

Butterfly Art Project

ENCOURAGING CREATIVITY AND HEALING THROUGH ART



MY MONSTER PROJECT LESSON PLAN

BAP ART CAMPAIGN 2020: WE HAVE A FUTURE / HOPE

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FOR 9 YEARS TO 99 YEARS



I. THEMES AND NEEDS ADDRESSED

"Another virtue can be called — though it is difficult to describe it exactly — the virtue of Courage. It contains the mood which does not remain passive towards life, but is ready to use its strength and activity. It can be said that this virtue comes from the heart. Of one who has this virtue in ordinary life it can be said: he has his heart in the right place. This is a good expression for our condition when we do not withdraw in a timid way from things which life asks from us, but when we are prepared to take ourselves in hand and know how to intervene where it is necessary. When we are inclined to get moving, confidently and bravely, we have this virtue. It is connected with a healthy life of feeling, which develops bravery at the right moment, while its absence brings about cowardice." *Source: Rudolf Steiner – GA 159 – The Great Virtues – Zürich, January 31, 1915*

The uncertainty of the future due to Covid 19 pandemic, unemployment, crime, climate change, corruption, poverty and much more leaves children and youth with anxiety, depression, fear, lack of motivation and feelings of resignation. These changes are often seen as monsters, making them easier to understand, and therefore easier to overcome.

With the Butterfly Art Project's 2020 art campaign, BAP aims to reignite the compassion and courage in children to face whatever life brings to them. These monsters must be recognised and confronted to find solutions to act against them.

Greta Thunberg became a role model for young environmental activism over the past year. In August 2018, at the age of 15, she started her protest by not going to school on Fridays. This sparked a wave of student protests all over the world. The so-called "Fridays for Future" demonstrations count more than a million participants. Greta is facing a big monster of our time; a monster that everyone needs to address and work on solutions.

There have been and are many more children warriors in the world. Find in Appendix A a link to more stories like the one of Nkosi Johnson and South African Activist.

With this art campaign we aim to support children and youth to identify problems through their creativity, to find adequate expression for their concerns, to explore healthy ways of fighting the monsters they face and to spark a fire in them to bring change to the world.

MAKING OF A MONSTER PENCIL BAG



Monsters can also go by other names: dragons, shadows, evil, doubles, boggeltjies, tokoloshes, adversaries, challenges, disasters and threats. There are inner monsters and outer monsters. The individual healing journey to deal with them would be:

1. Discover the monster and name it.
2. Find the courage to face it and get to know it: What is its origin? Who else knows it? When did/do you meet it? Does it live in you or in the outer world? Does it help you in some way? Is it of any use?
3. What disarms the monster? Is there a spell against it? Depending on the nature of the monster, different solutions can be found:
 - Transform it
 - Befriend it
 - Integrate it
 - Unmask it
 - Withstand it
 - Combat it
 - Reduce it
4. Treat yourself and others with compassion.

2. LESSON PLAN

If you are planning to teach a full term of eight weeks according to the BAP method, this lesson could be a small art project to introduce the monster's theme which you can then expand into other small art projects, leading into a big art project.

These could be:

1. Collecting waste on the beach or any other nature areas and build big waste monsters to raise awareness against littering and pollution.
2. Creating more focus for their own monsters, painting their own monster and their own strategy or solution to deal with it.
3. Pointing out a global monster challenges such as Covid 19 pandemic, climate change, water pollution, bad nutrition for people, the dying out of bees, population explosion, xenophobia, etc. and creating a collective artwork like banners or a group mural to raise awareness. This could encourage activism in children and lead them out of feeling paralysed by the bad world they are living in.

Main Activities	Objective	Time	Materials needed
Ring time and welcome	1. Establish rhythm and stability through recurring ritual 2. Gathering the group 3. Grounding the body and soul of each child	10 mins	Space and voice
Story time	Introduction to the theme	10 mins	Story
Discussion	Digesting the theme with support of the group	5 mins	----
Fruit circle and prayer	Nourishment and practising gratitude	10 mins	Fruit per child
Children draw their solutions on photocopy paper (A4) with monsters pre-designed. Then they turn over the page and apply with earbud or brushes linseed oil to make the page transparent and the image visible from both sides.	Playful exploration of the theme around monsters and solutions to encounter and fight (or crush, or take their power away from) them	35 mins	A4 copies of monsters, coloured pencils, markers, rollers, wax crayons, linseed oil
Review of the artwork: Hang/put up all art works and gather your group in front of them. Ask them to name their monster and the solution they found. Ask them how they feel now. (Take notes for the labels at exhibition)	1. Practising reflection and appreciation 2. Recording the process and its emotional effect on the children.	13 mins	Prestik/pins/masking tape, wall/whiteboard to hang up artwork, paper and pen to take notes about children's comments
Pack away	Practising taking responsibility and volunteerism	5 mins	Cleaning aids
Farewell circle: verse/song/sharing blessings and good wishes for the week.	1. Honoring the space and time together. 2. Instilling a feeling of safety	2 mins	Space and voice
	Total time:	90 mins	



**WOODSCULPTURE:
MY MONSTER IN PROCESS**



HERE ARE 30 CHILDREN WHO CHANGED THE WORLD:

<https://www.goodhousekeeping.com/life/inspirational-stories/g5188/kids-who-changed-the-world/?slide=10>

You can choose one of their biographies to talk about young heroes being courageous enough to face the big monsters of our time and share how they did it.

MORE STORIES

NKOSI JOHNSON:

Nkosi was born to Nonthlanthla Daphne Nkosi in a village near Dannhauser in 1989. He never knew his father. Nkosi was HIV-positive from birth, and was legally adopted by Gail Johnson, a Johannesburg Public Relations practitioner, when his own mother, debilitated by the disease, was no longer able to care for him.

The young Nkosi Johnson first came to public attention in 1997, when a primary school in the Johannesburg suburb of Melville refused to accept him as a pupil because of his HIV-positive status. The incident caused a furore at the highest political level – South Africa's Constitution forbids discrimination on the grounds of medical status – and the school later reversed its decision.

Nkosi's birth mother died of HIV/AIDS in the same year that he started school. His own condition steadily worsened over the years, although, with the help of medication and treatment, he was able to lead a fairly active life at school and at home.

Nkosi was the keynote speaker at the 13th International AIDS Conference, where he encouraged people with HIV/AIDS to be open about the disease and to seek equal treatment. Nkosi finished his speech with the words:

"Care for us and accept us – we are all human beings. We are normal. We have hands. We have feet. We can walk, we can talk, we have needs just like everyone else – don't be afraid of us – we are all the same!"



Nelson Mandela referred to Nkosi as an "icon of the struggle for life."

Together with his adoptive mother, Nkosi founded a refuge for HIV positive mothers and their children, Nkosi's Haven, in Johannesburg.^[2] In November 2005, Gail represented Nkosi when he posthumously received the International Children's Peace Prize from the hands of Mikhail Gorbachev.^[7] Nkosi's Haven received a prize of US \$100,000 from the KidsRights Foundation.

Nkosi is buried at the Westpark Cemetery in Johannesburg

APPENDIX B: VERSES

Brave and true will I be.
Each good deed sets me free.
Each kind word makes me strong.
I will fight for the right.
I will conquer the wrong.

My deeds I will do
With my feet on the ground,
My head will direct them
That they may be sound.

The bright sun above me
The firm earth below me
And here I stand.

Guarded from harm
Cared for by angels
Here stand we
Loving and strong
Truthful and good.

GREATNESS

I will be great, the acorn said,
But everyone laughed,
You're quite off your head!
I will be great, the little shoot knew,
But everyone jeered,
What, a pipsqueak like you!
I will be great, said the sapling green,
But everyone scoffed,
You can barely be seen!
I will be great, said the fine young tree,
And everyone mumbled,
We'll see, we'll see.
Now I am great, said the oak stout and tall,
And the trees all agreed,
You're the king of us all!

Paul King



APPENDIX C: SONGS

This Little Light Of Mine,
I'm gonna let it shine,
This Little Light Of Mine,
I'm gonna let it shine,
This Little Light Of Mine,
Yes, I'm gonna let it shine,
Let it shine, let it shine, let it shine
The light that shines is the light of love,
Lights the darkness from above,
It shines on you and it shines on me,
and it shows what the light of love can do.
I'm gonna shine my light both far and near,
I'm gonna shine mine light bright and clear,
where there's a dark corner in this land
I'm gonna let my little light shine.
This Little Light Of Mine,
I'm gonna let it shine,
This Little Light Of Mine,
I'm gonna let it shine,
This Little Light Of Mine,
Yes, I'm gonna let it shine,
Let it shine, let it shine, let it shine

IZIKA ZUMBA (TRADITIONAL ZULU WAR CHANT)

Izika zumba, zumba, zumba
Izika, zumba, zumba, zay
Izika zumba, zumba, zumba
Izika, zumba, zumba, zay
Hold him down, you Zulu warrior
Hold him down, you Zulu chief, chief, chief
Hold him down, you Zulu warrior
Hold him down, you Zulu chief, chief, chief.

<https://www.mamalisa.com/?t=es&p=2458> , here you can listen to the song



APPENDIX D: PRAYERS

For the golden corn
For the apples on the tree
For the golden butter
For honey from the bees
For fruits and nuts and berries
That grow along the way
For Father Sun and Mother Earth
We give our thanks today
Blessings on our food and peace be on the earth.

For the sun and rain
For the grass and grain
For all who toil on sea and soil
That we may eat this daily food
We give our thanks dear Earth

Blessings on the blossoms
Blessings on the roots
Blessings on the leaves and stems
And blessings on the fruit

Earth who gives to us this food
Sun who makes it ripe and good
Sun above, Earth below
Our loving thanks to you we show
Earth we thank you for this food
For rest and home and all things good
For wind and rain and sun above
But most of all for those we love
Blessings on our food

Earth we thank you for this food,
For rest and home and all things good,
For wind and rain and sun above,
But most of all for those we love.

Thank you for the world so sweet,
Thank you for the food we eat;
Thank you for the birds that sing,
Thank you God for everything.

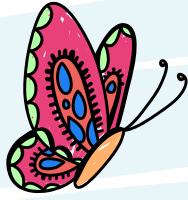


COMPLETED MONSTER DOLLS



MY MONSTER FRIDGE MAGNETS

"HERO"



There's a hero
If you look inside your heart
You don't have to be afraid
Of what you are
There's an answer
If you reach into your soul
And the sorrow that you know
Will melt away



And then a hero comes along
With the strength to carry on
And you cast your fears aside
And you know you can survive
So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth
That a hero lies in you



It's a long road
When you face the world alone
No one reaches out a hand
For you to hold
You can find love
If you search within yourself
And the emptiness you felt
Will disappear

And then a hero comes along
With the strength to carry on
And you cast your fears aside
And you know you can survive
So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth
That a hero lies in you

Lord knows
Dreams are hard to follow
But don't let anyone
Tear them away
Hold on
There will be tomorrow
In time
You'll find the way



And then a hero comes along
With the strength to carry on
And you cast your fears aside
And you know you can survive
So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth
That a hero lies in you
That a hero lies in you
That a hero lies in you