

ART 453: Art Therapy Field Experience

Still Life Experiential Plan

Facilitator: Student #2

Still Life for Archibald Apartments

Date: October 19, 2022

I. Time Allotted: 45 minutes to an hour

II. Materials:

- Pencils
- Erasers
- Sharpeners
- 25 sheets of white 8.5 x 11 inches paper
- 25 sheets of white 12 x 18 inches paper
- Markers (scented and unscented)
- 15 items varying in size, shape, and color related to the Halloween/Autumn theme
- Sharpies/permanent markers
- Name tags
- Charged Cell Phone that has Spotify or apple music
- Spotify or Apple music playlist that has soft jazz music with no advertisements or words
- Bluetooth speaker
- Flyers
- Paper towels
- Cleaning spray

- Picture of a still life
- Drawings from the picture (realistic and abstract)
- Viewfinders

III. Rationale for Materials:

Creating with familiar materials like the white paper and pencils allow for a sense of structure with this experiential. The paper and pencils can assist with a sense of mastery since these are common materials and not anything novel. Pencils are also a material that can easily be removed and redone. The markers will allow for color if they so choose.

The items will go with a Halloween or Autumn theme since it is October. Having a variety of items will allow the artists to decide on how complex or simple they want their piece to be. Having viewfinders can help solidify what exactly they would like to draw.

These are also similar to cameras, which most people have had experience with in the past. Having the jazz play in the background can support the creative process with music and alleviate any awkward feelings during quieter times. The picture and the drawings are good to keep individuals on track and reassuring them that their art is good and doesn't have to be perfect.

IV. Placement of Materials:

The items to create the still life will be lined up in a way where all individuals can see a part of them. Four tables will be pushed together, and all of the items will be down the center of the tables, going longways. Each seat will be given a piece of paper with a pencil over top of it. The viewfinder will be on the full sheet of paper. The pencil will have an accompanying eraser and sharpener. Markers will be placed between every two

seats. The Bluetooth speaker and associated phone can be placed on a nearby counter within sight. The picture and drawings can be somewhere where everyone can see them at any point in the art-making process.

V. Material Placement Rationale:

The items are going to be where everyone can see some of the items. It gives everyone a chance to see different items, thus having different art pieces. The paper in front of each seat will be meant for that person individually. The pencil, eraser, and sharpener will all be placed over the paper, so they can still reach it and not assume that everyone is right handed. The viewfinder is easy to access and is important to the beginning of the process. The markers between every two seats can help artists build community with the others around them, and in addition to that, there aren't enough markers for each artist to have a set of scented and unscented. The picture and drawings will be with me during the demonstration then everyone can collectively decide where they would be best placed.

VI. Directive:

- 2:30-2:40 (10 minutes)
 - Move tables and prepare still life
 - Set up each artist's station
- 2:40-3:00 (10 minutes)
 - Any last touch ups to setting up
 - Wait for any last minute individuals
- 3:00-3:05 (5 minutes)
 - Introductions and greeting

- “Welcome to the art-making session today. If you’re new or forgot my name, I’m Entum and I’ll be the facilitator today. These are my classmates, Caroline and Angela, and my professor, Professor Zeisler.”
- 3:05- 3:15(10 minutes)
 - Demonstrate how to draw from a still life and what a viewfinder is
 - In a realistic way and an abstract way
 - Using the picture and drawings
 - The point of this is not to be perfect
 - These drawings will be out for anyone to see
 - Anyone is welcome to do more than one drawing
- 3:15-3:45 (30 minutes)
 - Once ready after the demonstration, art making can begin
- 3:45-4:00 (15 minutes)
 - Opportunity for sharing
 - Allow any artists to share and discuss the art that they just created or their process or experience
- 4:00-4:10 (10 minutes)
 - Clean Up and any potential announcements

VII. Art Making:

- 3:15-3:45 (30 minutes)

The artists will have at least 30 minutes to drawing their still life. They can create one or more, if desired. They can create a realistic rendition of the items in front of them or they

can do an abstract representation of them. They are more than welcome to do both.

Markers are provided if they want to draw with them, add color to their images, or do nothing with color. Artists can focus on only one item or the whole thing.

VIII. Clean-Up Plan:

After the sharing experience, we will have about 10 minutes to clean up and return the room the way we found it. We will collect materials such as pencils, erasers, and anything else we brought that needs returned to the classroom. Our materials will return to the bins that we brought over initially. The tables will need wiped down for any bits of eraser or pencil led. These scraps can be swiped into the trash can. The phone and speaker can be returned to its owner.

IX. The Rationale for Clean-Up:

The clean up plan is simple since this experiential is simple and not incredibly messy. Our items will be returned to the containers that we brought them in. This will allow for us to make sure that we have everything before we leave and make it easier to transport back to the classroom. Wiping the tables down with the trashcan right under the edge of the table will keep our hands clean as we clean other areas. Moving the tables and chairs back to the way it was when we came in can make sure that it is ready for any other events.

X. Discussion or Witnessing:

1. Was this your first time drawing from a still life?

2. Would you ever draw from a still life again?
3. Did you expect it to be more difficult or less difficult? Why?
4. Which part was your favorite?
5. Why did you add any color, or not?
6. Who would like to share their drawing and what they liked about the experiential?

Thank you all for coming! I'll see you all next week. Next week will be out last week here. I think I can speak for everyone when I say that we've really enjoyed coming here for the past weeks getting to be able to learn from you all. As for next week, we're going to be doing a mural that you might be able to hang up in here so everyone can see the amazing work you all do, and how much fun it is to come to these art making sessions.