

SIGHTFUL

Sanctuary Teacher Notes

Workshop 1 Theme: The search for quiet	<p>Mindfulness is considered a productive method to quiet the mind, create focus in the learning environment and calm anxiety. There are many ways to bring a child's focus into the present including breathing exercises, thoughtful movement activities and also art and photography! (Please consider reading the short article "How Photography Can Help Cultivate Mindfulness and Gratitude" by Emily Campbell https://greatergood.berkeley.edu/article/item/how_photography_can_help_cultivate_mindfulness_and_gratitude)</p> <p>These workshops have been created to act as a guide. Please feel free to adapt to suit the needs of your students.</p>
Workshop 2 Theme: The search for connection	<p>Lines are all around us and exist in both nature and the built environment. The invitation to look for lines helps us get out and connect with our world. In an interview on the Podcast, Ted Talks Daily- An Ode to Living on Earth (April 22, 2020) about his installation work currently exhibited in the NYC Highline area, Oliver Jeffers, children's author, suggested that even when lines do not exist, we create them. He explains using the concept of the human designed lines of the constellations as an example of our need to create order and connect. Read about this in the article https://www.artnews.com/artnews/news/oliver-jeffers-planet-we-call-home-11880/</p>
Workshop 3 Theme: The search for small things	<p>Spring is a time of new growth and acts as a metaphor for hope. Small episodes of colour are easy to access and bring joyful pleasure. For inspiration look at the work of Levon Bliss, a photographer from England, who captures the remarkable beauty of insects. http://microsculpture.net/</p>
Workshop 4 Theme: The search for light	<p>We all live under the same sun. This lesson is about finding and appreciating light, this too is the work of photographers. Google search Hal Morey's famous image called "Sun Beams into Grand Central Station". What is the most interesting feature in this image? Look carefully for the light source/shadow/ highlight/contrast.</p>
Workshop 5 Theme: The search for reflection	<p>Be inspired by the beautiful moment captured by Frans Lanting, a wildlife photographer. Google search https://www.google.com/search?q=elephants+at+twilight+by+frans+lanting</p>
Workshop 6 Theme: The search for balance	<p>Artists use symmetry and asymmetry to create a sense of balance in their work. Patterns that are mirrored on two equal sides of the middle line of a paper are orderly and suggest harmony. (Mandelas are a good example of this vision.) More thinking is required to find this same sense of harmony in a piece that uses an asymmetrical design. When opposite sides of a photograph are not the same, other elements such as weight, shapes and colour can suggest balance. Look up the photographer named Pascale Cumberbatch https://www.instagram.com/pascalecumberbatch/?hl=en</p>
Workshop 7 Theme: The search for peace	<p>Giving students agency to express their thoughts and ideas is an important component of art making. This lesson is designed to allow students to use their experience and create freely.</p>
Workshop 8 Theme: Social justice action project	<p>Mindful practice through photography nurtures gratitude towards ourselves, our community and the planet. The student work created reflects a deep connection that can be shared to help lift others.</p>