

## Safe Spaces

**Main Concept:** One of the most powerful things about art education is that experiencing art and making art can help heal. For many, an art classroom may feel like a safe space where students feel that they can truly be themselves without judgment or boundaries. It's a place where people can let anxieties of life go, take risks, and create something beautiful and interesting. The purpose of this encounter will be to illustrate the power of the art classroom being a safe space for students to express how they feel. Students/participants will have an experience, maybe unsettling or uncomfortable kind of like a haunted house but not nearly as extreme before entering the other half of the art house where it will be an open, safe space to view art and reflect on the experience and how they felt about viewing the work after.

- Process:**
- 1) Students/participants will be told through signs to go into the art house.
  - 2) They may experience some discomfort at first as going through the house they may feel a sense of awkwardness or discomfort.
  - 3) The next part of the walkway will be lighter, and more colorful, with beautiful artwork to look at before coming out.
  - 4) Students/participants will then be asked to recall/reflect their thoughts and feelings throughout their experience through drawing, poem, phrase, etc. on the sheet or on a separate piece of paper.

**Materials:** 1) big cardboard

2) dark sheet or fabric

- 3) light sheet or fabric
- 4) sheets of paper
- 5) writing utensils: pens, pencils, markers
- 6) some kind of light source