

LESSON PLAN

AT-HOME ART PROJECT: Creative Study Break **INSTRUCTIONS**

Why are study breaks helpful?

Studying online and preparing for exams hours on end can be draining. Taking sufficient (not excessive) study breaks can improve both focus and attention. In addition to taking regular breaks, to keep productivity and motivation levels high, what you do with each break makes a difference. It is important to choose the right type of activity for your study break so that you can return refreshed and focused, ready to learn.

One productive study break option is to express yourself through a creative activity. Taking just a few minutes to color and draw can clear your mind and boost your mood – even if you feel you are not artistic!

Here is an accessible and creative study break idea that takes little time to prepare and produce – check out the art project and be encouraged in your creativity and in your studies!

Good luck with your schoolwork, you got this!

MATERIALS NEEDED FROM HOME:

- Lined Paper (School “ruled paper”)
- Pencil
- Eraser
- Circle Stencil Object (Drinking Cup, Pencil Holder, Duct Tape etc.)
- Colored Pencils or Colored Markers

ART PROJECT DESCRIPTION: Participants will express their creativity through developing an artistic abstract composition overlapping circles and filling the images in with a selection of colors.

PROMPT QUESTIONS:

- Do you think creating artwork can be relaxing?
- Does it have to take a long time to make art?
- Is creating art good for your mind? Why?

ART MAKING PROCESS:

Step 1:

- Use a piece of your lined school paper, take it out of your binder so it is loose. Find an object nearby that you can use as a circle stencil; the bottom of a pencil holder, a cup, a roll of duct tape, a lid of a jar etc.

Step 2:

- Begin by thinking about your composition, or the layout of your artwork. You will be using your circle stencil and your pencil to outline the circle shape throughout your lined paper. Consider having some of your circles overlap and some go off the edge of your paper.

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Step 3:

- When you are pleased with the quantity of circles you have, and the layout of your design, notice the shapes that the circles and lines of your paper create, rectangular shapes. Observe how many are created within each circle shape, and how different rectangular shapes are created when the circles overlap.

Step 4:

- Use your colored pencils or colored markers to color in the different rectangular shapes within the circle shapes.

Consider:

- Will you select a specific color palette in your artwork?
- Consider using the same color within the same shape.
- Be mindful of the colors you are choosing, try not to use the same solid color next to each other.
- Along with coloring in solid shapes, think about adding a pattern or texture.
- What image would you use to create a pattern? Lines? Stars? Waves?
- Consider leaving some of the rectangular shapes open, to create some negative space and help with balance. Experiment! The creativity is wide open, and it is completely up to you!

Step 5:

- When your artwork is complete, hold it out and look at it from arm's length. Is there anything else you want to add? If you do not finish the project in the amount of time you have, pause and return to it on your next break (it can be a work in progress!).

POST PROJECT PROMPT QUESTIONS:

- What do you like best about your artwork?
- If you used a pattern in your artwork, how did that affect the artwork?
- What did you learn from creating your art project?
- Was this project relaxing to you?

Hopefully you feel recharged and ready to get back to the books!

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ART PROJECT STEP-BY-STEP EXAMPLE:

