

# Healing Strings

This project is part of a series inspired by the connection between colors and healing. Choose a healing emotion and colors that represent that emotion. Then utilize yarn to explore texture along with color and design in making your unique artwork!



**AGE:** Teens

**TIMEFRAME:** 30-45 Minutes

**SUPPLIES NEEDED:**

- Cardstock canvas
- Mini paper canvas
- Yarn
- Scissors + Glue

**VALUES:**

- Respect yourself + each other
- Respect your space + materials
- Respect your art + express yourself

Watch the video tutorial at <https://youtu.be/vrn0lkemmWA>

1

Prep all your materials + art space. Supplies are listed above.



2

**Reflect + Pick a Healing Color:**

What are some healing moods that feel good to you? Some examples include: peace, calmness, strength, love and happiness. Take a look at the yarn colors and think about what colors you are drawn to that represent your healing mood. What colors symbolize those emotions? You can also refer to this color and mood chart!

SELECT THE **COLOR**  
THAT FEELS GOOD TO YOU.

PURPLE	Peace   Calming   Letting go
YELLOW	Wisdom   Strength   Concentration
BLUE	Healing   Calming   Dedication
GREEN	Harmony   Balance   Soothing
ORANGE	Motivation   Creativity   Organizational
RED	Vitality   Energetic   Healthy
PINK	Love   Compassion   Healthy   Consciousness
EMBRACE THE HEALING & EXPAND YOUR WORLD	

## Design Your Yarn Art:

3

After you've chosen the colors that represent your healing mood, take the mini paper canvas and position it onto the cardstock in any way you desire. It can be symmetric (centered) or asymmetric (off center). Take your mini paper canvas and glue it onto the cardstock canvas. Then take your yarn and explore how you would like to design your yarn art. You can layer, connect, weave or cut as desired. Brainstorm how you envision your yarn art by positioning it onto the mini canvas.

## Trim + Glue Yarn:

4

To create your yarn art, glue the pieces of yarn as you go or draw with glue first and then layer the yarn on top of it. Using your scissors, trim and cut as needed. For example, the colors chosen here (blues, grays, gold and black) represent the healing moods of soothing and stability. The technique used is stacking the strings of yarn to create a rainbow!



5

After you have finished your art piece, let it dry for a few minutes. Then display your finished art piece and share it with others!



## HOW WAS IT?

Thank you for taking part in this activity! Do you have any suggestions or questions you'd like to share with us at the Museum? Email [education@thinkplaycreate.org](mailto:education@thinkplaycreate.org).

*pARTners in Creativity is made possible through generous support from Kiwanis Club of San Diego and Maryanne and Irv Pfister.*



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This program is provided under a contract with the John F. Kennedy Center for the Performing Arts

**2020-2021**