

NSU ART MUSEUM FORT LAUDERDALE

Creativity Exploration

Virtual Mindfulness Module
Who Are You?

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.



Cindy Sherman, *Untitled Film Still #19*, 1978. NSU Art Museum Fort Lauderdale; promised gift of David Horvitz and Francie Bishop Good

Who Are You?

In this mindfulness exercise, we will reflect upon how our identities shift and change, and are supported by those around us.

- 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.
- For a moment think about your name.
Why is this your name? Breathe in deeply as you consider this question and the answer(s) that you discover. Notice the visual imagery that you receive when moving through this exercise.
- Has your name changed throughout your life? Do you have nicknames from the past or present? Breathe deeply while you consider the memories and history attached to these questions.
- Take a deep inhalation and exhalation. Reflect upon the different identities that are attached to your name. Take a breath considering each... (mother, sister, father, brother, daughter, son, male, female, older, younger, wife, husband, ethnicity, race, culture, etc...)
- Take another deep inhalation and exhalation. Reflect upon the different identities of profession, occupation, and work that your name is connected to. Take a breath considering each one that arises...(teacher, healer, provider, leader, dancer, doctor, chef, caregiver, etc...)
- If there are any other words that you connect to your name and identities, reflect upon those with a satisfying and cleansing breath... (learner, lover, creator, dreamer, exerciser, etc...)
- Are there people in your life that support these identities? (A child supports your identity as a mother, students support your life as a teacher, a wife supports your identity as a husband) Take a deep breath, breathing in gratitude and exhaling love for the people in your life that support your many identities.
- Consider the amount of energy it takes to be the person you are, and have been in this world. Breathe in another breath of gratitude, exhaling love for the journey that you traveled, and the identities you have and continue to be.

Artist Cindy Sherman

Just as Lewis Carroll's Alice states in Wonderland, "I knew who I was this morning, but I've changed a few times since then," we move through the day, shifting in our roles that we play and the identities we wear in the world. The artist Cindy Sherman is keenly interested in identity and how we perceive, and how we are perceived in the world. A master of disguise, Sherman dons wigs, prosthetics, makeup, props, and costuming, while creating portraits far from her own natural image. These identities create an enormous and extensive body of work, in which she photographs the many personas and personalities she creates, spinning stories through her imagery of people that seem strangely familiar, as if we may have met them, or maybe viewed them on some television program.

Cindy Sherman's work critiques identity as much as it celebrates it. As the model, photographer, makeup artist, stylist, Sherman wears many identities in the work that she produces. Her constructed and curated characters explore thematic approaches. As the work is simultaneously Cindy Sherman, and not Cindy Sherman at the same time, the art functions more as paintings and conceptual constructions, and is much more than only a photograph.

Artmaking Ideas

Inspired by the work of Cindy Sherman, and the reflective exercise of gathering, observing, considering, and accepting your many identities, begin to imagine how you could best construct each of your identities and personas using materials found in your home and your cell phone camera.

- What does your younger self look like? What items do you need to create a constructed appearance? Clothing, accessories, props, makeup, wigs? What attitude would this identity display? Take a selfie of this part of your identity. Use filters on your camera to assist in creating the image.
- What does the image of your work identity look like? Is this different from other identities you exhibit publicly? Explore other personalities or personas that you share with the world. What attitude does this identity have? Where might you be going? Construct those identities and take selfies.
- What does the image of your private self-look like? What do you keep from the rest of the world? Who does see this personality? How does this differ from your public persona? Create and costume that character and take selfies.

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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Exhibitions and programs at NSU Art Museum Fort Lauderdale are made possible in part by a challenge grant from the David and Francie Horvitz Family Foundation. Funding is also provided by the City of Fort Lauderdale, Wege Foundation, AutoNation, Community Foundation of Broward, Paddock Family Foundation, Funding Arts Broward, Broward County Board of County Commissioners as recommended by the Broward Cultural Council and Greater Fort Lauderdale Convention & Visitors Bureau, the Department of State, Division of Cultural Affairs the Florida Council on Arts and the State of Florida. NSU Art Museum Fort Lauderdale is accredited by the American Association of Museums.

