



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

ReMembering Self—ReMembering Others

**Used and Adapted by
Susan Brasch**

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Objectives:

The participants will create a “ReMembering” Box to be used for their individual purposes:

1. As a way to remember others
2. As a keepsake box
3. As a means of contemplation

Audiences:

This activity can be enjoyed by all age groups. The symbolism which may be incorporated into the activity can be particularly helpful for those who are in the grieving and/or healing process.

Supplies/Materials:

- Cigar box for each participant (can be purchased for a minimal cost at tobacco/cigar shops); you can also use a latched box which can be found at craft stores
- Clean white sand (optional)

- Paper, pencils, metallic pens, markers, paint, and brushes
- Colored papers, ribbons, and other embellishments
- Glue sticks and glue guns
- Magazine images and phrases, postcards, symbols, small objects with meaning, etc.

Class Instruction:

1. Ask the participants to contemplate the use for the box they will be decorating and filling:
 - A. A ReMembrance Box is used to remember a person or other memory the participant wants to preserve and honor.
 - B. A keepsake box is used as a safe place for some special mementos.
 - C. The box can be used for setting goals, inspiring action or attitudes or as a tool to contemplate and meditate
2. Invite the participants to decorate the box (exterior and interior) using any of the materials provided:
 - A. Make the box a 3-D “visioning board”, using words and images that are meaningful to them.
 - B. Find or type out words that they would like to use for their personal goals, actions or attitudes to be used on the exterior or interior of the box.
 - C. Create a collage on the exterior of box.
 - D. Paint or draw meaningful symbols and/or designs on the surfaces of the box.
3. After the participants have decorated their boxes, they can fill them as desired. Suggestions:
 - A. Use the box to hold mementos and treasures as a means of remembrance.
 - B. Fill the box with white sand
 - 1) “As written in sand”, use a finger or stylus to trace a name or word to contemplate for a period of time.



- 2) Bury meaningful words (such as your gifts) in the sand and dig them up randomly to contemplate for a period time that you set—like a “fortune cookie” hunt.
 - 3) Use as a Zen garden to contemplate simplifying your life and our impermanence.
- C. Encourage the participants to make up their own rituals for their individual purposes.

*Special thanks to **Susan Brasch** for sharing this activity. Susan has created artwork consistently since childhood and her art is owned and displayed in several corporate collections, art museums, art galleries and private collections. Susan is an artist-in-residence in the schools and communities through the Nebraska Arts Council. She is also a professional workshop facilitator in conducting “Trusting Your Process” workshops using symbols and learning styles as keys to self-development, creativity, self-expression and communication. To learn more about Susan, please visit <http://www.susanjbrasch.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 .

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