



ARTSPACE

at home

We have developed ART SPACE AT HOME to give you ideas for making art and playing together.

Kaylyn created this artwork to connect with people experiencing mental illness. Many people struggle to express how mental health affects them physically and emotionally. She created creatures that symbolise the pain you can sometimes feel inside. This sculpture looks like a head with a black octopus on top. The black ooze and characters represent bad or sad thoughts. Do you feel sad or lonely sometimes?

IMAGINATIVE PLAY

Play "Mirror, Mirror...what do I see?" with your little one.

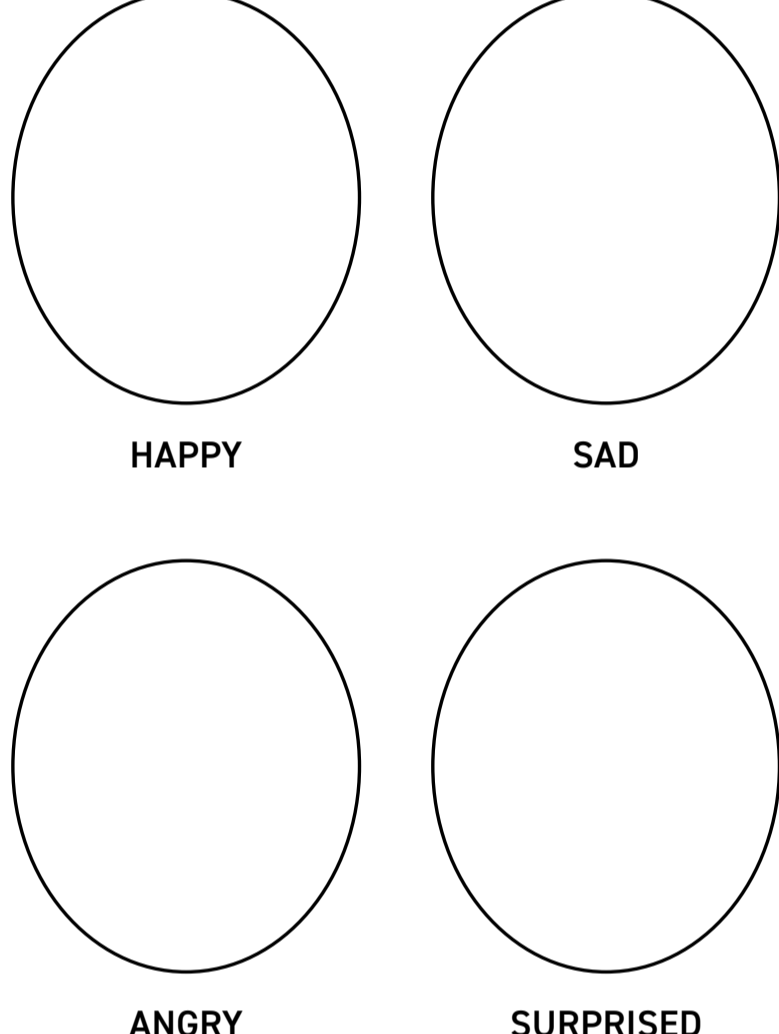
Sit opposite your child, and ask them to guess what emotions you are expressing on your face, such as happy, sad, angry, surprised.

Ask your child to express the same emotions back at you.

ANOTHER IDEA

Learning to identify feelings and manage them is important work for little people. We can help them name their feelings by identifying facial expressions.

Help your child draw these facial expressions.

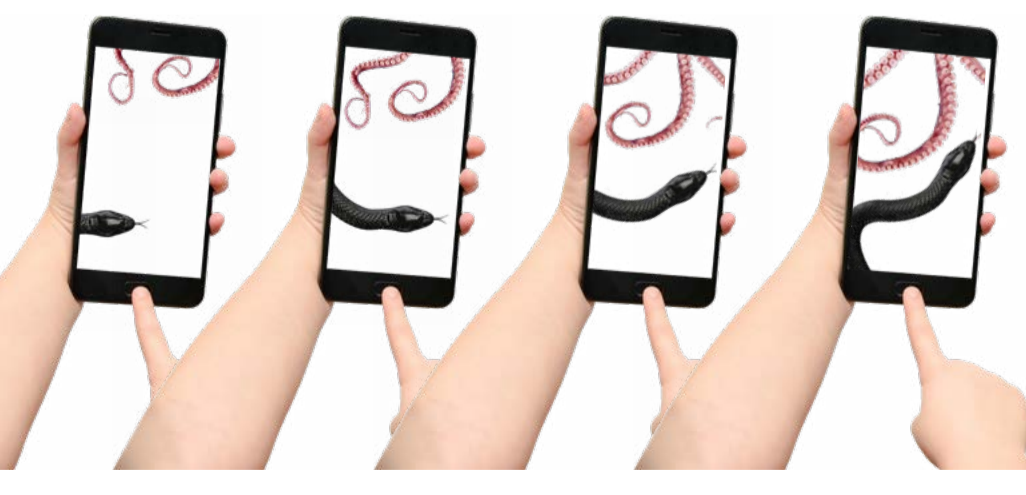
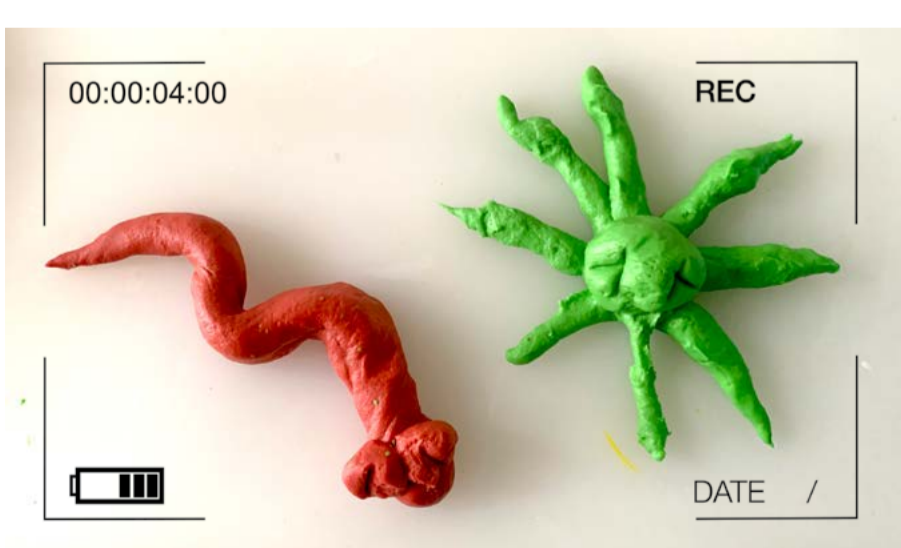


You can also introduce lots of great mindfulness techniques. Try this podcast that helps little ones be stronger, braver, and more confident explorers through life.



MORE ARTMAKING

Kaylyn created creatures that express the feelings you feel inside. Create five creatures for five different feelings. Then create a short movie using stop motion photography.



PLAY-DOH RECIPE

- 1 cup flour
- 1/4 cup salt
- 3/4 cup of boiling water
- 3 tablespoons of lemon juice
- 1 tablespoon cooking oil
- Food colouring
- Essential oil

- 1 Measure the water and lemon juice into a heatproof bowl, mix together the flour and salt.
- 2 Pour the liquid into the flour and salt mixture, and stir until it just barely begins to form a dough.
- 3 Drizzle the tablespoon of cooking oil over the dough and stir again until it forms a ball. You may want to knead the dough with your hands.
- 4 As the dough cools it will thicken and become less sticky.
- 5 Once the dough is completely cooled, you may add flour a tablespoon at a time until it is the perfect consistency.

ARTMAKING

WHAT YOU NEED



- Play Dough or Salt Dough (can be baked to create finished sculpture) [See Recipes at the end.](#)
- Baking tray with foil or baking paper
- Paint or food colouring

INSTRUCTIONS

- 1 Make Play Dough or Salt Dough
- 2 Watch a small amount of the video with Kaylyn talking about her work
- 3 Watch Lake Mac Libraries *Storytime with Lynn Jenkins* with the author reading her book *Grey Glasses-itis*
- 4 Create an octopus or creature that expresses your feelings using salt dough? What colour are you going to choose?



- 5 Get a big person to bake it in the oven on low for two hours. Once cool you can add extra paint and colours.



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MORE ARTMAKING

WHAT YOU NEED

- Play dough [SEE RECIPE](#)
- Paint
- Paper for backdrop
- **iMotion app** on a smart phone or tablet

DOWNLOAD
 THE APP

INSTRUCTIONS

- 1 Create your creatures
- 2 Write a short script of what your short film will be about.
- 2 Download the app on your device
- 2 Place the device somewhere it can stay still as you photograph the creatures, a shelf or books can work.
- 2 Place the first creature on your back drop and move it a small amount between each photo.
- 2 When you are finished share your photo with friends and family on social media #artwithmac

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SALT DOUGH

- 2 cups all-purpose flour
- 1 cup salt
- 1 cup cold water

- 1 Mix flour and salt together in a bowl. Slowly mix water, a few tablespoons at a time, into flour mixture until dough is smooth and easy to handle. Knead dough for 10 minutes and let rest for 20 minutes.
- 2 Preheat oven to 120°C.
- 3 Form dough into desired shapes and arrange on a baking sheet.
- 4 Bake in the preheated oven until dry and hard, about 2 hours. Allow to cool completely