

## Communal Art: The Collective Imperfect Art of You

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**SUMMARY:** We will explore different 2D materials to create collaborative art in a calm and restorative environment – messiness and imperfection encouraged!

### GOALS:

- Participants will be able to describe the relationship between self-care, using one's hands, and Jewish values.
- Participants will feel more relaxed and at-peace at the end of the session.
- Participants will be able to choose which elements of this program to replicate at their camp.

**AUDIENCE:** Any age, size of the group is determined more by the physical space and the quantity of materials you have available to you. You can scale up or down for groups.

**TIMING:** 75 minutes

### MATERIALS:

- PRINT (1pp, double sided): [Creativity, Perfectionism and Letting Go.pdf](#)
- PRINT (1 set, singled sided, cardstock, color copy): [Staffter Art Table Signs.pdf](#)
- Green Post it Pad and Pink Post it Pad
- Watercolor paper and watercolors
- Cups of water with paintbrushes
- Sharpies and crayons
- Transparencies
- Embroidery floss (lots of colors)
- Play doh
- Scissors, safety pins, tape
- Washable poster paint (lots of colors- choose a good palette, no black)
- Different size paintbrushes (err on the side of large)
- A huge banner size butcher block paper in black or white (or several if lots of people!)- estimate .5 foot per person.
- [Photo Sticker Printer](#)
- [Pack of 20 \(sticky paper\)](#)

### SET-UP:

- Large long tables in a square around the room – A few chairs on each side of each table
  - Large long tables with short ends touching to make one extra-long banquet table (the length of the banner paper/s) – No chairs

### SESSION TIMELINE

- 00:00-00:30 – Post it- opening + Open Invitations to create (prompts on tables)
- 00:30-00:45 – Teach Text

- 00:45-01:10 – Giant Group Painting
- 1:10-1:15 – Closing- Post-its

## SESSION OUTLINE

### 00:00-00:30 – Open Invitations to Create

#### Opening (Green post-its)

- How are you feeling?
  - As everyone walks in, they will write a few words about how they're feeling, wherever their mind takes them. Put the Post-its on the board/wall.
  - Ex start- tired, overwhelmed
  - Once they have done their Post-it, they are invited to move on to the tables with supplies listed below.

#### Station Rotations

As people walk into the space, tables will be set up with supplies for one type of art. They can choose any table to start at. They will get 5 minutes at each table and then they move on—they cannot take their art with them. They CAN use/work on the work they find on the tables from other people. This is about letting go of perfectionism—so leaving things behind and focusing instead on the process of art as a release.

Each table will have [a sign](#) on it to describe the activity as a whole and anything unique about this table.

- Watercolors/Crayons
- Friendship Bracelets
- Sharpies on transparencies
- Scrap paper, glue, scissors, tissues paper (collage)
- Play doh

Set 5-minute timers, and force rotations so they leave it all behind (anti-perfectionism)

### 00:30-00:45 – [Teach Text](#) (Sefaria: Creativity, Perfectionism and Letting Go by Jill Stepak)

Theme: Avoiding Perfectionism & The power of making (how it rests your mind)

Invite people to read out loud or to themselves each text and unpack them one-by-one with the questions below or questions of your own.

#### Guiding Questions:

1. What do the Proverbs teach us about perfectionism?
2. What does it mean to have a tranquil heart? What brings you tranquility?
3. What do we learn about Moses? Is he perfect?
4. What do we learn about working with others?

Ask participants to share with a partner one thing that stood out or interested them about the text or the questions.

Then ask the participants to go write one word about something either they are letting go of or one word to connect to the text study on the large paper we use in the next part!

## 00:45-01:10 – Giant Group Painting

- Choose different colors of paint divided into cups and lots of brush selections.
- Each participant has their own cup of paint and their own brush (or two!)
- Participants stand on both sides (and ends) of the long banquet table banner. They should each have about a foot of space to move.
- To begin, read the script:
  - Ready? Here we go! Use only your color and your brush.
  - Make a tiny dot—STOP! Swap places with someone next to you.
  - Now make a dot that is a bit bigger.
  - Now even bigger! Reach out and make it a bit further away- not just in front of you. We've got plenty of room, so use up all the space.
  - Everyone takes 3 steps to their left.
  - Make a dot that a bigger still... a lot bigger, and a lot FURTHER AWAY!
  - Now make a circle. Swap places.
  - **For each new instruction take one step to the left.**
  - Now, make a tiny circle.
  - A larger circle
  - An empty circle
  - Dots around a circle
  - Dots around another circle
  - Now dots ON a circle
  - More dots on a circle
  - ONE big dot on a circle
  - Now lines
  - Line
  - Line
  - Line
  - Line
  - Now add leaves and move around as you want.

Play some quiet music while the artists work!

Take a photo of the finished art and if possible, print stickers for each participant with the art and the quote "Art washes away from the soul the dust of everyday life." - Pablo Picasso

## 1:10-1:15 – Closing- Post-It (Pink)

- How are you feeling Now?
  - Ask everyone to take a body and mind scan. How are they feeling now?
  - Ask them to write a few words about how they're feeling, wherever their mind takes them. Put the Post-its on the board/wall next to the ones from the opening.
  - Example: energized, invigorated, relaxed, at peace
  - Compare with the group how the art changed their words/phrases on their Post-its.

- What are the benefits of this type of art? What did you learn about yourself? What did you like? Dislike (made you uncomfortable)

## **BRINGING IT TO YOUR CAMP**

This is a great staff after hours program to offer when staff are feeling overwhelmed or overstimulated from a lot of busy days. You can use this as a place of reflection or quiet for those that need a break. This is particularly useful when staff start to feel burned out. Creativity can re-spark some of that enthusiasm they had at the beginning of the summer.

All the supplies are easily found at camp, but you can also swap out any of them for your own ideas or favorites. The banner can just as easily be done with markers, paint pens, crayons, pastels—whatever you have.

If you don't have a photo printer to make stickers, you can just cut up the finished banner (when it's dry!) and give each participants a piece of the work to remind them of the evening.