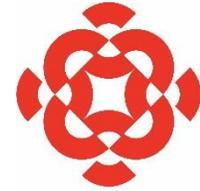
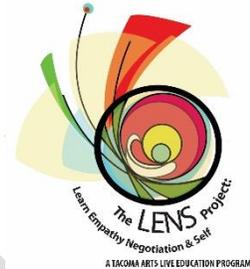


# LENS Project

## Our Family Shield



**TACOMA  
ARTS LIVE**



*Ages* All Ages!

*LENS Skill* Sense of Self and Negotiation

*Why?* Working together to create a visual art representation of our family unit helps us understand our family better and develop deeper relationships with one another.

*Materials* Get creative with the supplies you already have at home!

- Large piece of cardboard, form core/board, or poster board
- Shield shape suggestions (Optional; Located on last page)
- Coloring supplies: crayons, colored pencils, markers, sharpies, pencils, pens
- Scissors
- Glue or glue sticks (No glue? Make your own with flour and water!)
- Collage material: magazines, postcards, stamps, greeting/holiday cards, photos, coloring book pages, stickers, construction or scrapbook paper, calendars, puzzle pieces, leaves, fabric
- Blank paper
- Exacto knife (Optional)

### Summary

This LENS activity is designed to encourage the whole family to work together and collaborate. You will all be able to explore how you relate to each other, reflect on your strengths, emotions and how you communicate. Your family will collaborate to create a shield highlighting the things that make you and your family strong.

### Warm-up

#### 1.) Shared Drawing

Each family member will choose a crayon and take a blank piece of paper. Set a timer for one minute, during that time everyone will begin drawing or doodling on their paper. After one minute, everyone will pass their paper to the right, so each family member has someone else's drawing. Set the timer for one minute again, during that minute, everyone should add to the drawing now in front of them. Continue the rotation until each family member has added to everyone else's drawing.

- This is your chance to warm-up your creative muscles. You don't have to be a visual artist to participate.
- Don't think too much, just doodle the first thing that comes to mind. Or add onto the drawing in front of you.
- You could continue for more than one round if you have a small group.
- How does it feel to share the paper? How did the drawings or doodles change?





#### 4.) Reflect & Celebrate

Once your family has completed your shield you'll want to consider where to display it! Be sure to also take some time to reflect together on the following questions. (*You could discuss as a family or journal individual reflections.*)

- What is your favorite part of your family's shield?
- How did you highlight the things that make your family strong on the shield? What about the things that make you feel strong as an individual?
- Were there any challenges when creating and decorating your family's shield? How did your family work through them?
- How did you incorporate your **Sense of Self** in your family's shield?
- What was a moment your family had to **Negotiate** to complete your shield? How successful was that process?
- How did you develop stronger connections to one another during this activity?

#### Fun Additions!

- Consider choosing a theme for your family's shield.
- Invite friends or neighbors to do this activity in their home as well. Exchange pictures of your family shields or present them over a virtual platform.
- Explore your family's genealogy. You could list names of grandparents on the back of your family shield. See if you can list your great, great grandparents and more. How far back can you go? You could even reach out to extended family while you work on this activity, bringing more family into your discussions and brainstorming.



# Shield Shapes

