

LESSON PLAN

AT-HOME ART PROJECT: Warm Heart & Warm Hands

INSTRUCTIONS

What does it mean to have a warm heart and warm hands?

It references people who are caring on the inside and the outside. It suggests that having a warm heart and warm hands may lead to feelings and actions of kindness toward other people.

“The purpose of life is to increase the warm heart.”

Dalai Lama

MATERIALS NEEDED FROM HOME:

- White Paper
- Pencil and Eraser
- Black Sharpie or Marker
- Colored Pencils or Colored Markers

ART PROJECT DESCRIPTION: Participants will create a work of art with their own hands (literally), considering lines and shapes as well as experiment in working with cool and warm colors to express their warm heart and hands.

PROMPT QUESTIONS:

- If you could describe a feeling that your heart has, what would it be? Why? Does it change?
- Think about your hands, do they have a feeling? What would it be? Why do you think that is?
- Do you think colors can express feelings?

ART MAKING PROCESS:

Step 1:

- Hold your hands out in front of you with your two thumbs touching at the tips. Curve your index fingers so that they touch at the tips. Play with the open space in between your index fingers and your thumbs, moving your fingers around to create a heart shape in the opening. Can you see it? This is the position your hands will be when you trace them on your paper! Experiment making the heart longer or wider as you move your fingers (Fig. 1).

Step 2:

- Begin with your white piece of paper, pencil and eraser. Hold one of your hands up in the heart position, so your hand will be showing half of the heart with your index finger and thumb. Keeping your hand in this position, place it as flat as you can on your white paper and lightly trace it with your pencil (Fig. 2). Hold your other hand in the half heart position and place it on your white paper, making sure that your index finger and thumb touch your drawn index finger and thumb, to create a heart shape. Trace around your hand with your pencil. Do your best to have your hands resemble a heart shape, it is OK if it is a little abstract. Also, keep in mind it might feel a little awkward to trace with your non-dominant hand – challenge yourself and do your best!

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Step 3:

- Use your black Sharpie or marker to draw over your penciled traced hands. Draw a heart in the middle of your hands, in the space your index finger and thumbs are creating. The size of the heart is up to you! (Fig. 3)

Step 4:

- Continue to use your black Sharpie or marker to draw heart shapes around your existing heart, expanding outward, getting larger and larger with each one that you draw. The space between the expanding hearts does not have to be even, they can have different widths, or the same width, it's up to you! The hearts you draw will go over the outlined drawing of your hands. At some point, your hearts will expand off the edges of your paper (Fig. 4).

Step 5:

- Time to color! Begin selecting 3-5 warm colors from your colored pencils or markers.
- Warm colors: are those that tend to advance in space and can be overwhelming. Examples of warm colors include red, yellow and orange (think exciting fire, sunsets and volcanoes).
- First, choose a warm color to fill in your heart in the center. Notice how the heart lines you drew created different shapes and spaces within your hands. Use warm colors to shade in each individual shape in your hands. Try not to use the same color next to each other. Be mindful to only color in the shapes of the hands and fingers with warm colors (Fig. 5).

Step 6:

- Next select 3-5 cool colors from your colored pencils or markers.
- Cool Colors: are not overpowering and tend to recede in space. For this reason, cool colors typically make a space seem larger. Examples of cool colors include green, blue and violet (think calming blue waters and a grassy field).
- Use your selected cool colors to shade in the shapes around your hands and center heart. Be mindful to color in each shape a different color and try not to use the same color next to each other (Fig. 6). Once every shape is colored in, and your whole paper is full of color, your artwork is complete!

POST PROJECT PROMPT QUESTIONS (reflect and share):

- What do you like best about your artwork?
- How does your artwork make you feel?
- How do you think your artwork would be different if you did the opposite and colored your hands in cool colors and the background in warm colors? Try it and compare.
- What do you want people to notice about your artwork?

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ART PROJECT STEP-BY-STEP EXAMPLE:



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6