



# Art Kits – expressive art

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# This is Me Collage – Guided Collage

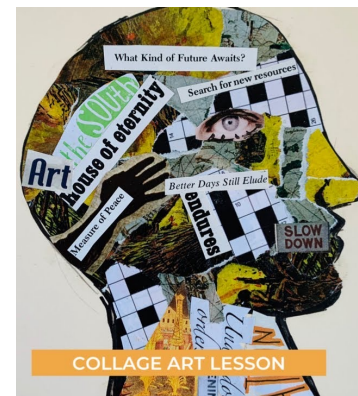
**Purpose:** to use images, words, shapes, cutouts of leaves and flowers, textures, and bling to create a feeling encompassing who they are. As they see themselves.

1. Use cut out of the head as a first layer base on the poster board. The front face concept is for younger kids (however, older kids can use it too).

\* cutouts of hair are okay if the user wants to add them. Construction paper cut into strips and yarn are provided, or they can use construction paper to make their own.

2. The goal is not to focus on hair but to add the concepts to float on the head and above like a hat. Think Carmen Miranda. Younger kids can add eyes, draw mouth and nose. Or choose to fill the space. They can also add drawings or items anywhere. It's up to them! There is no wrong or right.

**Note:** A side profile face card stock outline is provided for older kids who want prompts and a different face perspective, similar to the bottom examples for tracing.



# In and out of control tree - Guided collage

- Trace the child's hand or use the caregivers hand if they want a larger tree.
- Brainstorm things that they can control – write them inside the hand. Color and decorate
- Add leaves to fingertips and ask the child about things they cannot control and add them in the leaves. The kids can add décor around the leaves. These are the things we must let go of. They fall off like leaves.
- They can add images as well to decorate the space
- Writable leaves included in kit



**Extension Activity:** "If you practice mindfulness in your home, you can help your child develop a mantra that your child can recite each morning based on the items they listed that are within their control. An example might sound like this":

"I may feel scared or anxious about what I can't control, but I can do my part to keep me and my family safe. I can wash my hands. I can go to school. I can eat well. I can rest. And I can BREATHE! "

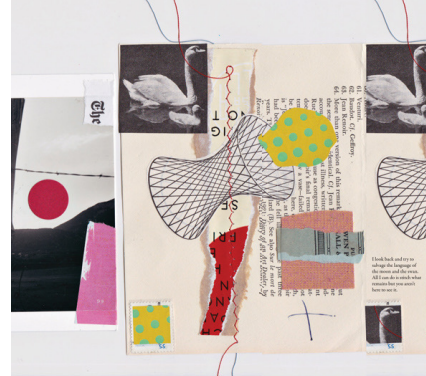
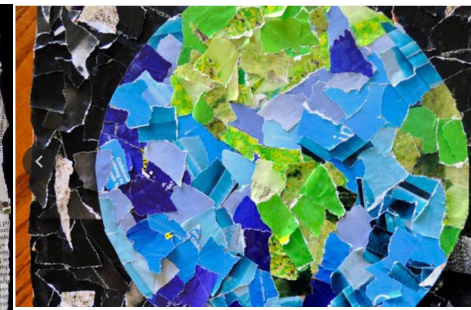
*Adapted during COVID*



# General collages

Prompts - if needed:

- Freedom looks like
- Feelings board (things that make me feel)
- This is me
- What is home
- Draw a heart and fill it with your feelings
- My perfect day or place is
- Take a quote or word and create an expression of it with items
- What matters to me
- Past, present, and future me
- My safe space is
- What a feeling looks like
- Express an important event
- Words to live by collage
- Spontaneous images board
- My inner circle (draw a circle and put things in and out of circle)
- Build the collage around Blackout poetry pages or Found magazine words – see book and newspaper pages and description page on found and blackout poetry.











# Recycle please



- The concept behind the art boxes is for the the user to choose items they want to cut down on waste
- Anything in kits can be reused – if they don't use something or the kids cut part of something, it can be reused. For ex: I cut things out from partly used paper.
- Magazines and old books are key
- Tearing things from magazine, construction paper or newspaper gives the collage an artistic look if scissors are an issue
- Kit Bags, glue sticks etc. can all be used for future projects
- Ways to gather supplies: reach out to me: if you have my email or at my project at [\\*themindfullproject24@gmail.com](mailto:*themindfullproject24@gmail.com) to see when we are running recycling efforts again
- Other tips: we used Nextdoor, social media and we placed collection boxes with a “needs list” for items on the box.
- Please save your bags, including your kit bags to restock supplies.

\* + is to protect this email from web-bots. @ is the correct syntax.