

Become a Visionary

6 Art Integrated Lessons

by Nova Starling

LESSON 1: MEDITATION

- Learn that people need to be the boss of their brain or the brain will be the boss of them
- Through observation during meditation recurring thoughts can be seen and sorted out, feel how the thought affects the body, always return to calm breathing. Notice there is no past or future worry, only the present
- Doing it the same time each day, it becomes a happy place
- It is an important tool to see the world as it is and make it better through better choices
- Read the benefits list
- Draw thoughts or emojis

LESSON 2: MINDSET

- Identify common traits of visionaries and analyze traits they most want to develop
- Small groups list known visionaries and determine their common traits
- Refer to AARTII's interviews to determine personality traits
- Use worksheet provided to determine students existing traits and ones to develop
- Draw a sketch of themselves with lines radiating around them. Write the traits they have in blue, write the traits they wish to acquire in red
- Note these on a 3x5 card. Report weekly on progress

LESSON 3: PRINCIPLES

- Respond to prompt: "What makes a strong leader?"
- Name some leaders and the principles that make them effective
- Choose from AARTII's visionaries and read their quotes and bios to determine their principles
- Use worksheet provided to determine students existing principles and ones to acquire
- Draw a circle with their name in the middle with lines pointing inward. Write the traits they have in green, the ones they wish to acquire in red

LESSON 4: SYMBOL & METAPHOR

- Define and show provided examples of Icons, Symbols and Metaphors
- Class studies the portraits of Scott Momaday and Helene Gayle using the question prompts to find and discuss Symbols and Metaphors
- Draw Symbols that represent themselves or a friend, post their drawing and others try to guess who it represents
- Read list of Metaphors, draw as many Visual Metaphors as you can

LESSON 5: SOCIAL ISSUES

- Choose an issue from the list AARTII's website on the Activate page
- Use the questions on the worksheet provided as a guide to help choose
- Find some valid articles online to support their concerns and find a solution or steps toward that end
- The source could be interviews, documentaries, articles etc
- Prepare their topic as an oral presentation accompanying a poster
- Class votes on the most effective, moving presentation

LESSON 6: FIND YOUR VOICE / MAKE A DIFFERENCE

- This is personal. Choose an issue that is close to their heart. Be driven by personal experience
- Study different sides of the issue through reliable sources
- Review the list of The Effects of Art on Society
- Check out the two references noted
- Experiment with symbols and metaphors to tell your story
- Create a portrait of an involved role model in any medium. It could be words, paint, music, dance etc
- Suggest your positive vision for the future