

ART,
MIND
&
SPIRIT

essential questions/ideas

What is “spirituality” to you?

**Art practice as meditation and
mindfulness / Meditation and
mindfulness as art practice**

**Collage as meditative art
practice**

RATIONALE

Why incorporate spirituality into art education? Why teach meditation and mindfulness? In a world of ever-increasing speed that constantly demands our attention, students desperately need something that helps them slow down and get in tune with their minds and bodies. Not only is this essential for their mental and emotional health, it also can improve their physical health - specifically energy levels, immunity, and overall functionality. Meditation and mindfulness practices, which have often been referred to as tapping into one's "spirituality", do just that. As an open and creative environment, art tends to be one of the best places to introduce and practice these principles. Through art, students can get in touch with their deeper, inner selves, and learn how to express them in a healthy way. Teaching meditation and mindfulness practices only enhances this effect. We will study collage as one of these mindful art practices.

LEARNING GOALS

Students will identify & represent what spirituality means for them.

Students will discover mediation and mindfulness in their personal art practice.

Students will create artworks from their individual mediation and mindfulness journey.

KNOWLEDGE BASE

Buddhism - spirituality/meditation,
Mandalas

Benefits of meditation/mindfulness

Collage - Romare Bearden, Hannah
Hoch, Raoul Hausmann

Sculpture collage - Jessica Stockholder

Reliquary - Historical, Betye Saar,
Joseph Cornell

ACTIVITIES

Paint paper

Painted paper collages

Chalk pastel exercises

Chalk pastel mandalas

Class-collaborative mandala

Class-collaborative reliquary

Individual reliquaries (final project)

Explore definitions of spirituality and benefits of mindfulness and meditation.

Breathing Exercises

Posture Awareness

Self or Partner Massages

Exploration of the Senses - visualization, taste, touch, smell, sound

Natural Evolution of Movement

Stretching/Yoga

Sacred Spaces - museum visit



FINAL PROJECT

Personal Reliquary

Build a reliquary sculpture out of/around personally sacred objects/images from home. Remember the reliquaries we've studied, both historical and by contemporary artists such as Joseph Cornell and Betye Saar.

