

# LIVE YOUR WHY

## Arts and Crafts Activity Booklet

Brought to you by



# Introduction

This booklet comes with five daily activities for students to do at home. Students can complete these activities at any time, at their own pace either by themselves or with friends and/or family members. These activities are designed to help young people explore their creative interests, express themselves, reflect on their experiences, and build self-awareness.

This booklet can be downloaded from Healthy Lamoille Valley's LiveYourWhy webpage which also has lots of additional activities to check out, too!

[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)





# **Watch two livestream recordings:**

**Livestream on River Arts Facebook Page:  
[www.facebook.com/RiverArtsVT](http://www.facebook.com/RiverArtsVT)**

## **Woodland Creatures Puppets:**

**Wednesday, April 21st at 1 PM**



## **Self Portrait Mind Maps:**

**Thursday, April 22nd at 1 PM**



# ZEN TANGLES

## What you need:

Sketchbook

Pencil or Pen

## Introduction:

A scribble can be art! Many people find that doodles and scribbles are easy to do, relaxing and a fun way to create beautiful textures drawings. Create simple or intricate drawings using the zen tangle method. These are unplanned drawings that allow a busy mind to relax into the creative process without worrying about a finished product.

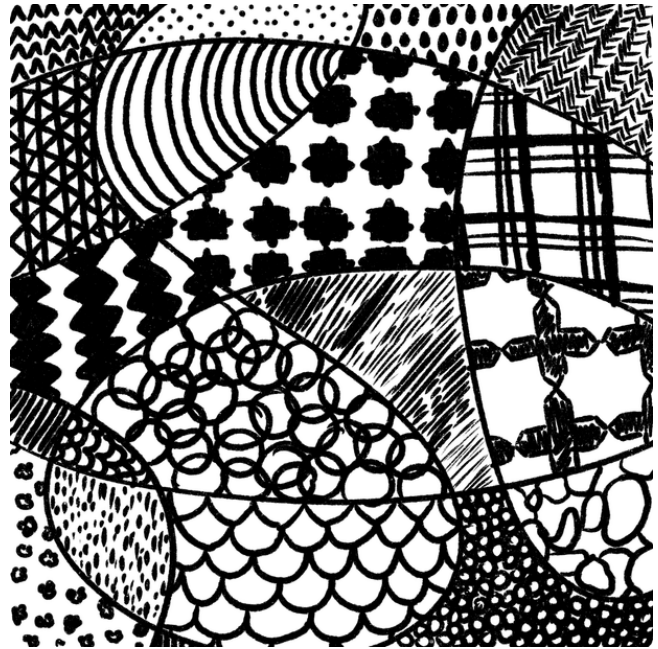
*You are the artist!*

*You get to decide how to complete this project!*



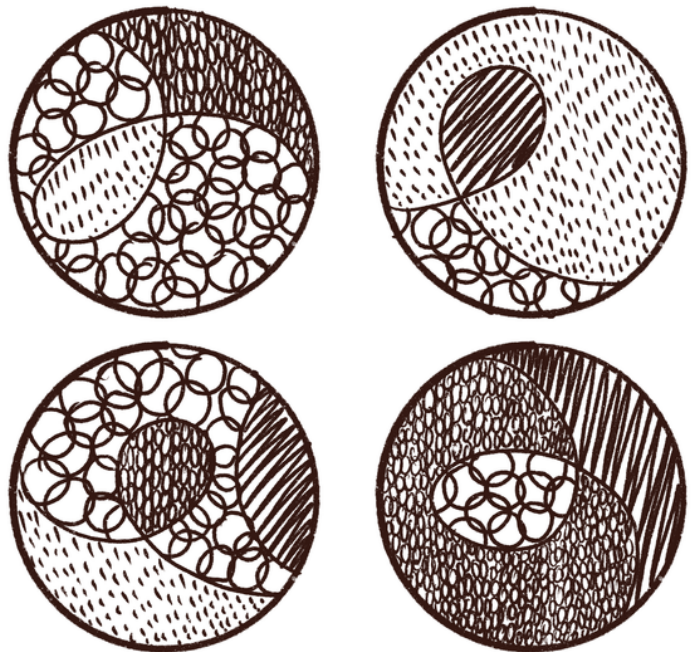
### Option 1: Fill the Page

Start by creating a scribble that fills the page. Fill every shape created by the scribble with a different pattern. What exactly is a pattern? A pattern is any repeating shape, think polka dots, plaid, stripes, stars, or any other repeating decorative design.



### Option 2: Circle Drawings

Take a cup or something round and trace circles in your sketchbook. Inside these circles, create scribbles and fill each scribble with a different pattern.



**How did drawing scribbles make you feel?  
Is there a feeling associated with each pattern you drew?**

**Which patterns stand out to you the most and why?**

# WOODLAND CREATURE PROJECTS

## What you need:

Sketchbook

Pencil or Pen

## Introduction:

Every animal expresses themselves through movement. Together we will create animal puppets that will allow our drawings to mimic the movements of animals. Perhaps you will write a story for your puppet to act out or experiment with stop-motion animation.

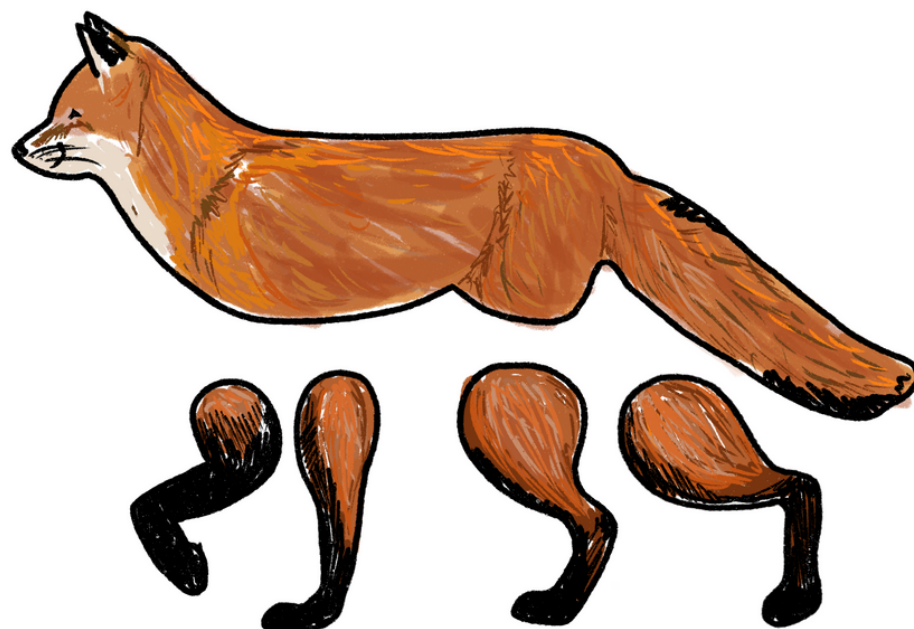
The sky's the limit!

*You are the artist!*

*You get to decide how to complete this project!*



Option 1: Using the template provided, color the body and each limb of the fox. Cut out the puppet with scissors and punch holes with a holepunch or a pencil. Attach the fasteners to create a moving paper puppet.



Want to take this project to the next level?

Option 2: Sketch your favorite animal on a page of cardstock.

Cut out the shape of the animal and then cut out each individual leg and any other parts of the animal you would like to move (head, tail, etc.). Using these shapes as a stencil, trace the outline onto a new piece of cardstock to refine your puppet.

Add color and texture, cut out and assemble! If you'd like to make a multi-jointed creature, try using twist ties from the kitchen to create as many joints and limbs as you want!

**What words describe how your animal moves?**

**What story can you make up with these animals?**

# SELF PORTRAIT MIND MAPS

## What you need:

Canvas Board

Pencil

Acrylic Paints

Paint Brushes

## Introduction:

We are all so much more than just our physical features.

Our actions, thoughts, dreams, and more help define who we are. It could be argued that the traditional self portrait, which only depicts the artist's external features,

fails to capture the true essence of the artist. To complete this self portrait, you are prompted to look within to create a self portrait that describes who you are as a person.

*You are the artist!*

*You get to decide how to complete this project!*



Option 1: With light pencil sketch out your silhouette. Within the shape of your body, illustrate images that represent things that define you. What makes you unique? What are your favorite things? Perhaps you are someone who loves to bake, who would rather be on a bicycle or ski slope, who likes to read or spend time with friends. Once your sketch is complete, use acrylic paint to add color to each detail.



Option 2: Looking in a mirror, sketch your likeness of your face onto a canvas board. Using text and illustrated images, try to capture your hopes and fears about the future. What do you aspire to be? What perhaps holds you back? Where do you crave or long for? Once your sketch is complete, begin using acrylic paint to add color and depth to each detail.



**What are the different ways you define yourself?**

**What did you learn about yourself that you didn't realize before you started the project?**

# THE ART OF OBSERVATION

## What you need:

Sketchbook

Pencil or Pen

## Introduction:

How do artists generate ideas about what to draw or paint?

Artist Keri Smith wrote a handbook called "How to be an Explorer of the World" which offers prompts for artists to use observation as their starting point in the creative process.

*You are the artist! You get to decide how to complete this project.*

Choose one of the following activities to complete in your sketchbook:

Option 1: Make a list of 10 items that you use every day. Now go and find each of these items and sit them in front of you.

Draw each item with as much detail as you can.

Option 2: Everyone has a junk drawer filled with little things that don't fit into any other place. Open up the junk drawer in your house and draw all the things you find. Perhaps you'll find a treasure or something that you thought was lost.



Option 3: Open up your refrigerator door for a short time and observe the layout of the fridge and the foods inside. Try to commit as much as you can to memory. Then, draw everything you saw in your fridge to the best of your memory.

EVERYTHING FOUND IN MY FRIDGE



Option 4: Go for a walk in your neighborhood. Collect things that catch your eye. In your sketchbook draw each item and write down why it is special to you.

TUESDAY AFTERNOON WALK: ALL THE STONES THAT CAUGHT MY EYE

**What was the easiest subject to draw and what was the most challenging subject to draw? Why?**

**Did you gain an appreciation for something you drew that you didn't have before? How did it change?**

# ZOOMED IN DRAWINGS

## What you need:

Canvas Board

Pencil

Acrylic Paint

Paint Brushes

Paper

## Introduction:

Abstract art does not attempt to represent an accurate depiction of something, rather it uses shape, scale, color or gesture to achieve depiction of something that is not representational. One way to abstract a drawing is to play with scale. By looking very closely at something and focusing only on a small section, we can create an abstracted drawing or painting.

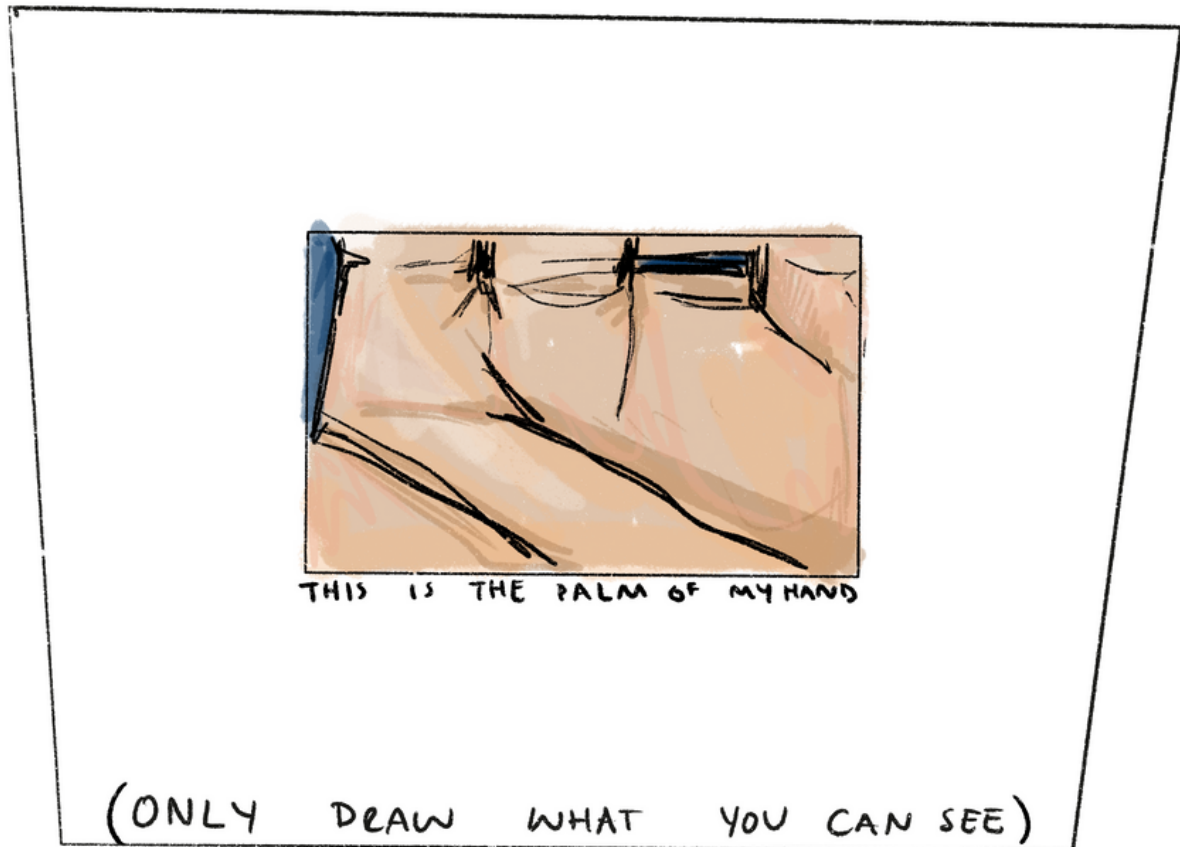
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Option 1: Create a viewfinder by cutting a square hole in a piece of paper. Using this viewfinder frame, look at something up close and paint just what you see within the frame.

Option 2: Hold something up very close to your eyes. Paint only the details you can see.



*Have a friend or family member guess what the subject is!*

**Which close-up subject did you pick and why?**

**How did changing your perspective alter the way you saw and thought about the subject you chose?**

# **We hoped you enjoyed LiveYourWhy: Arts and Crafts Booklet!**

You can do these activities as many times as you'd like, share them with friends and family members, and adapt them any way you want. Hopefully, these activities will inspire you to come up with some of your own arts and crafts projects!

Parents, would you like to share any pictures of your child's LiveYourWhy projects? Send them to [info@RiverArtsVt.org](mailto:info@RiverArtsVt.org) or upload them on the parent survey and we'll share them on our website and social media platforms.

*Please note by sharing them you give us (River Arts & Healthy Lamoille Valley) permission to use them.*