

HIDDEN EMOTION ART GALLERY

The Hidden Emotion Art Gallery, was started because we have all experienced a great deal of emotions these last few weeks. Feelings of sadness, confusion, anxiety, joy, hopefulness, hopelessness, inspired and many more, have consumed all of us throughout the days and weeks.

This is a gallery dedicated to making these sometimes hidden emotions, visible. The reason the gallery is hidden, is because sometimes we hide our emotions on the inside and don't talk about them to others. This gallery can help start a conversation about how your family is feeling right now during these challenging times through the art making process.



Here are some directions for starting your very own Hidden Emotion Art Gallery. Remember, you can share this with your extended family and they can have a virtual Hidden Emotion Art Gallery too.



1 THINK OF AN EMOTION (OR EMOTIONS) TO BE THE THEME OF YOUR ART EXHIBIT

Think of an emotion (or emotions) to be the theme of your art exhibit. Use the Mood Meter (attached below) to find some emotions you are feeling during this difficult time. If you want to include other family and friends, send this to them and see if they have some artwork to submit as well.

2 FIND SOME SIMPLE TOOLS AND MATERIALS TO MAKE YOUR EMOTIONAL ARTWORKS

Perhaps you use junk mail, post it notes, printer paper, toothpicks, straws, napkins, tape or anything else you can find to create with! For some 3D work, look for some clean recyclable materials like boxes and plastic containers.



3 THINK OF A SPACE FOR THE HIDDEN EMOTION ART GALLERY TO BE LOCATED

Someplace not many people notice in your home. It could be under a table, behind the stairs, on the floor, outside somewhere, it could be anywhere! Hang the artwork using tape or something safe, or lean them against a wall. Give your art gallery a name to hang by the entrance.

4 HOLD A GALLERY OPENING AND INVITE EVERYONE TO ATTEND

Maybe everyone in the house has their own gallery with a different theme. Each gallery can provide some snacks, sweets and drinks to eat while you look at the amazing family artwork. Invite your guests and artists by making invitations as well. Put on some good music, dress up in your finest outfits and make a night of it with the whole family. Have fun!



** If you want to have more than one gallery, have a gallery hop where you visit all the galleries in your house one night.*



IMPORTANT

This is a challenge for the whole family. Everyone must be an artist and create a work of art for the hidden emotion art gallery. If they say "I'm not an artist!" tell them they are and they have feelings too. Now is the time to make them visible and talk about them. You can do this challenge whenever is convenient. You can do it after your parents are done with work or wait until the weekend. Take your time and have some family fun time!

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