

ARTIST:
Rachel Prull



Collage as a Meditation

Project: Create a collage for reflection and as a way to center yourself in these stressful times.

Process: Cutting, tearing, finding and glueing paper or objects onto other pieces of paper to create an image.

Key Vocabulary & Definition: Collage is a piece of art made by sticking various different materials such as pieces of paper, photos, or fabric on to a backing.

Art Links: https://www.artspace.com/magazine/art_101/art_market/art_101_collage-5622

Materials Needed:

- A larger sheet of paper to glue things onto
- Glue
- Smaller scraps of paper
- Scissors and other materials, such as magazines or photos, found around your home (totally optional! Your collage can also be pieces of colorful paper that you rip into your desired shapes)

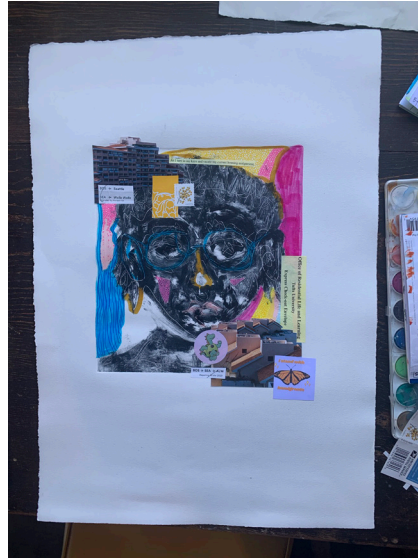
Instructions:

1. Collect, tear, and cut the pieces you're going to use to create your image
2. Start arranging your pieces together to figure out what your image is going to look like, don't glue anything down yet!
3. Start from the bottom layer up, gluing down pieces, make sure to get the edges of everything
4. Continue gluing layers as you finish your collage, don't be afraid to make changes to your original plan!

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Building Steps: Going further with collage can mean any number of things! You could start building in 3D with found objects, or you could start painting and drawing images that you later cut up to collage together to create something new! Personally I've taken to collaging over other art that I've done in the past to revitalize it and give it a new meaning, like the middle image in the sample art. Originally that was just a self portrait I had done, but a few weeks later I decided to go back and color in with some markers and add some collage elements. Your pieces can evolve over time and one of the biggest things I've learned is to not hold my art so sacred that I become afraid to touch it.

Clean up trick:

- Try to keep itty-bitty paper scraps in a neat pile so you can easily sweep them away for clean up.
- If you use a glue that you brush on with a paintbrush instead of a glue stick wash the paintbrush out with warm water to make it a little easier.