

Fieldnotes from *Practicing Joy* Family Activity Delights

Think, play, and create at home! This activity invites families to explore themes from the Arts Initiative's 2018 *Practicing Joy* program, including "joy in recognition".



Can you find something you love and
take time to draw it throughout the day?

Family Activity Delights

Collect Materials

Let's take our time to find and appreciate some of the small joys we often overlook in life. What can you learn by observing something you love?

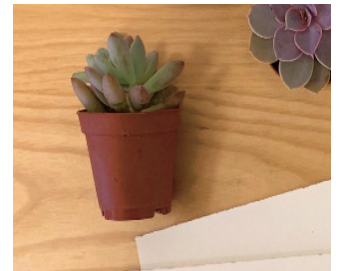
Tips: Try file folders or the front and back covers of your notebook as a work surface. We love small plants, fruits, and vegetables! Sponges can work like paintbrushes.

Materials

- something you love!
- sheet of thin paper
- sheet of thick paper
- pencil
- washable markers
- paint brush
- cup of water

Play and Create

Work together to make and write down observations. We are word collectors! What do you like about your plant, fruit, or vegetable? Why did you choose that object? What is its shape? Does it have leaves? How many? Does it remind you of something? What does it feel like? What does it smell like? What colors do you see? Where else have you seen them? Can you invent a new color name?



Using washable markers, draw what you see! Look closely: first from above, then from alongside your object. Find the lines of your plant, fruit, or vegetable. Fill the paper with the lines you see.



Turn your drawing into a painting! Paint the lines with water. How do they change? Can you combine two lines? Do you see any new shapes?

Family Activity Delights

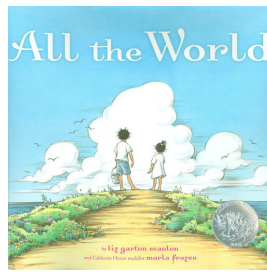
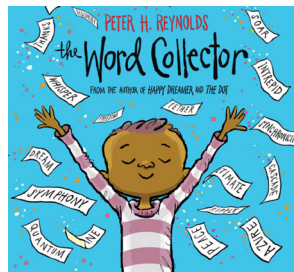
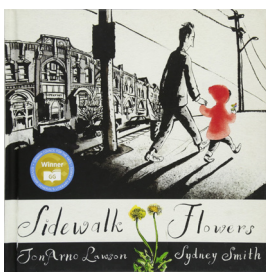
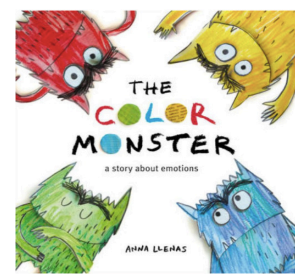
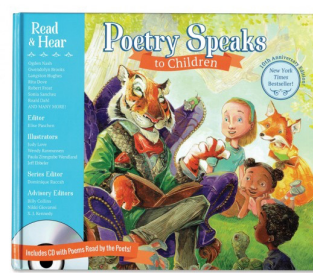
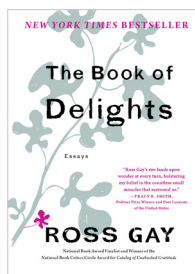
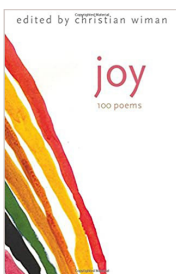
Reflect

Add words to your artwork! Write your favorite observations about the object you selected to make a poem. Can you turn your poem into a shape?

Fieldnote

Inspired by the joyful attention in Craig Arnold's poem "Meditation on a Grapefruit", this program invites families to share in a multi-sensory exploration of things we find in our everyday lives. Another poet, Ross Gay, reminds us to practice noticing, appreciating, and remembering even our seemingly "pointless" activities, which can reveal countless, meaningful sources of joy.

Practicing Joy Resources



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