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# Healthy Kids MONTH

## Active Art

Join us as we combine full body physical movements with art in this active art project!

Similar to "action art" artists, whose processes involve splashing, using large brushstrokes, and dripping paint onto canvas rather than carefully applying it, we will create action-drawing using body length paper and coloring tools to make large marks and circular motion strokes. Let's get moving!

# 1



### Gather materials:

- Butcher Paper (white or craft)
- Markers / Crayons
- Scissors
- Tape

# 2



Lay the paper on the floor and cut a piece that is body length.

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3



Tape down the top and bottom of the roll all the way across. If you want extra security, tape down the two sides as well.

4



Begin by choosing two different color markers, one in each hand.

5



Starting at one end of the paper, place both markers on the paper and slowly draw a line moving upwards. Allow your body to move up along the paper while you make the mark and notice how the direction you move leaves a trace with the marker.

6



Repeat this step over and over, making sure you keep your movements and the marks you make on the paper the same. Try different motions like circular motions with your arms or zig zags!



# 7



Pause and switch colors, choosing two new color markers, one in each hand.

# 8



Continue using large motions to make marks on your paper, repeating your motions over and over just like exercising. Make sure you have a mark on all areas of the paper including the bottoms and corners.

# 9



Change your colors again, but this time try using two or more markers or crayons in each hand, in different colors.



# 10



Look at the paper and the movement on the page. Try to repeat the movement by tracing the lines in the same motion. Don't forget, it's important to not just trace the line, but to move your body as you draw as well.

# 11



Repeat your favorite motion again, this time on the opposite side of the paper. See if the lines match up or if it adds more movement to your piece. You can repeat steps as many times as you'd like!