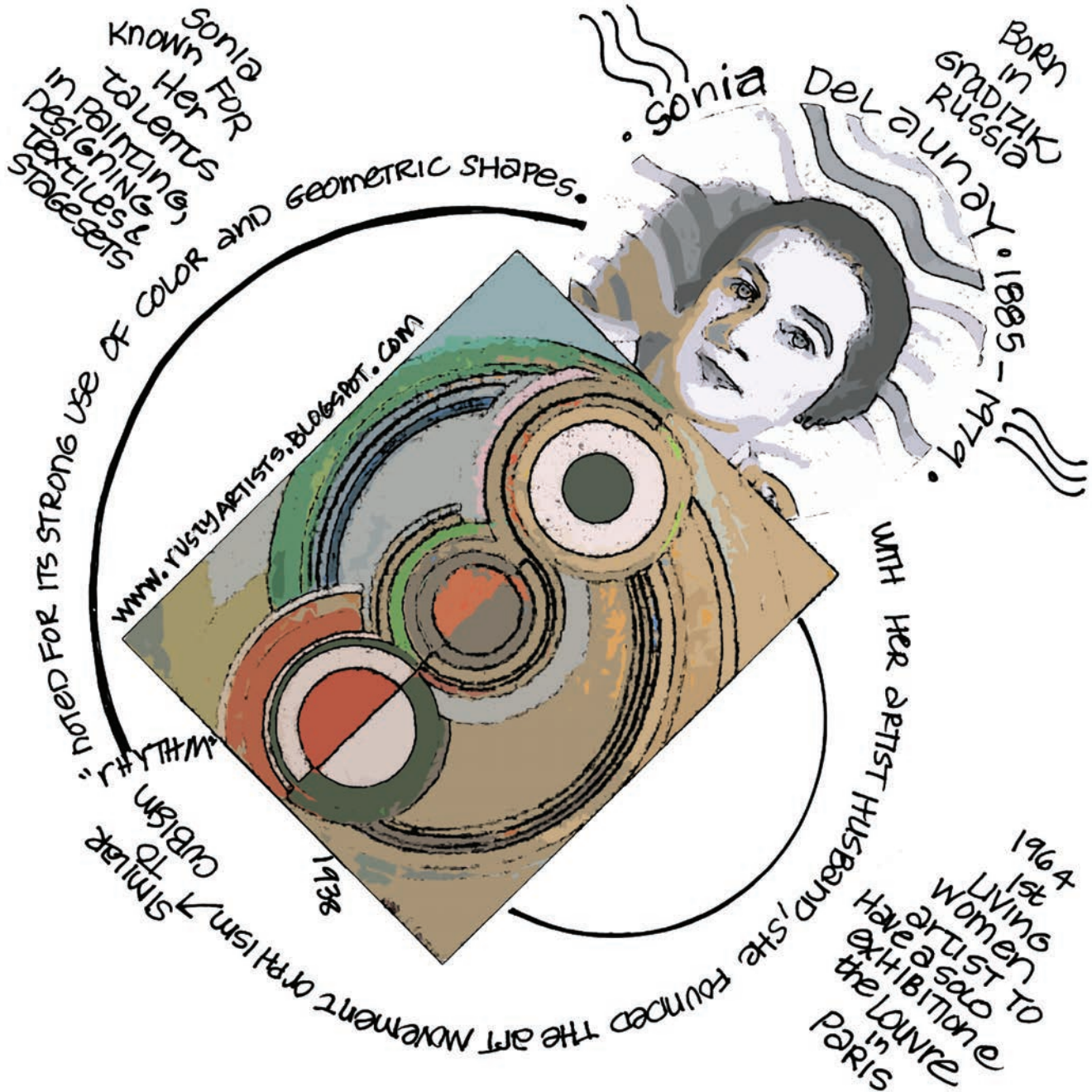
Female Art History Collages

E10



Female Art History Collages

E11



How to Make Lotus Books

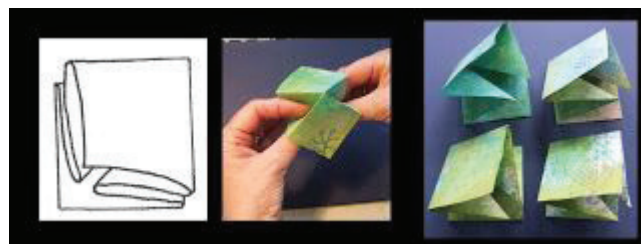
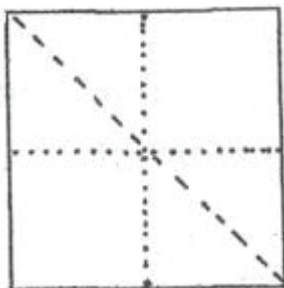
F1

Materials needed:

- 20# paper or copy paper for book pages cut into 8.5" squares
- Scrap mat board for cover (2 pieces 4 ¼" x 4 ¼")
- YES! Paste
- Bone folder and/or wooden craft sticks (for creasing folds & spreading paste)
- Flat ribbon (for seam binding)

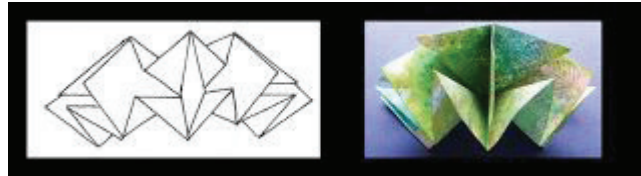
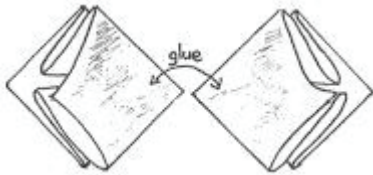
Directions:

1. Place paper faceup.
2. Fold paper in half horizontally, making sure to match edges as closely as possible.
 - 2.1. Crease with bone folder or wooden craft stick.
3. Open paper, fold paper in half vertically, making sure to match side edges as closely as possible.
 - 3.1. Crease with bone folder or wooden craft stick.
4. Open paper up, fold paper in half diagonally, making sure to match corners as closely as possible.
 - 4.1. Crease with bone folder or wooden craft stick.
5. Open paper and turn over so the diagonal fold is facing up.
6. Press down on center where the three folds cross, and your diagonal folds should pop up.
7. Take the corners of the paper that have no fold on them and bring those corners together by pinching them.
8. Then take the other two corners and bring them up gently to meet the two being pinched together.
9. It should look like a square again. Crease all folded edges well.
10. Repeat above steps to make as many lotus folds as you desire for your book.



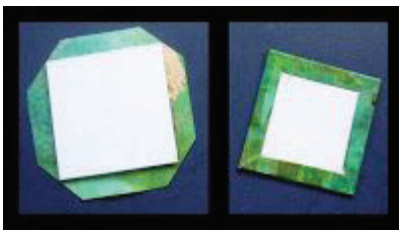
Joining additional lotus folds

1. Spread YES! Paste on entire back of one of the lotus folds.
2. With second lotus fold, match the front closed folded point with the back closed folded point of the pasted lotus fold.
 - 2.1. Make sure your open edges are together, and closed folded edges are together.
3. Continue adding as many additional lotus folds to make the length of book you desire.
4. Open and close book a few times.

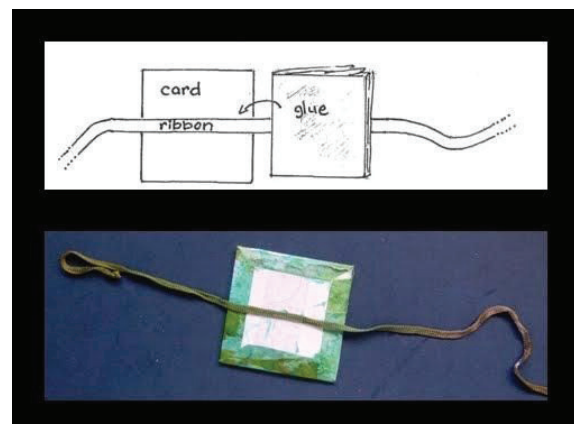


Assemble the cover

1. If desired, cover each piece of mat board with decorated cover paper that is cut 1 inch larger on all sides of mat board (6 1/4" x 6 1/4").
 - 1.1. Center paper over mat board and glue.
 - 1.2. Fold over the extra edges and crease well.
 - 1.3. Snip corners until they are 1/8" from the edge of the mat board.
 - 1.3.1. Glue corners and fold over.
 - 1.3.2. Use bone folder to go over creases and remove any extra glue.
2. Glue one finished cover, centered onto the front of the folded papers.



3. Place the ribbon horizontally over the inside of the second cover and glue.
4. Glue the second cover (with ribbon) to the back of the folded pages.
 - 4.1. The ribbon can be as long as you like, depending upon how many times you want to wrap it around the book.



altered Journal



Your altered journal will be the place where you write about the art work that you create during this art program. Think about how you will alter the outside cover of your journal to represent YOU!

You may also wish to alter the inside cover.

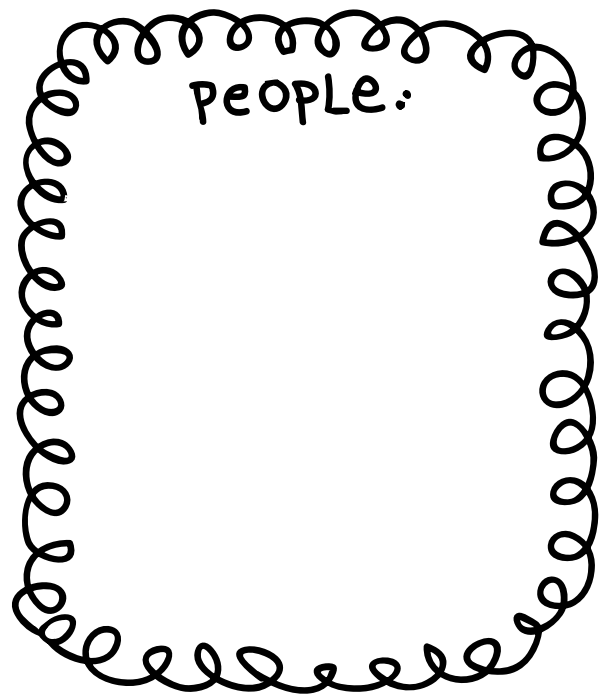
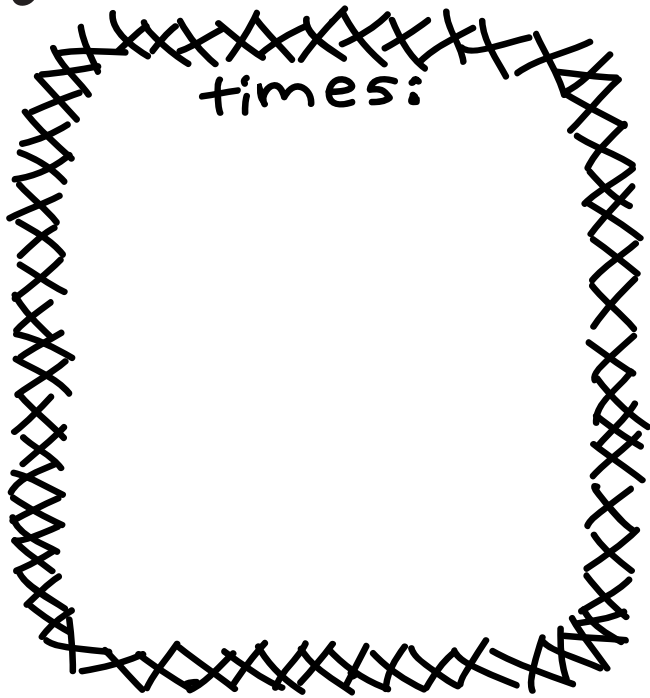
WHAT TO INCLUDE ON YOUR COVER:

- ★ **Your name and female artist's name you selected as your pseudonym.**
- ★ **Pictures, drawings, or images that describe you and some of your favorite things.**

HOW TO ALTER THE COVER OF YOUR COMPOSITION BOOK?

- 1. □ Select a background color. You may choose to use fabric, tissue paper, wrapping paper, construction paper, or corrugated cardboard.**
- 2. □ Experiment with elements (different textures, patterns, colors, drawn images, pictures from magazines, and cut shapes of colored paper you find interesting). Arrange into an interesting design or composition.**
- 3. □ Create your name design with your name and pseudonym. Cut letters from paper or yarn. Write your name with beads or other materials.**
- 4. □ Consult with another artist for suggestions about what else you could add to strengthen your design.**
- 5. □ Use clear packaging tape on your cover to laminate your journal.**
- 6. □ If you wish, outline parts of your design with a sharpie marker, decorate with found objects/beads and/or create a tie to close your book.**
- 7. □ Write a description about your cover on the first page of your journal. On another page, write about your cover of your journal. On another page, write about why you selected the female artist as your pseudonym.**

MAKING SPECIAL...



Artist Statement

I

my artist statement

The title of my artwork is _____

I picked the design because _____

What I like about my art work is _____

If I could change one thing about my art work it would be _____

When someone looks at my art work I want them to think _____

When someone looks at my art work I want them to see _____

When someone looks at my artwork I want them to feel _____

ARTIST SIGNATURE

DATE

Lost & Found

think
of
something

...you wish you could lose

...you lost and never found again

...you lost and were glad to lose

...you lost and were happy to find

cIRCLE OF (W)HOLENESS mandala

- PICK A SOLID COLOR OF BEADS TO OUTLINE YOUR CIRCLE.
- GLUE THE BEADS DOWN ON THE PRE-DRAWN CARDBOARD CIRCLE.
- LOOK AT POSSIBLE DESIGN COMPOSITIONS.
- SELECT A COMPOSITION.
- DIVIDE YOUR CIRCLE INTO SECTIONS.
- SELECT 8 - 10 FOUND OBJECTS/BEADS TO REPRESENT THINGS THAT YOU HAVE LOST.
- THINK ABOUT THE DESIGN YOU WISH TO MAKE.
- CREATE A PATTERN OR PATTERNS WITH MATERIALS.
- GLUE DOWN OBJECTS.
- FILL IN THE SECTIONS OF YOUR CIRCLE BY GLUING DOWN OTHER FOUND OBJECTS/BEADS.

beauty

create a drawing of something

beautiful

...something that you find

“appealing”!

ugly

create a drawing of something

ugly

...something that you find

“DISGUSTING”!

★ use colors you like.

★ you choose the theme—draw or paint whatever comes to your mind.

★ give an expressive title for the picture that explains your art work.

★ SIGN YOUR WORK.

IN YOUR JOURNAL,

WRITE ABOUT YOUR
ART WORK BY
ANSWERING THESE
FOUR QUESTIONS:

☐ WHAT CAN WE SEE?

☐ WHY IS IT BEAUTIFUL OR UGLY?

☐ WHY DID YOU MAKE THESE CHOICES?

☐ HOW DID YOU FEEL WHEN YOU CREATED YOUR ARTWORK?

Beauty Brainstorm Play Sheet

M

'Beauty' BRAINSTORM

Ugly Brainstorm Play Sheet

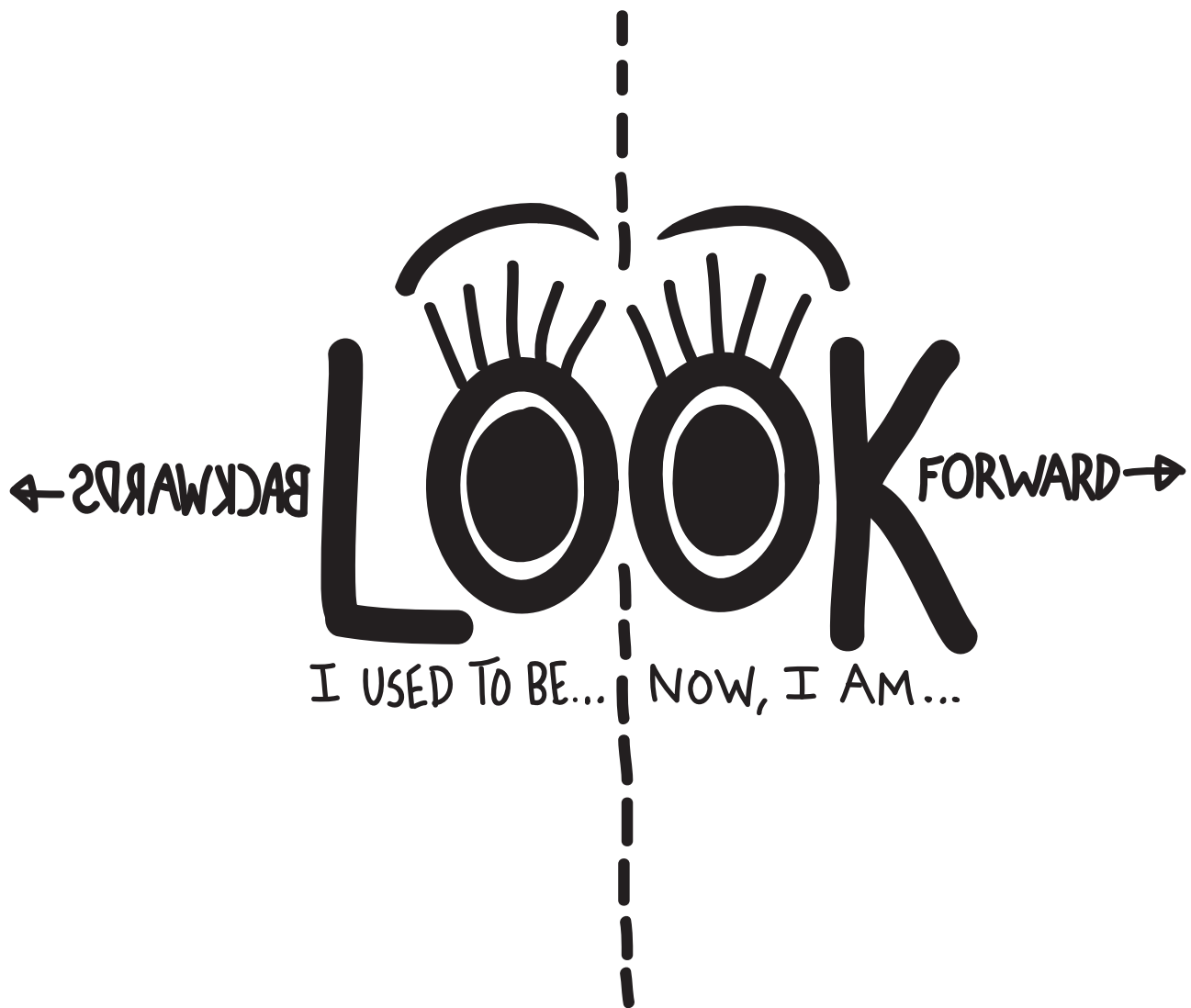
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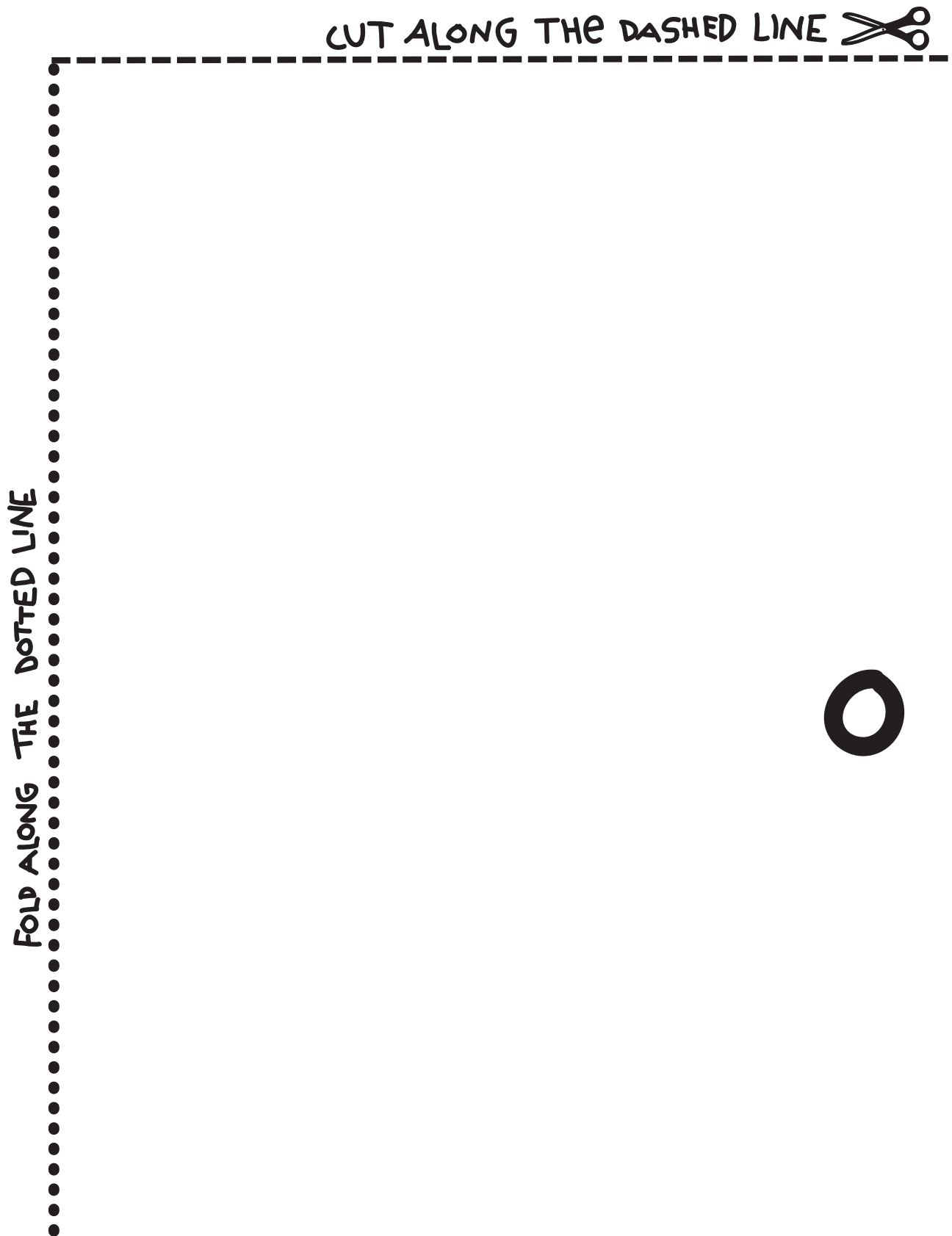
'UGLY' BRAINSTORM

The form consists of a large rectangular frame made of small black dots. The frame is divided into two horizontal sections by a horizontal dotted line. The top section is further divided into two columns by a vertical dotted line. The bottom section is a single large rectangle. The text 'UGLY' BRAINSTORM is written in a hand-drawn style at the top of the page.

Looking Back and Forward

○






DOORWAY to MEMORIES

 **Describe** what you see when you open the door.

 **See** yourself walking through the threshold.
Stepping on the other side of the door...

...what do you  see?

 **Reflect** on your fantasies and dreams and hopes.

 **Imagine** these dreams becoming real.

Window of Dreams

Q

WISHES

HOPES

WINDOW of DREAMS

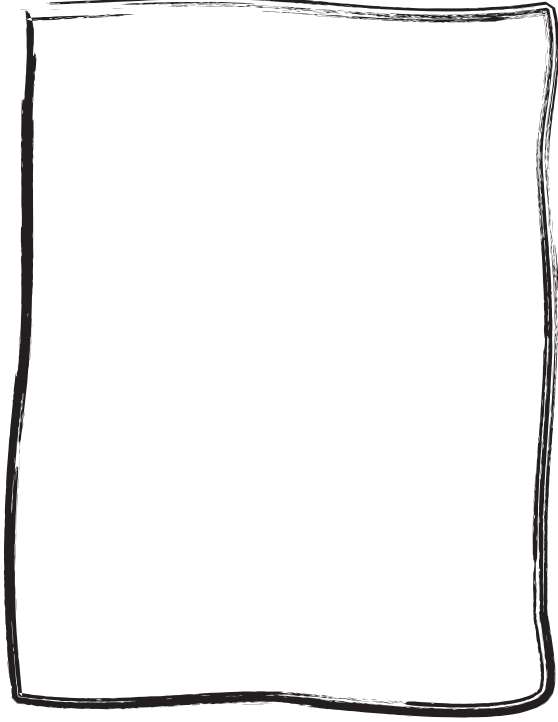
DREAMS

FANTASIES

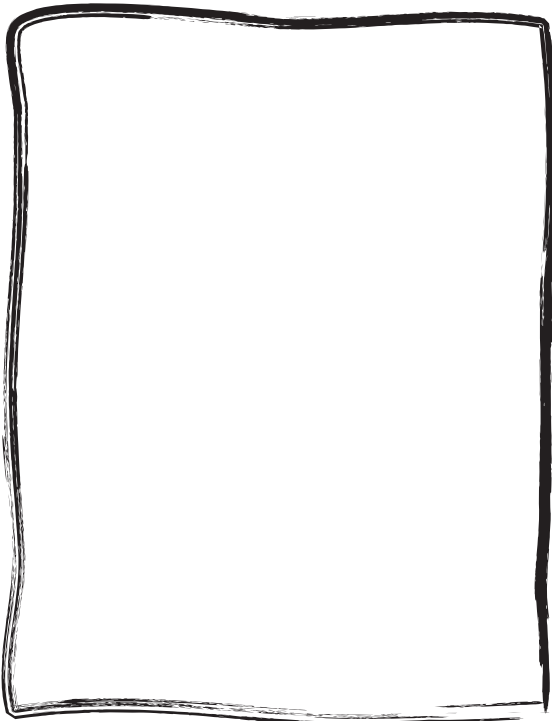
Window of Memories

R

WHAT MEMORY DO YOU WANT TO KEEP ALWAYS?



WINDOW of memories



WHAT MEMORY DO YOU WANT TO LET GO OF NOW?

What IS an ALTERED BOOK?

An altered book is just like a journal in which you write, only you are doing art work using a variety of materials and methods.

Some ALTERED BOOK TECHNIQUES:

- MAKING LAYERS
- CONCENTRIC TORN SHAPES
- WEAVING PAPER
- ADDING PAINT ON PAGES
- CREATING A COLLAGE PAGE
- COLOR & DRAW WITH WORD PLAY
- POCKETS
- WINDOWS & DOORS
- MASKING WORDS
- BLACK OUT POETRY
- TILES & MOSAICS
- SILHOUETTES

- × **Experiment with all of the techniques.**
- × **Pick 5 - 7 to use in your altered book.**
- × **Contribute a page to a class collaborative altered book.**

— STRESS and — — RELAXATION —

If we perceive a stressful stimulus through our senses, the nervous system responds by inducing the sympathetic response called

FIGHT, *fight* or **FREEZE**.

Under these conditions, the body switches to

HIGH ALERT!

When the nervous system perceives a calming stimulus in the environment, it induces a parasympathetic response, or

relaxation

LIST OF FEELINGS!

Often feelings are divided into 4 categories: Happy, Sad, Mad, Glad, which is a good place to begin, especially with children and adolescents. This list is neither comprehensive nor conclusive rather a generative starting place. You may choose to break these down into more categories or add other feelings to the list.

HAPPY

gay
thrilled
energetic
playful
delighted
pleased
optimistic
lucky
overjoyed
gleeful
ecstatic
merry
cheery
jubilant

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
miserable

MAD

angry
enraged
hostile
irritated
annoyed
upset
hateful
bitter
resentful
worked-up
indignant
fuming
infuriated
exasperated

GLAD

proud
satisfied
fulfilled
content
pleased
content
satisfied
relaxed
comfortable
cheerful
joyful
thankful
appreciative
accomplished

How to make chunky multi-colored crayons

V

1. Gather up old, orphan, and broken crayons.
2. Unwrap.
3. Cut large pieces into smaller chunks.
4. Preheat oven to 250°F.
5. Fill muffin tin cups with a 1" layer of mixed colors of crayon pieces.
6. Bake 15–20 minutes, or until the wax has melted.
7. Cool and let harden.
8. Pop out of muffin tins.
9. Store in box or plastic container.