



SUPPLIES NEEDED

Paper: This can be drawing paper, printer paper or recycled papers like the back of worksheets, cardboard, or whatever is available.

Drawing Tools: Use whatever you have: Pencil, Marker, Crayons, Colored Pencils...I use some compressed charcoal sticks in part of the tutorial. You can use any art medium. If you want to paint, collage, or sculpt you could too!

Book Used in this Video: "Ruby Finds a Worry" by Tom Percival

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TEACHING ARTIST

Part of my job as an artist is sharing my approach to creativity and teaching basic techniques and approaches to art making. If you are interested in bringing me into your school or working with me to create specialized tutorial content please email me.

WHAT DO YOU DO WITH A WORRY?

Tutorial by Ali LaRock

PROJECT GOAL

The Goal of this lesson is provide a variety of fun and light hearted approaches to work with worries or uncomfortable feelings using art. Using art in this way provides an opportunity for expression, self-reflection and self- management.

PROCESS

Think of the Worry You Want to Work With And Describe It

What Color is it?
What Shape is it?
What Texture is it?
What Size is it?
How else can you Describe it?

Make It Funny

Using the description you came up with start with the shape and add the other details to turn to your worry into a funny character. This is a way to look at your worry from another perspective and lighten it up.

Add Expression

Consider the expression on your character/worry's face and how it can show feeling. It may show the feeling of the actual worry, how it makes you feel, or the feeling you wish to transform it into.

Represent and Express It

Draw items, symbols, or characters that can symbolize or tell more of a story about your worry. For example, I drew an umbrella in the tutorial and turned it into a character to represent the worry of someone "raining on my parade".

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