

Instructor:	All	Week of:	May 23-28th
Provider:	New York Public Library		

Module Title Lesson Title	Mental Health Art as Therapy
Lesson Objectives	Students will understand different art forms and how creating art can help your brain.
Success Standards for Students	Students will engage with readings and create with art supplies provided.
Assessment	Ongoing through class in the form of patron/facilitator engagement and interaction and questions posed towards patrons, as well as exit tickets.
Materials	Articles, Paper, Colored Pencils, Crayons
Beginning of Class	<p>Class will open with “What types of Art are there?” in order to stimulate conversation about different forms of artwork. It will be followed up with a question if anyone in class likes to create and what they create.</p> <p><i>Infographic on how American Adults engage with art.</i></p> <p>Sample Qs:</p> <ol style="list-style-type: none"> 1. Which of these do you participate in? 2. Is anyone surprised that mobile devices narrow the racial gap? 3. What forms of art do you think are missing?
Middle	<p><i>Article about what creativity does to the brain and how it is beneficial.</i></p> <p>Sample Qs:</p> <ol style="list-style-type: none"> 1. Is it better to learn appreciation of art or the craft of art? 2. Does learning how to make something also teach you appreciation? 3. What are the forms of art that you would like to learn? Painting? Sculpting? Why? <p>Art often reflects what is going on in society and also what the artist is dealing with which can be on a macro or micro level. In the previous article there is an image of Guernica by Pablo Picasso is an anti-war painting that shows the suffering of people and animals. The Black Lives Matter group has influenced artists. The Guerrilla Girls used artwork to protest the lack of female artists. Other artists use art to reflect and deal with personal issues that are affecting them.</p> <p><i>Article about artists who have used their artwork to as therapy.</i></p> <ol style="list-style-type: none"> 1. Do you have to suffer to make famous art? 2. How can you channel emotional issues into art? <p>At the moment one of the newest examples of using events in your life in your artwork can be seen in Beyoncé's (visual) album Lemonade.</p> <p><i>Article talking about Beyoncé's album Lemonade and the emotion conveyed in it.</i></p> <ol style="list-style-type: none"> 1. We say this is about Beyoncé's marriage but there were multiple people

	<p>who helped create this, could it be about someone else's life?</p> <ol style="list-style-type: none"> Music is one of the few art forms where the support team for creation is more seen. Nicky Minaj's also has an alter ego for performance. Why do you think an artist would want to have an alter ego? Can you think of any male artists that have an alter ego? Is there a piece of art that has taken you on an "emotional journey"?
End of Class	Students will be asked to reflect on how they felt while they were working on their art projects and what forms of art they may continue to pursue.
Accommodations/ Modifications	Spanish/English Dictionary
Technology	n/a
Student Work Products	Colorings.