



## Activities: Grades 6-8

1. Art shows us a bigger world around us. It gives us the opportunity to explore and learn new things, and it can teach us about our own lives. As you look at the art in this exhibition what new things do you learn? What do you see that reflects your life? Art can show us about the artist's life or about experiences around the world. Art can lead us to discover something we never knew or learn more about a particular subject. What art in this exhibition tells us about the artists? What artwork expresses something that you've experienced? What stories from your life would you want to share with others?

### Activity:

- Select a piece from the exhibition that you feel helps tell your life story. Using your selected piece as an example, draw a story from your life that you feel has helped shape you.
2. Art encourages us to connect with something bigger than ourselves. The artists in this exhibition show us a bigger, broader world, but they can also show us things that reflect more about their own thoughts, feelings, or ideals. Spend some time looking at one or two pieces in this exhibition. What do you see? What does it make you think or how does it make you feel? Art helps us draw connections from something inside of us to something outside of us. Select a piece with which you connect to in some way. What drew you to that particular piece? In what ways do you feel a connection to other artists or works in this exhibition?

### Activity:

- Select one of the following words and find a piece in the exhibition that exemplifies that word. Write why you selected that piece. How does this piece portray your word? What drew you to that piece when thinking about this word? Look up definitions of words to help you gain a deeper understanding and connection

### Words:

nostalgia	confusion	peaceful	judgement	isolate/isolation
vulnerable	intimate	pain	free	anxiety/anxious
seeking	humor	found	satisfied	tension/tense

### Additional Resources:

- 10 Activities to Encourage Self-Expression in Pre-Teens:  
<https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/10-activities-to-encourage-self-expression.html>
- The Need for Teen Self-Expression Through Art:  
<https://artsacad.net/the-need-for-teen-self-expression-through-art/>
- 5 Ways to Help Teens Feel Good About Themselves:  
[https://greatergood.berkeley.edu/article/item/five\\_ways\\_to\\_help\\_teens\\_feel\\_good\\_about\\_themselves](https://greatergood.berkeley.edu/article/item/five_ways_to_help_teens_feel_good_about_themselves)

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Utah State Core Standards:

**Visual Arts Standard Respond**

Students will understand, evaluate, and articulate how works of art convey meaning for the observer as well as the creator

**Visual Arts Standard Connect**

Students will relate artistic skills, ideas, and work with personal meaning and external context

**Language Standard 4**

Determine or clarify the meaning of unknown and multiple-meaning words and phrases

**Language Standard 5**

Demonstrate understanding of figurative language, word relationships, and nuances in word meanings