



Violence Against Women Art Map: Art for Healing and Activism

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Level: Grades 7-12

Lesson Objectives:

- Students will learn about art for healing (art therapy and for personal catharsis).
- Students will learn about the origins of mandalas and create a mandala.
- Students will learn about Polish American art activist Ewa Grochowska.
- Students will learn about art activism for awareness and social change.
- Students will plan and create an artwork responding to a social problem.

Materials Needed:

- [“8 Art Therapy Activities to Help Kids Identify and Manage Feelings”](#) by Elizabeth Mulvahill (2020)
- [“Monday Mandala”](#)
- [Fight for Life](#) (2015) by Ewa Grochowska ([Freedom4Ewa Art & Activism](#))
- [“Domestic Violence Information Sheet”](#) (For Children), University of Washington
- Colored pencils, fine tipped markers, mandala print outs, art materials of choice
- Clear plastic bottles or glass bottles with lids, “Sculpey” or other brand of colored polymer clay, assorted artmaking materials (such as pipe cleaners, cardboard, paint, fabric etc.)

Summary of Tasks/Actions:

- The teacher introduces students to art therapy (Reference [“8 Art Therapy”](#))
- Ask the students to consider the following questions:
 - What is art therapy?
 - Do you think art can be therapeutic?
 - How can art help individuals process feelings or emotions?
 - How might therapeutic art activities be helpful? Are there limitations?
- According to [Sage House Therapy](#), the creation of mandalas can reduce anxiety. Found in Buddhist and Hindu mythologies, mandalas are used to focus attention and are often used as a tool for meditation.
- **Artmaking Activity:** Pass out a variety of mandala coloring sheets, colored pencils, and markers. Ask students to color a mandala of their choice.
 - How do you feel when creating the mandala?

- While some artists use art exclusively for healing, other artists use art works to create awareness and social change.
- Examine [Fight for Life](#) (2015) by Ewa Grochowska
 - What does the artwork look like? What objects do you see? What material did the artist use? What textures and colors do you notice?
 - What do you think this artwork is about?
 - Grochowska's *Fight for Life* (2015) documents her personal battle with domestic violence and journey to get protection from her abuser. Discuss "[Domestic Violence Information Sheet](#)"
 - How can artists create awareness of an issue?
 - How might artists, such help other survivors of trauma?
 - Do you think artists can create social change? How?
- **Artmaking Activity:** What is a social issue that is important to you? Design and create an artwork for awareness of your topic, or to promote social change or transformation.
 - Using a clear plastic or glass bottle or jar, depict the details of the problem within the container. Consider what materials you might use to represent your problem.
 - Attach the lid to your jar. On the outside of the container, depict the change or transformation that you see or would like to see using assorted materials, such as colored clay, pipe cleaners, fabric, or cardboard.

We would love to see your class projects! Email us at: vawartmap@gmail.com

References

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