Lesson/Activity: “Chaos to Serenity” Paintings/Mixed media by Carol Miller

Objectives:

1. Children will read and discuss Grandfather Gandhi, by Aran Gandhi and Bethany Hegedus, illustrated by Evan Turk

2. Children will create paintings/drawings from randomly created backgrounds: This is to be a low stress, meditative activity where children examine the idea of using a meditative activity such as doodling to release anger and tension.

3. Children will learn about primary and secondary colors.

Materials:

- 6” x 12” white paper
- red, yellow, blue and black tempera paint
- plastic containers for black paint
- paint brushes
- Sharpies
- construction paper crayons

Preparation/Motivation:

Read Grandfather Gandhi to children. Discuss scene where child is angry and picks up the rock. Discuss non-violent alternatives for channeling anger - art, music, sports, and hobbies.

Procedures:

1. Children will put their names on white paper and fold paper in half.

2. Teacher will squirt red, yellow and blue tempera onto ½ of folded paper.

3. Children will fold paper and rub ends of paper together to create a colorful blob of paint. Rubbing sides of paper back and forth will help create secondary colors from primary colors, creating a more colorful random painting.

4. Using black paint, children will paint a tree (or long black tree like shape) over the painted blob.

5. Allow paper to dry overnight.

6. Discuss idea of transforming random shapes of color by doodling over them with sharpies and/or construction paper crayons. Using the Sharpies, students may choose to doodle images into the splotches of tempera paint. Construction paper crayons will color over black painted trees. Students may sketch graffiti onto tree or transform the tree into something else. Students are to turn chaos into serenity.
Variations:

There are numerous variations for making randomly painted paper. Children may put string inside the folded paper containing paint and then pull it out to help mix the colors. Children could blow black ink with a straw over the painted paper (after it is dried) to create random black lines. The paper can be cut to various sizes and other images may be painted over the colored paper.