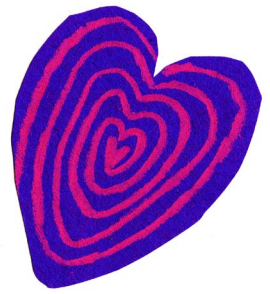


Heart Spirals

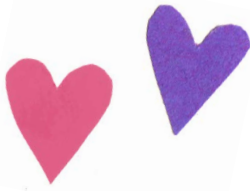
EPISODE LENGTH: 6:33



SUMMARY: This episode is a DrawTogether classic: the Heart Spiral.* We get our blood moving then slow it down with a calming, centering drawing practice that kids of all ages can do anytime, anywhere. This episode focuses on drawing as a meditation, and emphasizes mindfulness and the importance of taking some deep breaths to help feel good.

* Big shout-out to the original spiraler Lynda Barry for sparking this DrawTogether practice. See the next page for more information about Lynda Barry and about how doodling can help calm our nervous system and make it easier to focus and engage.

SUPPLIES: paper, pen/pencil, deep breaths



SOCIAL-EMOTIONAL LEARNING: monitoring and regulating emotions, stress management

CASEL COMPETENCIES: self-awareness, self-management

CREATIVE SKILLS: fine motor skills (making those concentric lines!)

Guiding Questions:

- Describe your inside weather before and after the heart spiral exercise. How did it change, if at all?
- Think of when you could use the practice of taking deep breaths and drawing a heart spiral to change your feelings/inside weather.

Key Moments:

0:55 WendyMac says hellooooo and drops a pencil — only to discover the many pencils she's dropped on the floor. Guess it's time to clean up after class!

1:55 Inside Weather check!

2:40 WendyMac introduces and gets started on drawing a heart spiral.

4:32 Wrap-up of the heart spiral and check-in about how we feel after doing it.



Heart Spirals

(continued)



Book recommendations:

- My Magic Breath: Finding Calm Through Mindful Breathing*** — words by Nick Ortner and Alison Taylor, pictures by Michelle Polizzi
Like magic, you can feel better just by breathing! Extend the calming heart spiral and use this book to create a space of mindfulness, balance, and self-awareness through simple breathing techniques. This is especially helpful for transitions or when things get a little too overwhelming.
- Syllabus: Notes from an Accidental Professor*** — by Lynda Barry
This book for grown-ups lays out all of Barry's innovative lesson plans and writing/drawing exercises. Barry teaches a method that focuses on the relationship between the hand, the brain, and written and visual images. It's a necessary resource for the creative educators in all of us.

Older Kid Riff: Crowdsourcing the Calm

There are so many different ways to calm your mind and body, to reduce stress, and to refocus your energy. Create a classroom list of calming and focusing techniques to use when you need a break, feel overwhelmed, or want some balance. Make sure to come up with a wide variety of practices — breathing, stretching, doodling, listening to music, underwater basket weaving...anything goes! Then, collaborate as a class on ways to display and share the list. A set of posters to put up on a wall in the classroom? A notecard for every student to keep in their pocket or wallet? A spiral-shaped bulletin board?



Activities and Explorations



PODCAST CONNECTION: DRAWING IN THE AIR WITH RUTH ASAWA, whose art brings spirals to a whole new level. (page 70)

EXPLORE MORE: spirals in art — a history and learning journey

ACTIVITY: super-centering, mega-focusing doodles!



SUPER-CENTERING, MEGA-FOCUSING DOODLES!

THESE SIMPLE EXERCISES ARE SCIENTIFICALLY PROVEN (SORT OF) TO HELP KIDS OF ALL AGES SETTLE DOWN, FOCUS, and CENTER DURING TRANSITIONS and CHALLENGING MOMENTS. THEY LOWER THE HEART RATE and IMPROVE MEMORY. THEY ARE ALSO A GREAT STARTING POINT for DRAWINGS and THEY'RE A LOT of FUN.

INSTRUCTIONS!

STEP 1. CHECK in ON FEELINGS

STEP 2. TAKE A DEEP BREATH

STEP 3. 30-SECOND DOODLE

STEP 4. CHECK BACK in ON FEELINGS. ANY DIFFERENT?



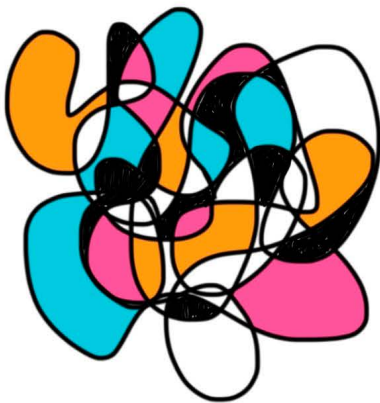
The HEART SPIRAL

INSPIRED by COMIC ARTIST and EDUCATOR LYNDY BARRY, THE HEART SPIRAL HELPS FOCUS and CENTER. DRAW A HEART and THEN SLOWLY, SMOOTHLY DRAW A SPIRAL GROWING OUTWARDS AROUND THE HEART, GETTING AS CLOSE to the INSIDE LINE WITHOUT TOUCHING. DEEP BREATH in and out. STOP! AND TURN IT into SOMETHING! A PERSON or A SNAIL, or...?



The DANDELION

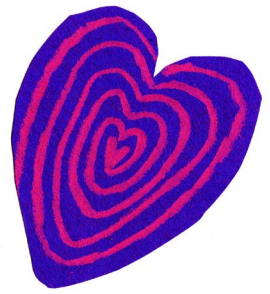
A.K.A. The STAR, THIS DOODLE HELPS US GROUND OUR BODIES WHILE LETTING OUR THOUGHTS WANDER. STARTING in THE CENTER, DRAW A LINE OUT TO THE SIDE. THEN DRAW ANOTHER ONE. THEN ANOTHER ONE. THEN ANOTHER ONE. TRY TAKING A BREATH in and out WITH EACH LINE. AFTER YOU'VE COMPLETED YOUR DOODLE, TURN IT INTO SOMETHING. A STAR in THE NIGHT SKY, or MAYBE A FLOWER.



The STAINED GLASS DOODLE

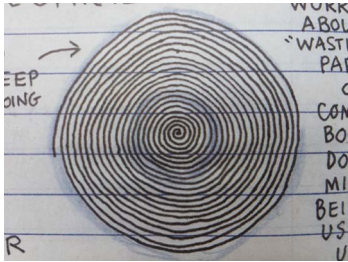
THIS DOODLE FOCUSES OUR MIND WHILE GETTING OUR ENERGY FLOWING. PUT YOUR PEN DOWN and WITHOUT LIFTING IT, MAKE A SQUIGGLY, WIGGLY SCRIBBLE SHAPE. (HIGHLY SUGGEST MAKING SILLY SOUNDS WHILE DOING SO.) THEN COLOR in DIFFERENT SHAPES WITH DIFFERENT COLORED PENS, CRAYONS or PAINTS. WHEN YOU LIKE WHAT YOU SEE, TAPE IT TO A WINDOW. YOU'VE MADE A HEART-LED, ABSTRACT STAINED GLASS WINDOW!

The Spiral



In DrawTogether we draw heart spirals to focus, settle and connect with our bodies and breath. And spirals are EVERYWHERE. From snail shells to dahlia flowers, from the strands of our DNA to the shape of the Milky Way galaxy, spirals are everywhere in nature. The artist Van Gogh's paintings *Starry Night* is filled with spirals of stars in the sky, and the sculptor Robert Smithson created a whole new body of land by arranging giant rocks in the shape of a spiral, called the *Spiral Jetty*.

Here are three artists who use spirals in their art:



Lynda Barry

The DrawTogether Heart Spiral is inspired by cartoonist, writer and educator Lynda Barry. Lynda teaches her students to draw spirals before they start writing. Lynda believes (and we strongly agree) that drawing spirals helps people get out of their head and into their bodies. Sometimes she reads a poem while her students draw a tight spiral—or her students

will draw a spiral while they listen to each other's stories. You can learn more about Lynda and her magnificent teaching in her book *Syllabus*.

Activity: Draw a spiral while listening to a poem, story, or song. How does it affect your attention? How does it make you feel?



Louise Bourgeois

Louise Bourgeois was a painter, printmaker, sculptor, and writer. Born in Paris, she moved to New York when she was twenty-seven and stayed there for the rest of her life. Bourgeois carved, painted, built, and drew spirals. She even made spirals out of words. She believed the direction you draw a spiral determines how you feel while drawing. Drawing

a spiral inside-to-out feels like freedom. Drawing a spiral outside-to-in feels more like control. No matter what direction you draw, it's always helpful.

Activity: Draw a spiral going out and a spiral going in. How did they feel different?



The Spiral Group

In 1963, a group of African-American artists including Romare Bearden, Charles Alston, and Hale Woodruff, formed a collective to advocate for the role of African-Americans in the art world. They called themselves "The Spiral Collective." They chose the name "Spiral" because the spiral "moves outward, embracing all directions, yet continually upward."

The Spiral Group made a big impact in a short time, and set an example for future artists: when we work together, we can make a positive change.

Activity: As a group, decide on one thing you'd like to change in the world. How can art support that vision? Draw, paint, or create something public to share as a group.