

Leaders of Tomorrow Youth Center *Presents:*

ARTS AT HOME

*Resources for Parents During
School Closures*

Web Booklet
Spring 2020

WWW.LTYC.NET

Creativity in Times of Crisis

In the face of uncertainty and upheaval, the arts and art education are more important than ever.

Reduces stress and anxiety

Even if your child is not old enough to follow the news, life changes such as a new learning environment, isolation from friends, and other sudden restrictions can cause stress.

Stress in children can manifest in poor appetite, moodiness and aggression, trouble sleeping, and even a weakened immune system.

Engaging in creative activities like painting, dancing, singing, and writing has been shown to reduce stress, improve mood and overall health.

Provides a constructive outlet

We are all learning just how hard it can be to stay home for days on end. Staying creative allows kids to direct their energy into activities that are not only fun, but foster personal growth, life skills, and academic success as well!

While schooling at home, it's important for students to keep their minds sharp and avoid falling behind. Staying creative helps students practice problem solving, making connections, and communication skills.

Tips for Parents New to Schooling from Home



Be familiar with ways to contact your child's teachers

Learning packets, online classes, instructional videos- schooling from home is a lot to adjust to! Keep in mind that your child's school does not expect you to be a full time teacher. Your child's teachers are still here to guide learning and answer questions. Knowing the best ways to contact them for help will make the process easier.

Create a daily schedule that works for your family's needs

Don't feel pressured to fill eight straight hours with productivity. Having multiple family members home during the day each with their own schedules and needs can be difficult. Create a schedule together with your child to find a balance that works for your family and helps your child stay on top of responsibilities.

Create a designated schoolwork area

Find an uncluttered area in your home, away from distractions like toys and television, that can be a good work space for your child. Encourage family members to be respectful of your child's work time.

Be a self-care role model

This is an undoubtedly stressful and uncertain time, and children are aware of this even if they are not old enough to understand the situation completely. A healthy routine can go a long way in maintaining normalcy and allowing your child to focus on school.

You don't have to do it all

When feeling overwhelmed, find time to stop, breathe, and remind yourself that no one is expecting perfection. We are all doing the best that we can, and that's what matters!

Ask Questions and Encourage Curiosity

What would happen if? How does it work? How can I change this? Why should I do this? If I could be/do/make....? Open ended questions encourage imagination and critical thinking.

Allow Unstructured Time

Free play time, with no distractions from technology, is the best way to encourage children to get creative. Let them explore their ideas with any materials available.

Appreciate Their Efforts

Taking the time to show appreciation for their projects will make a lasting impact on a child's desire to continue creating. Ask about their process- what gave you the idea? How did you do it? What would you do differently next time?

Four Ways to Encourage Creativity at Home

Help Expose Them to the Arts

Watch a dance video on YouTube together; teach them the lyrics to your favorite song; draw pictures together. The more they are exposed to artistic expression, the better!

Journal Prompts

Writing topics to get your creativity flowing

Who do you most look up to, and why?

Describe a memory that makes you happy.

Write about one place you want to travel to one day.

How can you help make the world a better place?

If you owned a restaurant, what would you serve? What would the restaurant look like?

Write a story about discovering a new species of animal.

Describe a time you did something nice for a friend.

What superpower would you most like to have, and why?

Write about a time that you used teamwork to accomplish a goal.

Write a story about time travel. Where would you go and who would you talk to?

Who is your favorite fictional character? What do you admire about them?

Ask a family member to talk about overcoming a difficult situation, and write their story.

What wild animal would you most like to have as a pet?

Think of a time you had an argument. How did you feel? How did you resolve the situation?

What are three things you do to feel better when you feel sad?

Describe a good memory with your friends.

What is the best day you ever had in school?

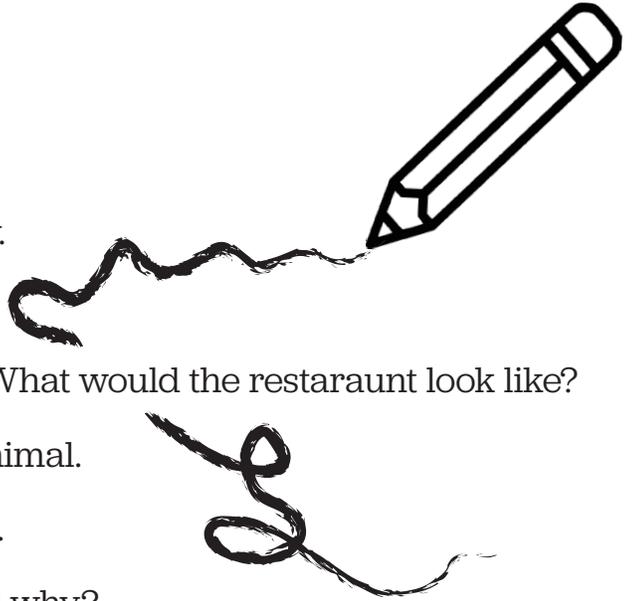
Describe one thing you wish to accomplish this year, and how you might do it.

Who do you live with? Describe what it is like living in your home.

Write a letter to yourself in 5 years.

What would you put in a time capsule?

Describe a time that you were brave.



Creative Motions

Dance

Elements of Dance Mix-N-Match Activity

In this activity we will create a series of movements that demonstrate each of the **elements of dance**: body, action, space, time, and energy.

The elements of dance ask- Who? Does what? Where? When? How?
A dancer moves through space and time with energy.

1. Circle a word in each box below.
2. Incorporate each of the words you chose into one or more **sets of four movements**. The resulting movements should utilize each element of dance.
3. If you'd like to take it a step further, choose a song with a tempo that matches your movements and practice dancing in time with the song.

Body:

Parts of the Body

Head	Torso
Shoulders	Legs
Hips	Elbows
Arms	Knees
Hands	Feet

Shapes the Body Makes

Symmetrical
Asymmetrical
Round
Straight
Twisted



Action:

In Place (Axial)

Open	Close
Rise	Fall
Stretch	Bend
Twist	Turn

Traveling

Crawl	Scot
Roll	Jump
Slide	Hop

Space:

In Place	Travelling
High	Low
Forward	Backward
Sideways	Diagonally
Line	Zig-Zag

Time:

Quick	Slow
Steady	Uneven
Brief	Long

Energy:

Tight	Loose
Strong	Gentle
Heavy	Light
Sharp	Smooth

Embodying Emotion

Theater

Acting with Emotions Exercise

- Think about how your **body feels** when you are happy. Do you feel it most in your head? Your chest? For each of the emotions listed above, write down two words and a part of the body you associate with the emotion. Example: Sad- heavy, slow, shoulders. Happy- energetic, fast, hands.
- Using each of the words you wrote for each emotion, practice **moving with emotion** by walking around the room using your descriptions. Using our words for sadness from the previous example, we might walk around slowly with our back hunched like we are carrying weight on our shoulders. For happiness, we might move through space quickly with our hands swinging in front of our body.
- Next, think about how different emotions can affect how we **sound**. Are you louder when you are angry? Does your voice shake when you are scared? Write down how each emotion might affect how you speak. Consider: loud or soft, fast or slow, high pitched or low pitched, clear or shaky, etc.
- Next, use the descriptions you wrote for each emotion to try **adding feeling to your voice**. Choose a sentence below and practice saying it out loud with each emotion.

“May I offer you something to drink?”

“Your mother called- she wants her pants back”

“I hope you have a good time at the party.”

“I wonder what he thinks about my haircut.”



- Now, **put it all together!** Pick an emotion and a sentence. Then, walk with emotion across the room and deliver your line!

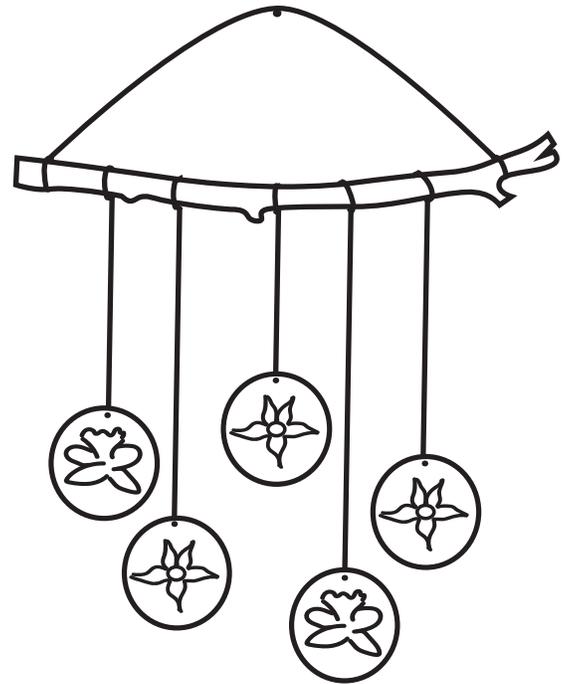
Pressed-Flowers Mobile

Visual Art

Celebrate spring with this crafty wall decoration

Materials:

String
Scissors
Elmer's Glue
2 ft stick
Fresh flowers
Cereal box
Parchment paper or printer paper
Clothes iron



1. Go for a walk around your neighborhood and pick out a thick stick and at least four flowers- more is better.
2. Press the flowers: Place each flower between two pieces of parchment paper (or printer paper if you do not have parchment) and place a heavy book on top. Heat your clothes iron to the lowest heat setting. Make sure there is no water in the iron- the goal is to dry the flowers. Next, remove the book, keeping the flower between the two pieces of paper. Gently press the iron on the flower and hold in place for 15 seconds. Let the paper cool for 15 seconds, then press again. Repeat this step until the flower is flat and dry.
3. Cut a cereal box so that it lays flat, blank side up. Place a flower on the cardboard and trace a circle around it. Repeat for each of the other flowers.
4. Cut the circles out and use Elmer's glue to gently press the flowers onto the circles.
5. While the glue dries, cut four feet of string. Tie one end of the string to one end of the stick, and the other end of the string to the other end of the stick. This will be how your mobile hangs on the wall.
6. Next, cut a string for each of the flower circles you made. Make each string a different length for visual interest.
7. Take a flower circle and punch a small hole in the top. Thread a bit of string through the hole and tie a knot. Tie the other end of the string to the stick. Repeat for each of the flower circles, leaving space between each string on the stick.

Optional: add acrylic paint to the stick or add beads to the strings before tying off for extra decoration.

Stop-Motion Animation

Media Arts
Creative Writing

Stop-motion animation is a technique in which objects are moved a little at a time, and each movement is photographed. The photos are then played together in order to show the motion of the object.

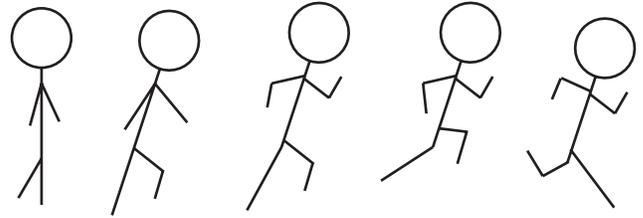
Materials:

Smart phone or tablet

Stop Motion Studio (free app for iOS and Android)

Construction paper or printer paper

Small toys



1. Write a short story. Your story should include:

2-3 **characters**

A **setting**- the time and place where the story takes place

A **plot**- this is what happens during the story. It has a beginning, middle, and end

Here's an example: At a **castle**, a **dragon** steals the royal treasure. The **knight** goes and slays the dragon. The **queen** gives the knight a medal for his bravery.

2. On a piece of paper, draw the background. Your background should be the same as the story setting. In our example, our background would be a castle.
3. Choose a toy to represent each character. Toys with moveable limbs will be best, such as dolls, action figures, or legos.
4. Use the toys to act out the story. Each time a character moves, use a phone or tablet to take a picture. The more detailed you get with the movements, the smoother the final video will look.
5. Download the free app Stop Motion Studio on your phone or tablet. The app will take the photos you took and turn them into a video. You can also use the app to add narration and sound effects.
6. Play your stop-motion story for your family!

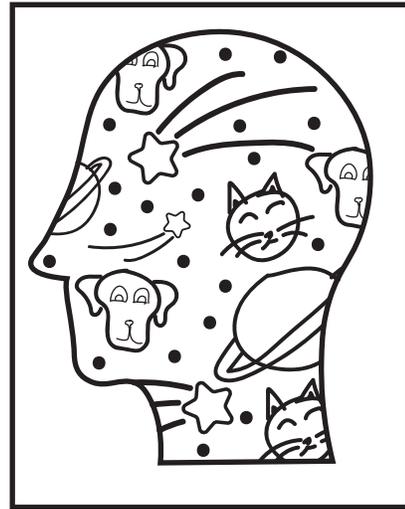
Self-Portrait Collage

Visual Art

Express yourself with this silhouette collage activity

Materials:

Elmer's glue
Tape
Scissors
Pencil
Magazines
Construction paper or printer paper



1. Create the silhouette

- Tape a piece of construction paper or printer paper to the wall.
- Turn out the lights in the room and sit in front of the paper. Use a small lamp or flashlight to shine on your head and make a shadow of your face appear on the paper on the wall. Move closer or further from the wall until your face silhouette appears completely within the paper, with about an inch of room on the sides and top.
- Have another person lightly trace the silhouette onto the paper with a pencil.
- Once the silhouette has been drawn, cut the silhouette out of the paper, keeping the outer part and setting the inner part aside.

2. Create your collage

- Look through old magazines to find images that you feel represent who you are. It could be foods you like, your favorite color, animals, sports- anything. Cut these images out and glue them onto a piece of paper, overlapping so that no paper shows through.
- Once the collage is dry, take the outer part of the silhouette you cut earlier and glue it on top of the collage.

Thank you for viewing our Arts At Home parent toolkit! If you do any of these activities at home with your kids, please share with us on social media with #ltycartsathome. We love to stay connected and share the joy of the arts with you with new video lessons and arts content posted regularly.

We are all in this together through this unprecedented time. Stay safe



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