



## **ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing**

### **Positive Imaging Collage**

**A Lesson Developed and Contributed by  
Anna Alcalde**

#### **Objectives:**

1. The participants will focus on positive attributes they possess or goals they wish to achieve
2. The participants will create a collage that will remind them of those positive qualities and goals to inspire them

#### **Audiences:**

Any age can enjoy this lesson but it may be particularly helpful for children, teens and those working on attaining a positive life style and self-image.

#### **Note to Facilitator:**

You will be building upon the "Introduction to Collage" lesson on the Hildegard "Art Bridges" website for this lesson. It will be worthwhile for you to review the lesson in advance as well as review with your class prior to instruction.

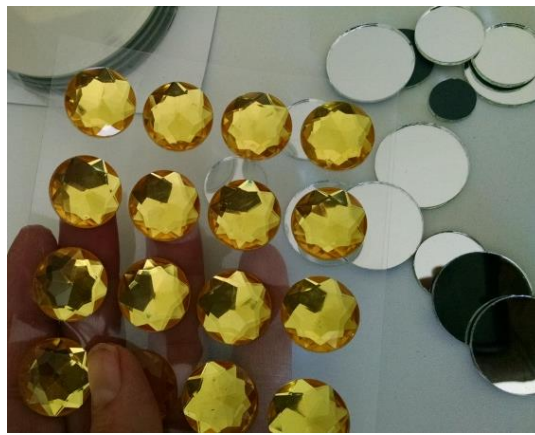
#### **Supplies/Materials:**

- Foam boards or similar bases for the collages for each participants

- A variety of magazines containing images and words the participants can use for their collages
- Glue, glue sticks, glue guns
- Background papers or wallpapers
- Scissors
- Round flat mirrors that will fit the size the foam board but still leave space for the participants to add phrases and images (note: you can also provide smaller circular mirrors of various sizes to supplement the larger mirror and add to the collage as well.)



- Embellishments (gems, flowers, etc.)



- Paper and pencils/pens

### Prior to Class:

- Set up stations for each participant with all the supplies they'll need: glue sticks, foam board, scissors, mirror(s), etc.



- Consider having some music available to play in the background after you've given the initial instructions.

### Class Instruction:

1. Ask the participants to list 10 positive phrases/words that describe themselves. Alternatively, you can ask the participants to list goals they wish to achieve, challenges they wish to overcome or attitudes they feel will help them to have a positive day.
2. If the participants are comfortable, ask them to share their lists with the other participants. The facilitator and group may be able to help each participant add to their lists (e.g. Mary always makes others feel good about themselves or Tom is always willing to help someone or Lucy never gives up).
3. Show the participants an example of the collage they will be creating.
4. Pass out magazines to the participants so they can cut out images and words/phrases that have meaning for them, keeping in mind the list they created. They will be using these as part of their Positive Imaging Collage. You may find this process takes up an entire class session so this lesson can take place in two sessions.



5. Ask the participants to select a background paper, cut it to size and glue it to their collage backing board.



6. Next, using a glue gun or other adhesive, have the participants glue their mirror in the center of their collage. As the participants are proceeding with creating their collages, ask them to always look at their own reflections and focus positively on themselves in the creative process.



7. Using the collage method, affix words/phrases and images cut from the magazines to the collage, always keeping in mind all that is “positive”, helpful and meaningful.

8. Once the participants are satisfied with the layout of their collages, they can add embellishments to personalize.

### At the Conclusion of the Class:

1. Ask all the participants to look into the mirror of their collages and point out all the “positives” about themselves (or their goals) they have included in the artwork. Encourage them to look at the collage at the beginning of each day for encouragement and inspiration.



2. Ask the participants to share their collages with each other for positive reinforcement and affirmation.

**Note to Therapists/Counselors:**

If you would like to direct the focus of words/phrases used for this project (e.g. “I am Safe”, “I will make good choices”, etc.), you can use word processing and print out the phrases you think would help the participant using a variety of fonts, colors and sizes.

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***Anna Alcalde**, an artist and teacher, is co-owner of **Urban Legends**, an interactive art studio located in Lincoln, Nebraska. Anna’s philosophy is that everyone has an artist inside. In addition to teaching small art classes at her studio, Anna is also committed to bringing the artistic experience to those facing the challenges of Alzheimer’s and autism. You can learn more about Anna and her studio at <http://urbanlegendsart.com> .*

**If you have used this lesson plan, we’d love to hear from you! Please send questions or comments through our website [www.hildegardcenter.org](http://www.hildegardcenter.org) .**

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