



**EVERY BEAUTIFUL
HEART DESERVES
TO BE EDUCATED.**





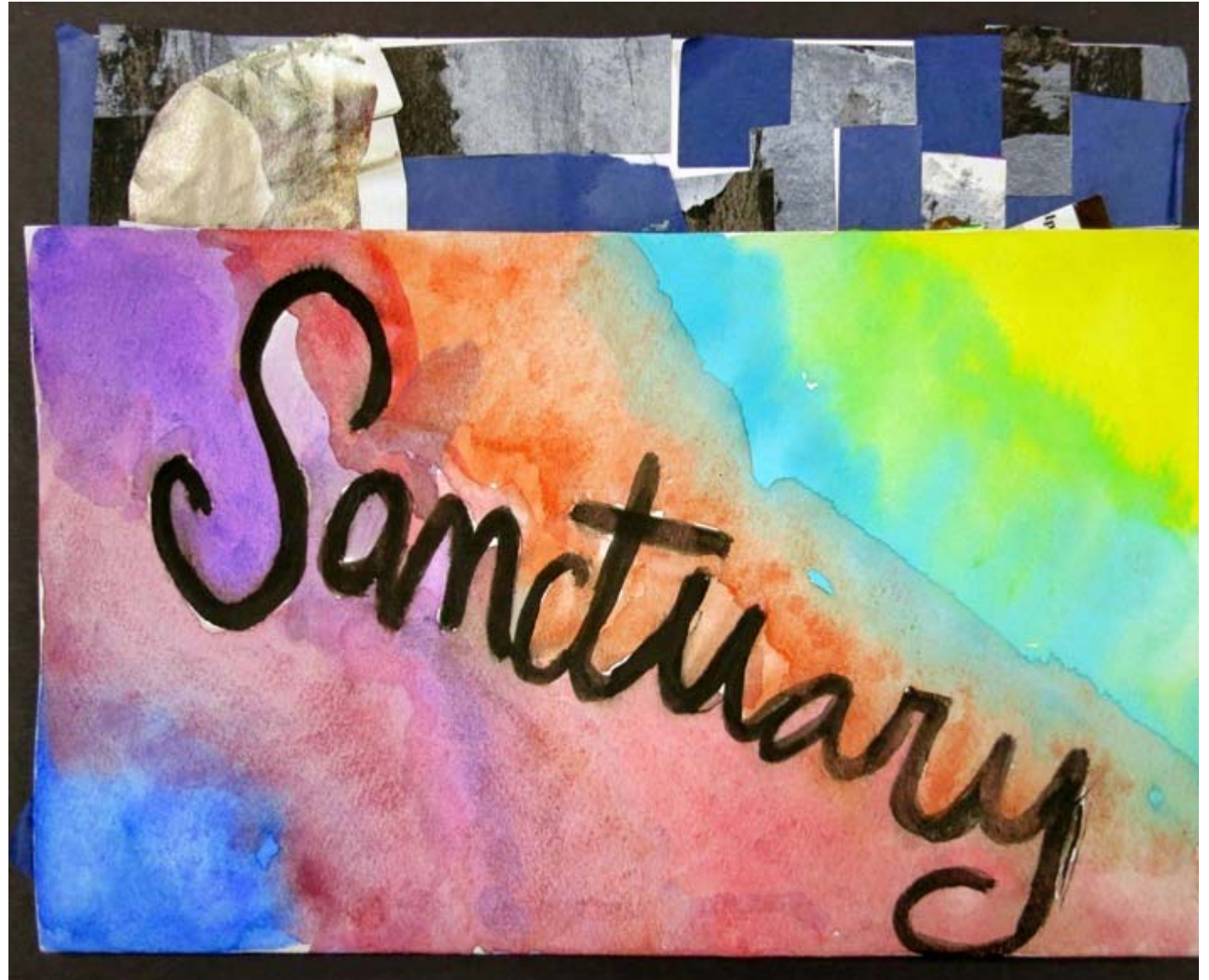
FOR TEACHERS: SANCTUARY LESSON OBJECTIVES

1. To expose children to examples and ideas for creative sanctuaries, i.e. - places where they can find peace
2. To make students aware of how they may benefit from a personal place of peace
3. To show students how to imagine and create their own personal place of peace
4. To instruct students in making a simple hand-made book that is a representation of a personal place of peace
5. To make students aware of everyone's need for sanctuary and personal space

The SANCTUARY Lesson

IMAGINING YOUR PLACE OF PEACE

ARTISTS



The SANCTUARY Lesson

IMAGINING YOUR PLACE OF PEACE

29 PIECES USES ART TO:



Awaken,



uplift,



give voice to



the creative human spirit



to make genuine, positive, social change



Today, we'll learn about the word **SANCTUARY** and explore places that make us feel safe and peaceful.

Then you will make a simple art book that tells us a story about your ideal **SANCTUARY**.



Let's think about the word **SANCTUARY**.

SANCTUARY (noun)

Meaning: 1. A sacred or holy place.

2. A place of refuge or safety.

3. Something that protects, and gives shelter . . . especially from danger.

4. A reserved area in which birds and other animals, especially wild animals, are protected from hunting or harm.

When we are in our SANCTUARIES, we feel PEACE. What does that mean?



PEACE (noun)

1. The absence of war or other hostilities.
2. An agreement to end hostilities.
3. Freedom from arguments and disagreement; people living in peace and harmony with each other.
4. inner contentment; serenity: peace of mind.

Do you remember where you were and what you were doing the last time you felt PEACE?



Before we go further, let's take a minute and get quiet.

Sit up straight and get comfortable in your chair. Close your eyes.

Take a few deep breaths.

Do a quick body scan by checking your body to see where you are holding any tension or stress.



SANCTUARY VISUALIZATION

This is a way for you to relax your mind and imagine your own peaceful, safe place, your own inner **SANCTUARY**. This will be an imaginary area where you can go in your mind to calm down and become peaceful when you are feeling stressed.

Let's begin by sitting straight and comfortably, closing our eyes and breathing for a few moments. Allow your breathing to become the center of your attention. Breathe in slowly and peacefully as you allow any tension or stress to leave your body and mind. Breathe in relaxation and breathe out tension and stress. If your mind wants to think about other things, just bring it back to noticing your breathing.

Now let's begin to create a picture in your mind of a place where you can completely relax—a sanctuary. Imagine what this place should be like to help you feel peaceful and relaxed.

Start with how the actual place you are imagining looks like. Where is this peaceful place? Is it outdoors, in the woods, at the beach, in your backyard or a park? Or is it indoors, in your room, a closet or other small space where you can go to be peaceful? Create an image of this place.

Now picture some more detail about your sanctuary. Are you alone or with others in this place? Are there pets there with you? Birds, fish, a cat or dog? Imagine who is in your space....

Imagine even more detail about your surroundings. Do you have special treasures there? Maybe a special pillow, stuffed animal, plants, toys, writing or drawing materials?

Now focus on some other details of your sanctuary. Focus on the relaxing sounds around you in your peaceful place—the wind in the trees, music, birds, whatever sounds you want to hear in this place. Imagine any tastes and smells that your place has to offer.

Imagine the sensations of touch...including the temperature, any breeze present, the surface you are on—maybe a soft cushion, grass, sand, whatever you feel....

Now to make this special sanctuary more real to you, imagine yourself there. Where are you sitting or standing? What are you doing? What activities would you like to do in this special place? Are you resting and relaxing or active?

Picture yourself in this peaceful place. Imagine a feeling of calm...peace... a place where there are no worries, cares or concerns...a place where you can simply relax, rest and just enjoy being.

Enjoy your sanctuary for a little while longer. Memorize the sights, sounds, and sensations around you. Know that you can return to this place in your mind whenever you need to take a break. Think of it as a little mental vacation. In just a moment we will return to our classroom. Before you leave your sanctuary, create a picture in your mind of your peaceful place that you can return to whenever you wish to—whenever you need a relaxation break.

(Adapted from Free Relaxation Script: Peaceful Place.)

How did you
picture your
SANCTUARY?

What were you
doing there?



Here are some
photographs that
show different types
of **SANCTUARIES**



SANCTUARIES that are sacred and holy spaces can be places of worship and contemplation.

This photo shows the **SANCTUARY** of the National Cathedral in Washington D.C.



A library is a **SANCTUARY** for those of us who love books and quiet.



A temporary shelter offers **SANCTUARY.**

29 Pieces Education Program: Artists Making a Kinder World

Some of us find **SANCTUARY** in nature.



29 Pieces Education Program: Artists Making a Kinder World



What is the
SANCTUARY in this
photograph?

Why would some people
find **SANCTUARY** in petting
and grooming an animal?





We can find **SANCTUARY** in unexpected places, like this space under a desk, filled with things that are personal and comforting.

We can find PEACE and SANCTUARY when we listen to music – alone or with a friend.




29 Pieces Education Program: Artists Making a Kinder World

Some people find SANCTUARY in their workshop ...



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... or when they write
or draw in a journal.

Animals have **SANCTUARIES** too.
Some we create for them.



And some make their own **SANCTUARIES.**



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If you already
have a place that
you call your
SANCTUARY,
please tell us
about it.

When and why do
you go to your
SANCTUARY?

If you don't, then where could you have your **SANCTUARY?**

Here are just a few ideas:

- In a closet
- In your bed
- Under your desk
- In the bathroom
- In the corner of a room
- In the garage
- In the backyard
- On the balcony
- Outdoors
- With a book or podcast





Remember that a **SANCTUARY** is a sacred place of safety and refuge. They are as unique as we are.

It's important for us to respect each other's **SANCTUARIES.**



Now that we've explored what makes a **SANCTUARY**, let's think about making a simple art book that expresses your ideal **SANCTUARY**.



MAKING THE ART

29 Pieces Education Program: Artists Making a Kinder World



GUIDELINES:

DECIDE ON YOUR PLACE OF SANCTUARY

MUSIC

This book made with watercolor, markers and collage shows the strength and SANCTUARY the artist gets from music.



PERSONAL SPACE OF A PRIVATE ROOM

Just imagine yourself walking through the mysterious, star-covered doors into the **SANCTUARY** of a room full of books, curtains, magazines and pillows.





NATURE AND LANDSCAPE

This artist imagines herself finding **SANCTUARY** in the soft colors of a landscape.





MOONSCAPE AND TRAMPOLINE

This student's book shows that she finds **SANCTUARY** when she lies on her trampoline in the moonlight.

FAMILY

Notice the edges of this book. There's no rule that the edges have to be straight!



THE CITY

Colored pencil drawings in a single fold book show that this artist finds **SANCTUARY** in the city.





MANCAVE

Inside this gate fold book, tools cut out of paper along with other applied items reveal the **SANCTUARY** inside Dad's Shed.

VARY PAGE STYLES

Each page of your book can be different. Some can be rectangles, others can be cut out shapes.





USE ENVELOPES

Think about placing personal items such as photos, poems, or messages inside them.

USE BOLD LETTERING



Notice how the artist punched holes to thread a string through the cover to keep it closed.

Then he added beads at the ends of the string to embellish it.

STEP ONE

Reflect on your SANCTUARY visualization. Write down or sketch out your ideas. Think about your composition.

What will go on the inside of your book?

Include the book title and your name on the cover and think about what else will be on the cover.



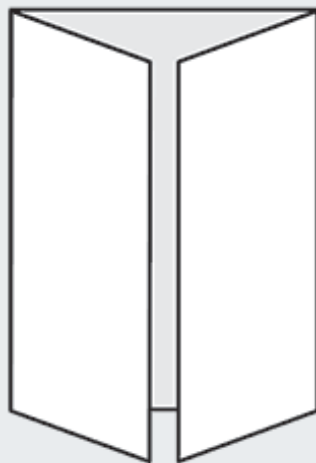
STEP TWO

Choose your materials. Decide how you will fold your simple book.

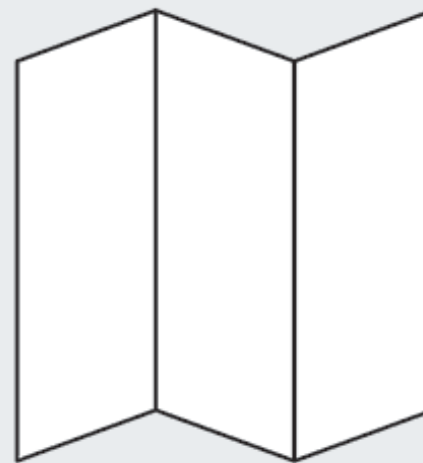
Make one or more small marks on your paper to show where the folds will be.



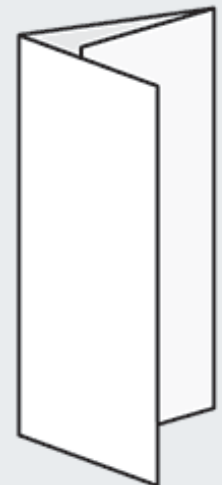
Bi-fold or
single fold



Gate fold



Z-fold or
accordian fold



Tri-fold or
letter fold

STEP THREE

Using some of the techniques from the various examples you've seen throughout the lesson, make a simple art book that tells us a story about your ideal SANCTUARY





STEP FOUR

Take time to share your art with your class.

STEP FIVE

Share your SANCTUARY books with the community by exhibiting them at a local business or library.

Who knows? By doing that, you may help others get ideas for their own SANCTUARY!



MATERIALS YOU WILL NEED

Paper size can vary according to what you have available

Colored papers

Markers

Colored pencils

Crayons

Glue sticks

White glue

Hot glue gun (optional – for use with 3D materials)

String or ribbon

Magazines

Photos

Beads and other small decorative objects

Note to teachers:

The format and size of your SANCTUARY project may be determined by whatever materials the teacher has readily available.

IDEAS FOR SANCTUARY LESSON EXTENSIONS

1. SELECT IDEAS FROM THE STUDENTS' SANCTUARY ART AND CREATE A SANCTUARY SPACE IN THE CLASSROOM.

2. FOR SMALL CLASSES, ALLOW EACH STUDENT TO CREATE HIS OR HER OWN SMALL SANCTUARY IN THE CLASS.

3. CREATE A ROLE PLAYING EXERCISE, GIVING STUDENTS A SCRIPT ON HOW TO GIVE RESPECT AND ROOM TO ANOTHER PERSON'S SANCTUARY. CREATE 'BEST WAY TO RESPOND' AND 'HARMFUL WAY TO RESPOND' SCRIPTS AND HAVE THE STUDENTS PRACTICE EACH AND TALK ABOUT HOW THEY FEEL.

ADDITIONAL SANCTUARY ART SAMPLES







HOPE



HAS MANY BEGINNINGS.



THANK YOU FOR
PARTICIPATING.