

Visual Arts Activity: Life size inspirations

Take a roll of wallpaper lining and enjoy rolling it out across the floor. Now get into pairs and take it in turns to lie down on your back on the roll of paper and draw around each other. Strike a pose of your choice, or just relax. How much time have you given yourself to stop and think today? Probably not enough!

Now put your piece of paper to one side and make a list of:

- **Your favourite fruit**
- **Your favourite food**
- **Your favourite piece of music or film**
- **Your favourite book**
- **Your favourite colour**
- **Your favourite place to spend time**

Now it's time to create your own personal portrait. It's going to be unique! Choose where you would like to place each item in your body. Think about:

- **Your heart**
- **Your brain**
- **Your eyes**
- **Your ears**
- **Your mouth**
- **Your nose**

Do you have spaghetti legs, a tomato heart or an MP3 knee? Share your work and let your class know why each body part is made the way it is!

Visual Arts Activity: What's in an object? & other stories

Who's it for?

Key Stage 3 & 4 (12 yrs+)

What's it about?

Key words & themes in this activity include: personal stories/ personal objects/ different perspectives/ layers of identity

You will need:

Found objects/ personal objects/ photographs/ paper/ pencils/ pens (optional: other art and craft materials/ *Museum of Migration* display)

"Often my work is about conflict and contradiction, and that contradiction can be within the actual object"

~ [Mona Hatoum](#)

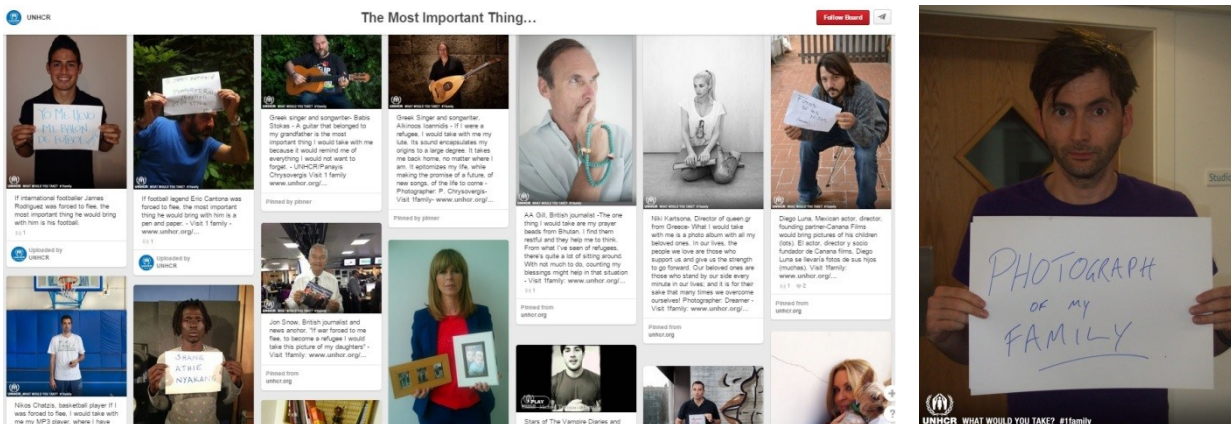
Mona Hatoum was born in Beirut ([the capital of Lebanon](#)) to a Palestinian family. She came to Britain as a student in the mid-1970s, settling in London in 1975 when civil war in the Lebanon made it impossible for her to return home.

Mona's early work was performance and film-based, but since the late 1980s she has focused on installations and found objects. Her work cleverly explores lots of things through these found/ redesigned objects, such as difference, control, violence, oppression, temporary states and spaces.

Working with found objects can give you the opportunity to tell or discover stories in new and interesting ways. Objects can be powerful representatives of the bigger picture.

What object would you take with you?

The UN High Commission for Refugees ([UNHCR](#)) asked this exact question to a load of celebrities in Refugee Week 2013 - have a look at what people chose below.



Once you have chosen your object, draw it and share it with your group or your friends. Perhaps you can even bring in your object (or a model, photograph or film) to make a *Museum of Migration*.

Walk around the objects, or spend some time looking at the images that have been created. What similarities and differences can you spot? Has everyone chosen a similar object? Why might this be? Or if the objects are different, how useful might all they be when put together? Can different objects and the people that have provided them take on different, equally important roles?

Take It Further: Simple Act #23, Find an object that tells a story of migration

Who's it for?

All ages (with some variations to support 11 yrs and under)

Simple Acts #23 encourages you to visit museums, where you will find extraordinary objects and exhibits, often made for a particular purpose by a fascinating person.

Many of these objects have been through some amazing journeys, and almost all of them, when you look closely, will tell you a powerful story.

Take a pair of shoes as an example - they are a symbol of comfort, movement and achievement, but they can also tell a story of human cruelty and loss if we think about the painful journeys they can lead refugees through.

Blankets, cushions, fashion items and traditional clothes can help you tell colourful stories about exile and migration. They can each symbolise a journey, or tell stories of hardship and perseverance.

Find an object of craft that tells a story about a contribution or achievement, dedication and skill that has changed Britain for good.

Share it on the [Traces Tumblr](#) blog and on social media (remember to use the hashtags #tracesproject #RefugeeWeek #SimpleActs)

Visual Arts Activity: Portraits & the 21st century selfie



Above left: Skateboarder, Maryam Hashemi, above right: Something Is Living On My Head, Maryam Hashemi (2010)

Who's it for?

Key Stage 3 & 4 (12 yrs+)

What's it about?

Key words & themes in this activity include: self-portraits/ portraiture/ identity/ personal stories/ celebrating diversity/ new perspectives

You will need:

A range of art materials/ art making tools such as a camera/ video camera/ Your best researcher techniques!

All the visual artists featured on [Traces](#) break down preconceived ideas of how a self-portrait should look.

Collect some images or objects that say something about you as a person, for example: photographs, items of jewelry, an object that captures your family or your family home, images from magazines, places you have been or would like to go to, your favourite food.

Now choose of one the visual artists on [Traces](#) to research. Really look at their work - what is their technique? Which materials do they use? Why might this be? What are the commons themes in their work? Why might this be? Think about how this artist has developed their work.