



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

Show and Share Ice Breaker

**An activity Submitted by
Marilyn Stadler and Cathy Harrington**

Objectives:

1. To encourage the participants to closely examine the artwork they own and verbalize how the art moves them
2. To share artwork and stories as a group in order to get to know one another better

Audiences:

This activity was “piloted” at Legacy Estate Retirement Community where the participants have their own individual apartments decorated with their personal belongings.

Supplies/Materials:

- A podium with a microphone/sound system to assist with hearing
- A raised easel or display space where the art can be easily displayed and seen
- Tables set up to display all of the art
- Simple refreshments

Prior to the Class:

1. Post an announcement/flyers prior to the class inviting participants to attend a “Meet and Greet” and “Show and Share” session, providing the date, time, location, etc. for the class.
2. Include in the announcement that potential participants are asked to bring an art item in their possession that they have collected or created. They will be asked to talk with the assembled group about their item(s).

Class Instruction:

1. At the beginning of the session, make all necessary introductions and extend greetings.
2. One by one, invite the participants to come forward with their artwork and put it up for display for the entire group to see. The participant can then introduce him/herself and talk about the item.
3. Encourage the participants to ask questions and share personal stories.
4. After an art piece has been discussed, set the artwork on a table for later perusal and move on to the next participant.

At the Conclusion of the Class:

At the conclusion of the exercise, offer simple refreshments and invite the participants to mingle, get to know each other and walk around the room to look at the art “up close the personal”.

***Cathy Harrington** taught art in Middle School and then went on to teach Art Methods to future teachers at the University Level. Since retiring, she has pursued her love of art through her creations, “Letters From Home”, being sold in galleries and stores in Lincoln and Omaha. **Marilyn Stadler** taught in elementary and secondary schools before spending much of her career in University International Studies Programs. Since their retirements, Cathy and Marilyn have been active Board members of Hildegard Center for the Arts and co-teach “Art from the Heart”, an art education and enrichment program sponsored by Hildegard and offered at Legacy Retirement Communities in Lincoln, NE.*

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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