

Fieldnotes from *Practicing Joy*

Family Activity Hugs

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



How do your feelings mix together?
Can a hug be part joy, part sadness?

Family Activity Hugs

Collect Materials

What colors and textures are your feelings? Search for fabrics that match how you feel.

Tips: Look for felt, bed sheets, old pants, or mismatched socks. Any string, yarn, rope, shoelace, or ribbon you can find will do.

Materials

- textiles
- string
- scissors
- marker
- glue

Play and Create

Work together to trace the outstretched hands and arms of somebody in your family onto the fabric. Connect the lines to create a double-handed, long, skinny shape. Cut out the shape of your hands and arms. It's a hug!



Imagine that one side (left or right) of your hug is a joyful feeling. What would that look like? Make a collage with the materials you collected to show your joy.



Now, remember a sad feeling. On the other side of your hug, make a collage with the materials you collected to show this opposite feeling.

Tip: Try "sewing" without a needle or thread! Poking holes in the textile and weaving (over, under) with your your string is one way to make attachments and create designs.

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Family Activity Hugs

Reflect

Can joy and sadness mix together?

Complete your hug by joining or “sewing” together both sides!

Wrap the hug you made around yourself or somebody you love.

Fieldnote

“What if we joined our sorrows...?” asks poet, Ross Gay. “What if that is joy?” Some of the artists at Grace Farms say the word “wilderness” to imagine the sorrow we all feel now and again. Joy is a special feeling that can hide inside of sadness. Sometimes, when we hug, it’s because we feel sad. And, sometimes when we hug, it’s because we feel joy. Other times when two people who feel sad give each other hugs, it helps them feel joy!

Practicing Joy Resources

