

# NSU ART MUSEUM FORT LAUDERDALE

## **Creativity Exploration**

Virtual Mindfulness Module  
*Go with the Flow*

Works from NSU Art Museum Fort Lauderdale's permanent collection inspire this series of independent mindfulness experiences and art prompts for creating in the comfort of your own home. Learn about art and connect to your own creativity and wellness through inspiring ideas that promote personal discovery.

### **#NSUMindfulModules**

NSU Art Museum's Creativity Exploration workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that just 45 minutes of creative activity a day can reduce stress and improve mental clarity and well-being. Expand your perceptions of forms as you increase brain connectivity through visual and cognitive stimulation in this virtual workshop designed by educator Lark Keeler, a specialist in mindfulness education.



Shinique Smith, *By the Light*, 2013. NSU Art Museum Fort Lauderdale; promised gift of David Horvitz and Francie Bishop Good

# Go With the Flow

In this mindfulness exercise, we will work toward feeling free and open to experience flow.

- Find a comfortable and alert way of sitting.
- Take a cleansing deep breath and feel gravity holding you in place. Be comforted in your space.
- Relax your face, neck, and shoulders. Let your hands be calm and relaxed.
- Visualize two long, colorful silk scarves. They are long and your choice of colors.
- Imagine holding them up in a calm and playful breeze. Notice the way they move and dance.
- Do they interact? Do they move in a synchronized way? Do they move slowly, or quickly? What does this dance with the breeze look like? How does it feel?
- Breathe a deep inhalation and notice if your body is inspired to move with the scarves. Exhale and enjoy this feeling of connecting with the breeze.
- Take a breath and feel a breeze move across your skin. Do you notice any pleasant perfumes in the breeze as it cools your face?
- Feel the movement in the breeze. Feel the earth's breath. Breathe in gratitude for its coolness, and exhale knowing your breath is connected to the earth.
- Notice the rhythms of the earth around you. Take a breath and visualize the sea and its pulsing waves. Breathe in with the tide, and exhale as it moves back into the ocean.
- Notice the movement of the clouds overhead. Hear the sounds of nature around you in the leaves in the breeze, and in the bird's songs.
- Take a deep breath, breathing in gratitude for your senses and the beauty of the rhythms around us, and exhale feeling connected to this earth and its gravity.

# Artist Shinique Smith

Shinique Smith creates art using clothing in new and inspired ways. She considers fabric and clothing to be a method of communication--the way we express and represent ourselves to the world. Her work transforms everyday materials into beautiful reflections of interconnectedness and awareness of consuming, using, and disposing.

In Shinique Smith's paintings and installations, a blooming of fabric and forms flow around the composition, creating visual movement and an unfolding that strikes curiosity in the viewer. Her calligraphic line visually holds the various elements of the work together.

In the mixed-media work, *By the Light*, there is a push and pull in the blossoming of the vibrant paint. The shapes are reminiscent of lush feathers or sheer silk scarves, intertwined with marks like music notes and messages, or calligraphic strokes of script that we are unable to decipher.

## Artmaking Ideas

Inspired by the work of Shinique Smith, begin to imagine and visualize your fabrics and clothing. Think about how these fabrics could be collected and assembled, then document them with your cell phone camera.

- Curate a grouping of fabrics and pieces of clothing that are meaningful to you. Spend time thoughtfully gathering them. Contemplate any memories or symbolic qualities of the fabrics. Consider the origin of a particular fabric. Reflect upon the ideas of interconnectedness when considering cotton coming from a field in the sun, or silk from a moth in a faraway land.
- Notice the colors of the fabrics you have gathered. Spend time categorizing and sorting your choices in ways that make sense to you.
- Begin playfully exploring how the fabric looks in different assembled compositions. How do the colors visually interact? In what ways can they combine together? Try folding, layering, twisting, shaping, and bunching the fabrics you selected. Incorporate string if you wish to bind and lovingly tie pieces together.
- Take photos of your fabric compositions using your cell phone. Experiment with filters. Do the folds of the fabric flow and bloom? Is there a visual movement to the arrangement? Does the fabric bunch and bind? Is there an unfolding quality to the positions of the fabric?

# We'd love to see your experience! Take a photo and tag @nsuartmuseum



**Creativity Exploration is sponsored by the Charles P. Ferro Foundation.**



Lark Keeler is a museum educator at NSU Art Museum and a visual arts teacher at Saint Andrew's Lower School. Over the past 20 years she has taught visual arts in schools and museums, working with students of all ages and abilities throughout South Florida. Keeler was awarded the Florida Art Education Association's Museum Educator of the Year in 2010 and since has participated in the National Guild for Community Arts Education Leadership Institute and the National Art Education Association's School for Art Leaders. She has received a certification in Mindfulness Fundamentals and is a certified MindUP educator. She now serves as a board member for the Florida Alliance for Arts Education, Florida Art Education Association's Past-President, Secretary for the National Caucus on the Spiritual in Art Education, and as a member of the Delray Beach Public Art Advisory Board.



**NSU Art Museum Fort Lauderdale**

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nsuartmuseum.org | 954-525-5500

One East Las Olas Blvd. Fort Lauderdale 33301

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