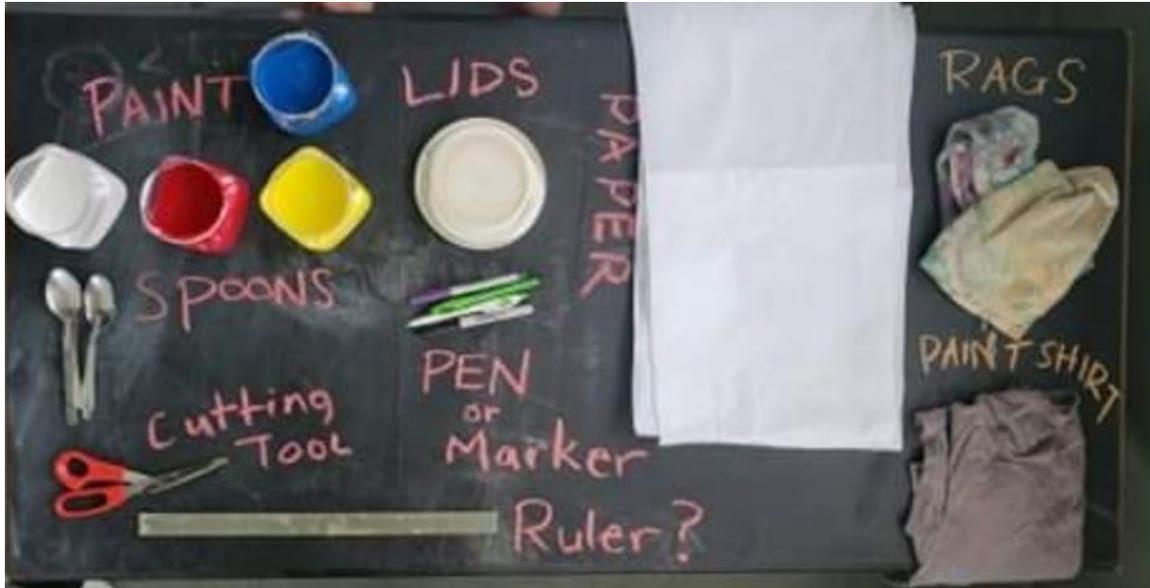




**SPARK!**  
CREATIVITY @ HOME

# MOVING PAINT TO MUSIC

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## Moving Paint to Music with Recycled Scraping Tools

A musical mindfulness art exploratory, for 2 or more humans, small groups, families. For days you can get outdoors, use the garage floors, driveways or big kitchen spaces, that have large work areas and are easy to clean up.

**Disclaimer** this project is only as messy as you want it to be. You control the chaos and the paint at least until everybody agrees to what's safe and works. There aren't too many paint safety rules besides don't ingest paint, don't paint yourself and don't get it everywhere!

### What you will need for this project:

**A painting surface:** butcher block paper, cut open paper bag, large recycled sheets of paper from old projects (make sure you get the okay to use), or a large piece of cardboard (after you try this once or twice talk about what else could work for your painting surface!).

**Round plastic lids** from lost/missing or on their way to the trash containers for sour cream or yogurt or dip any size.

**A cutting tool** for adult use only (modification for older children include adult crafting scissors with heavy adult supervision): this could be a kitchen knife, an exacto knife, or a pair of scissors (even a pair of children's scissors might even do the job). Explore!

**A pen or marker** that will write on the plastic lids and not wipe off easily... this mark will be our cutting line.

**Spoons** for each paint color (unless you have tubes or squeeze bottles of paint) to use to portion/measure paint.

**Music** we will need a variety of music! For our playlist purposes, instead of creating a playlist we can explore the Classical Essentials through Spotify, Pandora, Google or some other streaming service. Or it might be time to dust off your record or 8 track collection, your own personal family music library. You are the artists, so you will choose the music you want to explore creating art to.

**Thick Colorful Paint** choices

Tempra is a great beginner paint, acrylic is permanent on clothes. There are also some online recipes for making tempra type paints, although I've never really explored them. As an artist, I often use leftover house paints, which are either oil or latex based and have respiratory dangers that I do not recommend using with kids in any kind of enclosed setting, as good ventilation in many art forms is often important.

**Recycled T-shirt or old shirt for painting** is recommended.

**A couple of dry rags and a couple of wet rags** for emergency cleanup, although we're going to try to avoid that entirely by using spoons to minimize and control our paint portioning.

**Container or spare piece of paper** to set dirty scrapers and spoons in or on to take to sink for washing!



**Getting your paint scrapers** ready is a two-person job at least. If there are more than two people, everybody can take a turn if you have enough lids to mark.

Do you remember who the person doing the cutting is? The person not doing the cutting will need the marker or pen that does not come off easily to make a straight line across the center of the lid. The person with the cutting tool will place the lid on a cutting surface, such as a cutting board or extra piece of cardboard (unless you're using scissors) and will cut that straight line. This is the tricky part of turn-taking, right now, we are only getting one lid ready per painter.

You are now ready to explore mindfulness movement and music through ART!



First step: **Listen** to part of the musical piece or first song on the playlist, maybe just half of it. Try listening with your eyes closed while you're listening, think about color. Does the music make you imagine anything special or strange? What do you see with your eyes closed? Does the music sound soft or is it fast? How does the music feel to your hands? How does the music feel to your feet? Stretch a little deeper, and think a little harder. Does music have a flavor? Does music have a smell? If that's too big of a stretch, no worries. We can practice and play again with music later.

Second step: **Lay out the painting surface** on your work space. Pick two colors that make you think of the piece of music you just listen to or pick out colors you like.

Third step: **Take about a teaspoon serving of paint and put it onto the painting surface.**

Let's say we're working with cardboard and tempera paint. Put one teaspoon of tempera paint or one teaspoon size squirt of tempera paint for each color onto the cardboard. It might not be easy to push the paint off, so gentle tapping should work. If it gets a little everywhere on your cardboard, no worries. If it gets anywhere off your cardboard, pause your work to clean up right away. That's why we've got the wet and dry rag ready! Resist the urge to use the spoon to spread the paint, as that's what why we have our paint scraper. Feel free to experiment with paint amounts as you explore what works best in your painting surface.

Step four: **Put the music back on (same song, second half). Take your paint scraper and start spreading your paint around the cardboard. Try not to move faster than the music and try to have paint scraper movements almost be like a little dance with the scraper barely leaving the painting surface.** What do you notice what happens when the paints mix? What happens if your body's too fast or out of control? Is there a way to problem solve this? Were you just moving the paint, or were you moving the paint and thinking about what you imagined?

Step Five: **Before** clean up, take a minute to notice together. Ask a question or give a compliment. Set work aside to dry. Take part in a quick clean up, which includes storing paint properly, wiping down surfaces, rinsing spoons and dirty rags, and washing your flat scraper you created. If set up on cardboard, this activity is designed to come back to after your first layer dries. Later in the day or week or just a few hours, you can go back to your playlist, pick the next song and start at step one to run through this again! Note that paper probably requires new paper for each musical piece due to moisture and paper and paint globs leading to ripped paper.

On your second time through, after listening to the song before painting begins, take a moment to think about what you notice about the music. What was the same? What was different? What did you imagine when you tried closing your eyes and listening? Do your humans know any words that describe music such as tempo or beat? When you turned that music back on and continued painting, did you pick similar paint colors or did you pick new colors? Were your colors light or dark? Could the music be described as light or dark?

After you finished all the steps, take a moment to notice, ask a question, give a compliment. Set work aside to dry, take part in a quick clean up, which includes storing paint properly, wiping down surfaces, rinsing spoons and dirty rags, and washing your flat scraper.

A note on scrapers: After you've explored this a bit and are working on creating your own kind of playlist, consider branching out and exploring differently cut scrapers? How about a zigzag pattern or a square castle cut, perhaps a wavy line. Does it change the way the paint moves and the shapes it makes? Does it change how colors are mixed during the scraping process?

Problem solving notes: A first run-through of this project goes best if you read through the directions a couple of times and talk about the project plan before you get started. Our first try was a little messy, with a lot of talking, and very little listening to the music because we were excited about trying something new. Each round and practice increased our ability to connect with the music, and we got into some great discussion about musical tastes and body movement!

Good luck! Enjoy! Find your belly laughs in music, movement and creating!



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