A Moment of Intention #30



30-45 Minute Activity For Everyone

Household Art

Many artist's from around the globe are inspired by the environment that surrounds them, and their finished products often have a unique story to tell. This activity will allow you to deepen your understanding of a piece of art by tapping into your artistic capabilities in a unique way — using objects around the house to replicate a favourite painting, sculpture, sketch, etc.

Activity:

- Start by picking the art piece you want to recreate.

 This could be something you find in your house, a post card, something that you found on google that captivated you, etc.
- Set up your workstation. This can be a table or space on the floor. Every artist needs a blank canvas to start with. Make sure your piece of art is visible from your workstation. You can have the art physically in front of you or view it through an electronic device. Ensure you can always see your art piece to draw inspiration from.
- Observe the art piece for 15-30 seconds. Reflect on how it makes you feel, what it makes you think of, and what story it is trying to tell.
- Go on a walk in your home to see what household items around you can be used to recreate your art piece. You may also choose to use items found on the ground in nature. Be creative, there are no rules for materials used.
- Return to your workstation with your objects and start creating.
- Continue to search your home for more objects to until you feel your art piece is complete.

Reflection Questions:

- Do you feel more connected to the original piece of art now that you have recreated it? Do you feel you understand its unique story a little bit better?
- What impact did the original painting have on you? Why?
- What surprised you about the items you used while recreating the art piece?
- Has this activity shifted your understanding of art? How?

Materials Needed:

 Objects found around the house and an art piece for reference.

Original Art Piece



Replica Using Objects
Around The Home



The example above is comprised of socks, chop sticks, tea towels, a sweater, yarn, beads and cedar.