

NSU ART MUSEUM FORT LAUDERDALE

Creativity Exploration

Virtual Mindfulness Module
Childlike Wonder

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.



FriendsWithYou, Into the Clouds, 2019. NSU Art Museum Fort Lauderdale; purchased with funds provided by Michael and Dianne Bienes, by exchange 2020.5.a-c

Childlike Wonder

In this mindfulness exercise, we will reflect upon how accessing our inner child helps us to see the world with wonder.

- In moving through your day, take notice of the things that bring you joy. Was it the taste of your coffee, the sound of a bird singing, the shape of a cloud, or delighting in the color of the sunset?
- In those moments, take a purposeful pause to savor the wonder you have for the experience. How might someone experience this for the first time? Take deep, cleansing breaths as the ideas flow into you. How would you have responded to this experience as a child with fresh, new eyes? Breathe in the experience and feel the sensation of wonderment.
- Are there everyday things where you can find childlike wonder? Find delight in the turning on of a lightswitch, the taste of a strawberry, or the water flowing from your faucet. Use the experience to anchor yourself in the present moment. Take a purposeful pause and a slow, cleansing breath.
- Spend time slowing down. How might slowing down an everyday activity help you to find wonder? Breathe deeply through a typical activity and notice the experience through all of your senses. How does it feel, smell, taste, sound, look? Breathe in the moment with pleasure and appreciation.
- Consider developing the habit of purposeful pauses and finding wonder in your everyday activities. Allow your perspective to shift to view the world with childlike wonder and awe.

FriendsWithYou

FriendsWithYou is the fine art collaborative of Samuel Borkson and Arturo Sandoval III, working together since 2002. They aim to use their multi-media works to spread the positive message of “Magic, Luck, and Friendship.TM” Their process encompasses the healing arts, modern rituals, animism, and recognizable symbols as a means “to prompt a wide spectrum of emotions from playfulness to self-reflection.” For the past 17 years, their work has focused on the contemporary art practice “relational aesthetics” that spreads positive intentions to affect culture. Their work has traveled the globe, and the artists are considered pioneers in the field of experiential art. Their fully immersive installations serve as cultural happenings that inspire compassion, joy and communal interactions.

FriendsWithYou creates art that evokes playful responses from the viewer. The large scale of their work reminds us how we were all once small children, delighting in the everyday experience of happiness, wonderment, and awe.

Artmaking Ideas

Inspired by the work of FriendsWithYou, and the reflective exercise of cultivating daily childlike wonderment, explore ways of working with materials through a variety of playful approaches.

- Children create, make, and play with confidence. There are no right or wrong answers, only discoveries and experiments. How might this approach change the way you explore art materials?
- Try holding a writing tool in your non-dominant hand. Make some line drawings and write some words. How does it feel? Savor the feeling of newness and opportunity.
- Think about scale. How could making a very small, or a very large work invite your inner child to participate in the act? Perhaps consider a large chalk drawing or a small drawing in permanent marker on the inside of a seashell.
- Go on a scavenger hunt outdoors and find objects that spark curiosity. Gather them together and arrange them in a series of photographs.

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

   **@nsuartmuseum**

nsuartmuseum.org | 954-525-5500

One East Las Olas Blvd. Fort Lauderdale 33301

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.

