

Vesey
Summer School



Week 2
Hillary Douglas

Lesson Title: Handimals

Objective(s): Students will:

- Learn that handprints are one of the oldest art records that exist
- Learn that “hand breathing,” is a mindfulness strategy
- Create a work of art that turns their hand outline into an animal

Fine Arts Standard(s): Arizona K-12 Visual Arts Standards VA.CR.1.1a, VA.CR.1.3a

<https://cms.azed.gov/home/GetDocumentFile?id=57eacf8daadebe1078f8c26d>

SEL Standard(s): Self Management: The ability to manage one’s emotions, thoughts, and behaviors in different situations to achieve goals and aspirations

<http://education.ohio.gov/getattachment/Topics/Learning-in-Ohio/Social-and-Emotional-Learning/Social-and-Emotional-Learning-Standards/K-12-SEL-Standards-Full-Final.pdf.aspx?lang=en-USCurriculum>

Standard(s): Common Core ELA Standards RI.1.9, RI.3.7

<http://www.corestandards.org/ELA-Literacy/>

Lesson Instructions:

- Reminder of classroom rules (same as teacher’s) Vesey 3 and Johnson’s 3 B’s
- Sing Elements Rock!
- Ms. Douglas shows students a picture of a handprint from an ancient cave painting and student volunteers share out what they see
- Ms. Douglas explains that handprints are some of the oldest records of human artwork that exist. Ancient humans painted animals and left their handprints in caves.
- Ms. Douglas explains that not that long ago in many classrooms like ours, students made their handprints into one certain kind of animal on certain holiday- students may guess what animal and what holiday (classroom teachers will also probably know!)
- Ms. Douglas shares a story about turkeys (A gaggle lived by my parents’ house in New Hampshire but there was one turkey in the gaggle with only one leg. The gaggle would stop and wait for him to cross the road and keep up with the group- for real!) and also asks students to guess another bird that is LIKE a turkey (but it has secret eyes in its feathers!) Ms. Douglas shares that now we can make our hand into any kind of animal (real, ancient, or imaginary... a handimal!) any day of the week.
- Ms. Douglas demonstrates a MINDFULNESS technique- hand breathing. Using finger on one hand to trace around the other while breathing in when going up a finger and out when going down a finger.
- Ms. Douglas uses document camera and shows students how to trace outline of hand using a pencil on paper.
- Students have “Secret Drawing Time,” to add details to their hand/turn it into a handimal. Ms. Douglas plays Johnny Otis *Willie and the Hand Jive* and maybe also The Beatles *I Want to Hold Your Hand* while they work.

- Everyone holds up their handimal to share and individual student volunteers may share out with the group.
- Goodbye and see you next time!

Materials:

- Paper 8.5x11 inches
- Pencil
- Any colors

Optional Extension Activities:

- Make another handimal
- Use paint to stamp hand on paper and turn it into something!
- Tape paper underneath a table and pretend that you are in a cave when you draw!

Vocabulary:

- Shape
- Outline
- Mindfulness Technique
- Handimal