

POST-LESSON

Now that you have been on your UMFA tour of the Senses, solidify concepts and activate the senses through a chocolate meditation and art making workshop creating a texture collage. All supplies should have been given to you after your pARTners tours. If not, please email or call the UMFA to schedule a supply delivery!

This lesson should take you around 30 minutes.

UMFA
UTAH MUSEUM OF
FINE ARTS

THE SENSES!



POST-LESSON

To begin, spend a couple of minutes reviewing your favorite artworks and experiences from your UMFA visit.

What was your favorite work of art?
What do you like about it?

Go around the class and have everyone describe their Museum visit in three words.

Chocolate Meditation

Explore mindfulness and meditation as tool for classroom focus, relaxation, and redirection.

Things you need:



candy
(in post-lesson
supplies)



meditation
sound clip
(web link)

TASTE!



Chocolate Meditation

What do the words **mindfulness** and **meditation** mean?

Has anyone ever practiced them before?

Hand out a piece of chocolate to everyone. You can use a starburst candy for students who have allergies.

Play the chocolate meditation (4:43 minutes):

<https://soundcloud.com/hachetteaudiouk/the-chocolate-meditation>

All teachers and students should participate!

At the end, discuss your experience as a group.

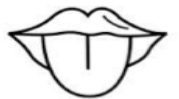
What did you notice? How do you feel?

How might this technique help you experience other every day actions differently?

Mindfulness = a technique to focus thoughts and be aware of the present moment.

Meditation = think deeply or carefully about something for a period of time

TASTE!



Texture Adventure

Make a collage using a variety of tactile and visual textures.

Things you need:
(materials provided in your post-visit supply bag)



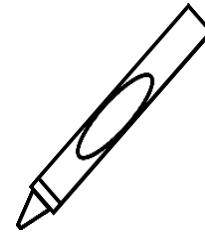
cardstock



glue



bag of texture
supplies



black crayon
(not included)



music

TOUCH!

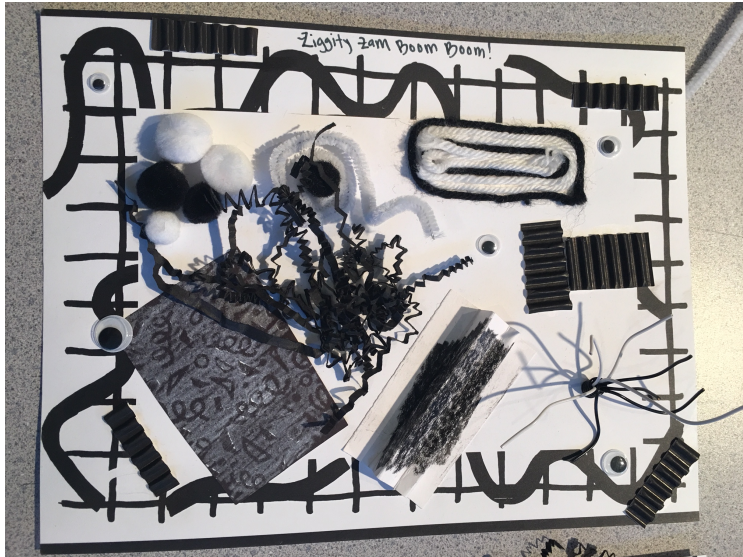


Texture Adventure

Name as many different textures that can you think of!

Using the materials provided, make a texture collage on a piece of cardstock. Glue different textures together to create both visual and tactile interest.

Playing music while working on this activity enhances creativity!
Test it out!



TOUCH!

