ART ON THE GO
Exploring Art with Your Mind and Senses

Visit https://rockwellmuseum.org/kids/art-on-the-go/ to watch an instructional video to follow along with the items in your art kit and to inspire your artistic creation.

Explore American landscapes in The Rockwell Collection using your senses to imagine what you might see, smell, touch and hear. A fun hands-on sensory activity will help bring the landscapes to life. Then create your own fantasy landscape with mixed-media materials, using your mind and body to experience art and connect with your inner emotions.

Learn and create with:
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This Art On The Go activity kit includes three activities:
- S.A.F.E. Box
- Sensory Bag
- Fantasy Landscape Project

Sample projects:
S.A.F.E Box
(Sensing All Feelings and Emotions)

Do you ever get sad, upset, angry, worried or frustrated? Sometimes that can be really hard to deal with. Creating a S.A.F.E box can help when you are feeling that way.

The box is something that is all yours and you can put whatever you want inside! Choose things that use your 5 senses to help you feel better!

Each S.A.F.E box will be unique to you and have things that are helpful to you. But here are some ideas of things to put inside:

- A picture of your family, friends, or your favorite place
- A reminder to listen to your favorite song
- Scratch and sniff stickers of your favorite smell
- Your favorite flavor gum
- A rock or worry stone

The next time you are feeling overwhelmed with your emotions and need to feel calm and relaxed, just find your S.A.F.E box and use your senses to feel better!
Sensory Bag: Using Your Senses to Explore Art

This white bag has some items in it that can help you relate to the painting titled *Nevada Fall, Yosemite* by Albert Bierstadt. You will find this image in your red bag. Please look at it while you do this activity.

**Let’s look!**

1. Tiny bottle. It’s cool, isn’t it? Let’s unscrew the cap to open it!
   - Use your sense of **SMELL**
   - What does it smell like?
   - Do you see anything in the painting that this reminds you of? Pine trees?
   - Do you have a memory of anything when you smell this?

   This is a bottle of pine essential oil. Essential oils are compounds that are removed from plants. Smelling them can help us feel calm or give us energy, depending on the plants they come from.

**What else can we find in here?**

2. A bag of rocks. Open the bag and dump them into your hand or on the table.
   - Use your sense of **SIGHT**
   - Look at the color and the shapes of the rocks.
   - What do they resemble in the painting? Maybe the large rocks or the cliffs?

**Let’s see what else we have in here...**

3. Take out the brown paper bag. **Keep it taped shut!** Shake it gently side to side
   - Use your sense of **HEARING**
   - What does that sound like?
   - Turn it around in your hands, not too slowly, not too fast.
   - Close your eyes, and listen as you do this.
   - What would make this sound in the painting? Rushing water?
   - Picture yourself walking along the water in this painting. Do you feel like you are there?
There is one more thing in the bag to explore…

4. Open the bag.
   - Use your sense of **TOUCH**
   - How does this feel in your hands? Soft or scratchy? Solid or scraggly?
   - Does it make you think of something in the painting?
   - Maybe the moss on the rocks?
   - Do you think the moss in the painting is wet or dry?

We used most of our senses to think about this painting today. Using your senses is a fun way to explore artwork and to think about how it makes you feel.

The next time you visit The Rockwell Museum, try to imagine yourself in the artwork and think about what you see, hear, smell, and feel.
Fantasy Landscape Project

Create your own fantasy landscape inspired by the painting *Rock Creek Road* by artist Katherine McKenna using your imagination and mixed-media materials. Construct a place you want to visit, and think about who you may want to take with you. It can be real or invented. Your scene can take place on land, in water, in the sky, in outer space or even another dimension.

Materials: 8x10 canvas, watercolor pencils, paint brushes, foam brush, acrylic paint, glue, fabric and felt scraps, pattern paper, cup for water, a plate for a palette and envelope with paper inside

1. Start with the blank canvas and sketch out your design with a pencil. Make sure to draw lightly so that you can easily erase marks, or redraw sections as you work. You may want to sketch our ideas on a piece of paper first.

2. Add perspective. Try to draw one point perspective, by drawing a “vanishing point”, which is typically a dot on the horizon line.

3. Lightly sketch the horizon line across your canvas.

4. What elements are going to lead up to your vanishing point? Draw the lines starting wider and then meeting at the “vanishing point”. Play around, your lines can be straight, or curvy. You may want to sketch your ideas on a piece of paper first.

5. Add color and texture. Cut out fabric, felt or pattern paper materials into a shape, and gluing them onto your canvas to represent a landscape element (ex: trees, mountains, water or rocks).

6. You can overlap and paint over these different elements to add depth.

7. Add solid colors with paint. You can blend colors too. Make them lighter and darker and change from one shade to another.
8. Add texture details. For example, blades of grass can be added by painting lines.

9. Remember, the closer things are to us, the more visible texture it will have with bigger lines, bigger brush strokes and bigger imagery. The further away things are, the smoother they will appear, and the colors are more blended in the distance.

10. Is there a person, an animal or a creature in your imagined place? Feel free to add them in.

11. **Reflection Writing**

After you have completed your fantasy landscape, it’s time to reflect on the place you created. Write about your imagined landscape. Your writing can be free form, or a poem.

- Take out the orange envelope, open the envelope and take out the paper inside.
- Imagine you are transported to be within your landscape masterpiece. Look around, and think about the senses that you will experience in your scene.
- Answer these questions:
  a. **Where is your scene located?**
  b. **Why is it special to you?**
  c. **What do you see, smell, taste, touch and hear?**
  d. **Who is with you?**
- After you write your description, place it back in the envelope, and place the envelope into your S.A.F.E box for safe keeping.
- When you are feeling down, stressed or like you want to escape, find your box, open it, take out your envelope with your writing about your special place and read it. Hopefully, it can remind you of the place you imagined and make you feel positive.
- Then, look back at your fantasy landscape creation for a burst of color and relief from the stresses of your life to connect and ground you with nature.
Albert Bierstadt, *Nevada Fall, Yosemite*, 1880, Oil on paper laid on canvas, 27 1/2 × 20 in. Gift of Robert F. Rockwell Jr. 78.15 F.

Katherine L. McKenna, *Rock Creek Road, HF Bar Ranch, WY*, 2013, Oil on linen, 48 × 54 in. Gift of Katherine L. McKenna. 2014.2.