



# Nurturing Creativity

## Aboriginal Art Therapy

*with Shelley Ware*



### ABOUT THE ARTIST

Shelley Ware is a proud Yankunytjatjara and Wirangu woman from Adelaide, South Australia, who currently lives in Melbourne. For the past decade or so, Shelley has worked in the media as a radio and television presenter on both local and national AFL and AFLW football news shows, particularly as a panel member of NITV's Marngrook Footy Show. She is a member of the AFLW All Australian and Rising Star Selection committee as well as the Carlton FC RAP committee. Shelley also designed this year's Sit Doug Nicholl's Round jumper for Carlton FC. Shelley has become one of the most respected and recognised female presenters of AFL and AFLW football in the country. Shelley also works part-time as an educator at Kew Primary School in Melbourne where she is currently the Visual Arts Teacher, and has designed and presented many professional development workshop programs for Zart Art on exploring contemporary aboriginal art.

### OVERVIEW

This workshop has been workshopped and approved by Wurundjeri Elder Aunty Di Kerr and Wirangu Elder Cecelia Cox.

Join Shelley Ware in this informative and inspiring workshop.

Shelley will discuss correct protocol and language while exploring art therapy with an Aboriginal and Torres Strait Islander focus.

Expand your art appreciation and learn ways to approach teaching Aboriginal art in your art room. Discover how to lead your students to tell their own amazing stories through the influences of Aboriginal art.

Feel confident, comfortable and excited to explore Aboriginal art with your students.

## **YEAR LEVELS**

Suitable for Primary Levels

## **ART ELEMENTS & PRINCIPLES**

Line, shape, colour

## **CROSS-CURRICULUM / CAPABILITIES LINKS**

Ethical Understandings, Aboriginal and Torres Strait Islander Histories and Cultures

## **LEARNING OBJECTIVES**

Students will:

- Appreciate Indigenous Artist's styles and their artwork.
- Connect the chosen Indigenous artwork to the theme or connection you are exploring.
- Create connections through understanding Aboriginal and Torres Strait Islanders culture and their way of life.

## **PROTOCOLS & COPYRIGHT**

- It is so important to make connections with the Local Aboriginal group in your area. Contact your local Custodians and Elders of the land. Invite Aboriginal and/or Torres Strait Islander people into your art room so your students can get different perspectives and gain a deeper meaning of the art you are studying. Celebrate and explore the oral traditions of Indigenous people.
- Traditional symbols, songs, dances, performances and rituals may be a part of the heritage of your local Indigenous language groups and the local artists that produce these are custodians of that culture.
- Many Indigenous Artists have started sending their Art works to Copyright companies that hold their artwork and protect its copyright. You have to apply to use their artwork if you have the intentions to reproduce the art itself.

## CONNECTIONS & WELLBEING

Review this article from the Journal of Social and Political Psychology:

### Decolonising Australian Psychology: Discourses, Strategies, and Practice

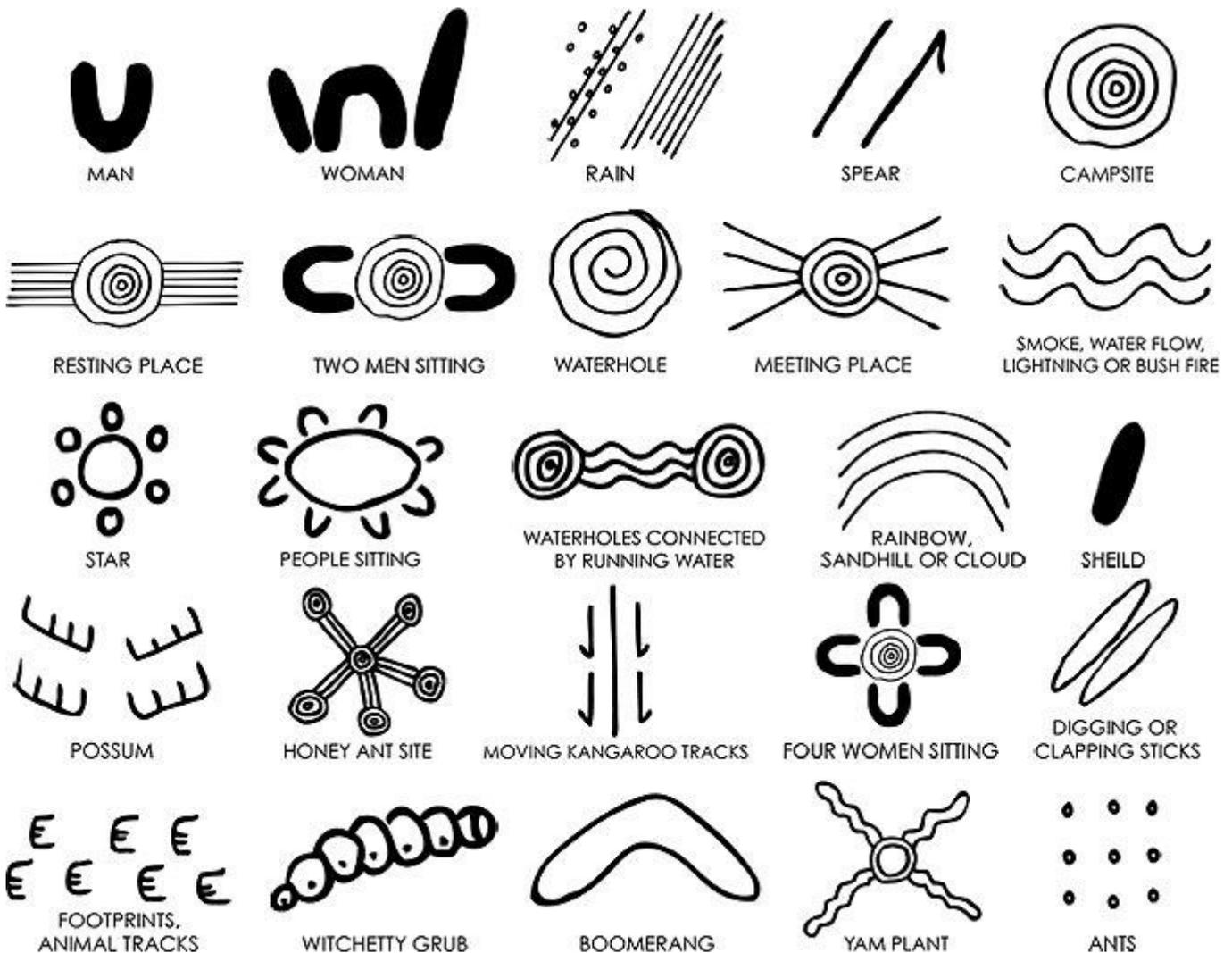
Pat Dudgeon, Roz Walker

<https://jspp.psychopen.eu/article/view/126/html>



## USING ABORIGINAL SYMBOLS

I spoke to Wurundjeri Elder Aunty Di and she said that she gave permission for us to use Aboriginal symbols that are published on the internet, in our art rooms. Do some art appreciation lessons studying artist and their work. Teach the children in your art class the symbols and their meanings. Talk to them about not copying the artwork but using those symbols in their own style to tell their own story. Also reference the source of your symbols when teaching the students and displaying their work.



## INDIGENOUS ART APPRECIATION

- A part of your Aboriginal and Torres Strait art Lessons will be appreciating Indigenous Artist's styles and their artwork. Purchase posters of Aboriginal artwork to share with the students and hang in your art room. Try to connect the chosen Indigenous artwork to the theme or connection you are exploring.
- Follow the usual steps in art appreciation you would in any given lesson.

- Ask students what they know about Indigenous art.
- Talk to your students about being open and to remember their first thoughts and how the artwork made them feel.
- As a while Group or in partners they could share their first thoughts of the artwork. Taking turns to share their ideas and feelings.
- You can drive this art appreciation anyway that suits your classroom it's a great way to start an Artist Study, when you introduce artists and certain styles of art into your classroom. Which I know you are all doing anyway!

## MAKING CONNECTIONS IN THE ART ROOM

- It's so important that you don't copy Aboriginal and Torres Strait Islander Artwork. But we also don't want you to be afraid to teach Indigenous Art. We want you to enjoy Aboriginal and Torres Strait Islander art and it is important the children experience and learn about this beautiful artwork and culture.
- Creating the connections with your students through them understanding Aboriginal and Torres Strait Islanders culture and their way of life is vital.
- **Japingka Aboriginal Art Website** has two brilliant Indigenous art units "Bush Medicine" and "My Family" with lesson plans ready to go. A brilliant example of using the Connections to produce Indigenous influenced art pieces in your art room. There are too many art lessons for our timetabling, but you can take good points from these lessons. They will get you started in the art room if you lack the confidence to study and create Indigenous influenced art works.

<https://japingkaaboriginalart.com/education/lesson-plans/>

- For the Bush Medicine unit in my art room I would either ask a local Aboriginal Elder to visit our room and walk us around the local area/parklands/waterways. If this wasn't possible, I would go on a school excursion to either the **Millari Garden, Bunjilaka or the Royal Botanic Gardens**. Both beautiful venues have an Aboriginal Guide who can walk your students around teaching them about bush medicines and local culture, seasons, ecosystems and so much more. The children would be able to draw local bush medicines in their Visual Art Diaries to be used later in the art room to help create individual art works.

- You could create canvas pieces, collaborative artwork, clay sculptures, felt work or a series of drawings of different bush medicines. Your options are endless.
- Even go a step further and create a Bush Medicine garden in your school.

## ART MAKING

The joy of listening to music and moving to it while making marks on the paper is therapeutic and mesmerising.

Place paint, crayons and pastels in the middle of the tables, so your students can access them at will.

Put on your favourite Aboriginal and Torres Strait Islander music, asking your students to mark the paper and move freely to the music, changing colours and mediums, at will.

You may choose to only put out traditional colours associated with Aboriginal people, their flag colours, colours of the land, seasons or all the colours. Up to you!

### **Extension Notes from Shelley:**

*How can you use the beautiful artwork, the children will create from marking the paper, as they move to the music? The options are endless...*

*I usually do this early in the year, as it's a good way to get children, to relax in the art room. Get them to hold up their work and show them, they all listened to the same music and they all created something different.*

*Show them they are individual artists and relaxing having a go, is what they should focus on - Not being 'perfect'.*

*Collect their artwork and use it for collage work, create a mural together, create their own story using the paper, create their spirit animal, wrapping paper, cards, or use it for signs throughout the year... Seriously the options are endless!*

## MUSIC

Scott Darlow, a Yorta Yorta man, is a singer, songwriter and yidaki player. He is also a friend and he has given us permission today to play his songs in this workshop.

*Arms of Love*

by Scott Darlow from the Sorry Album

<https://open.spotify.com/album/6Hn04qXpPjxE0mb8ae4QfE>

*You Can't See Black in the Dark*

by Scott Darlow

<https://open.spotify.com/album/5nqp5fMoy9uyupAyxno6B0?highlight=spotify:track:7C50U1nS7n9QoDAgiuMpEb>

## EXTENSION

### BASKET WEAVING

Aboriginal and Torres Strait Islander people make baskets, mats, bowls and ceremonial head gear from animal and plants fibres. You will be surprised by how many plants in your school grounds and surrounding streets you will be able to collect to make baskets with your class. A wonderful class to invite parent helpers into your art room.

Start by showing students real or pictures of traditional Aboriginal baskets. Do some art appreciation discussions and/or visual art diary entries about their thoughts.

A great video to set the scene (traditional weaving land care workshop)  
<https://m.youtube.com/watch?v=F5hTOXNcX2k>

A great video and technique to get everyone started – Magic Circle  
<https://m.youtube.com/watch?v=knbR3kgGssE>

A great video to help complete your basket weaving and to finish it off  
<https://m.youtube.com/watch?v=isPhjBo6NqI>

Another great video to share and enjoy showing finished product ideas  
<https://m.youtube.com/watch?v=UOH64IVujDA>

## DISCUSSION / REFLECTION

- What are your first thoughts of the artwork?
- What are your thoughts about real or pictures of traditional Aboriginal baskets?
- Why should we not copy the artwork but use those symbols in our own style to tell their own story?

## MATERIALS & EQUIPMENT

- Class Pack Watercolour 200gsm A3 25's
- Basics Oil Pastels Large 12's Asst
- Koh-I-Noor Watercolour 18's Asst
- Zart Taklon Brush Dynamic Round # 4 (6mm)

**INSPIRATION**  
RELATED ARTWORK,  
LINKS & SOURCES

- Zart Taklon Brush Dynamic Flat # 3 (7mm)
- Basics Zart Scissors 170mm
- Zart Glue Stick 35g
- Pencils Blacklead 72's HB
- Water Pot #5 Set 5's White

**Article: Decolonising Australian Psychology: Discourses, Strategies, and Practice**

Pat Dudgeon, Roz Walker

<https://jspp.psychopen.eu/article/view/126/html>

**Japingka Aboriginal Art Website – Lesson Plans**

<https://japingkaaboriginalart.com/education/lesson-plans/>

**Scott Darlow:**

*Arms of Love* by Scott Darlow from the Sorry Album

<https://open.spotify.com/album/6Hn04qXpPjxE0mb8ae4QfE>

*You Can't See Black in the Dark*

by Scott Darlow

<https://open.spotify.com/album/5nqp5fMoy9uyupAyxno6BO?highlight=spotify:track:7C50U1nS7n9QoDAgiuMpEb>

**Basket Weaving**

A great video to set the scene (traditional weaving land care workshop)

<https://m.youtube.com/watch?v=F5hTOXNcX2k>

A great video and technique to get everyone started – Magic Circle

<https://m.youtube.com/watch?v=knbR3kgGssE>

A great video to help complete your basket weaving and to finish it off

<https://m.youtube.com/watch?v=isPhjBo6Nql>

Another great video to share and enjoy showing finished product ideas

<https://m.youtube.com/watch?v=U0H64IVujDA>