



اللوفر أبوظبي  
LOUVRE ABU DHABI

**REFLECT & EXPRESS**

## WELCOME TO LOUVRE ABU DHABI

We invite you, educators and caregivers, to play with your students or children through the following multi-sensory activities inspired by the museum's artworks.

These prompts are designed to cover essential daily life themes such as **feelings, self-awareness** and **relationships**.

They offer therapeutic, multi-sensory and creative experiences, which help develop children and teenagers' overall potential in expressing their inner thoughts and emotions, and their ability to understand and cope with certain situations.

The activities presented are to be used solely as a guide for giving children and teenagers personal moments of reflection and self-expression.

To start, please be mindful to carefully follow these steps:

- Step 1: **Find** a calm and comfortable space and prepare the necessary art materials.
- Step 2: **Read** each section carefully before beginning the session.
- Step 3: **Choose** a theme to explore with the participant.
- Step 4: **Invite** the participant into this safe space.
- Step 5: **Introduce** the artwork in the theme and ask the participant to observe it for the next 3 minutes, silently.
- Step 6: **Use** the See-Feel-Connect questions from the 'Explore' section to inspire interaction with the artwork.
- Step 7: **Explain** the activity to the participant and invite them to begin creating their artwork.
- Step 8: **Ask** reflection questions after completing the activity and observe their emotional and physical responses to their artwork.

MAIN PAGE



**SELF-  
AWARENESS**



**RELAXATION**



**RELATIONSHIPS**



**RELAXATION**



## AIM

To experience joy, creativity and to release tension through movement and freely exploring the arts.



© Cy Twombly Foundation © Department of Culture and Tourism - Abu Dhabi / Photo by APF

### Untitled I-IX, series of 9 panels

Italy, 2008

Cy Twombly (Lexington,  
1928–Rome, 2011)

Acrylic on canvas

Dimensions variable

Louvre Abu Dhabi

## ABOUT

The canvases created by the artist Cy Twombly are a portrayal of his personal relationship with his painting.

Here, he began his creative process with producing almost linear brushstrokes before easing his tight control of the brush and letting go.

The closer he moved to the bottom of the painting, the more extensive his strokes became on the artwork.

## EXPLORE



### See

What colours and types of lines do you see?

### Feel

How do these colours and lines make you feel?  
Share your feelings.

### Connect

Can you remember a time when you felt this way?

## ACTIVITY



### Prompt

Find different ways of painting without focusing on the result.

### Materials

Thick drawing paper  
Acrylic paints  
Small and large paint brushes  
Water containers  
Sponges  
Paint rollers



## ACTIVITY



Paint using a big paintbrush.



Paint with different parts of the body (e.g. hands or feet).



Express your mood by dancing and creating movements with different tools when painting.



When the process is complete, view the artwork created together and reflect.

## REFLECTION QUESTIONS

What do you like the most about your painting?  
Why?

What types of sensations did you feel throughout  
your body after painting?

How does it make you feel compared to the work  
of Cy Twombly?

What would you title your artwork?





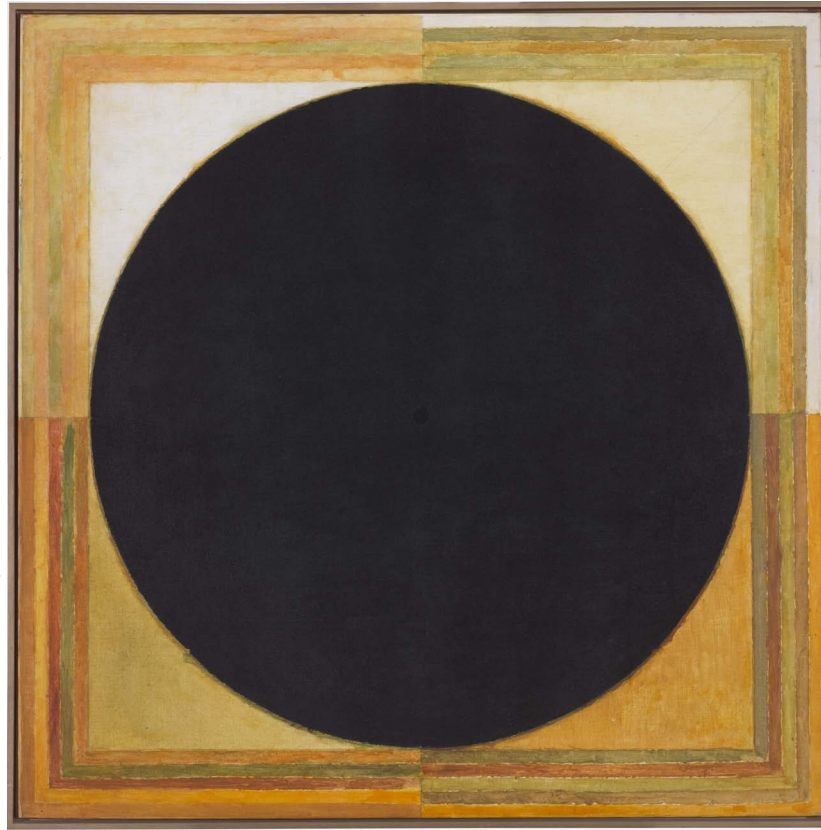
A large, irregular, watercolor-style splash of purple and lavender color, centered on a light beige background. The splash has soft, feathered edges and varying shades of purple, creating a textured, artistic effect.

**SELF-AWARENESS**

## AIM

To practice self-awareness and provide opportunity for personal growth, self-esteem and confidence.

© The Raza Foundation, Gorbio - The Estate of Sayed Haider Raza © Department of Culture and Tourism- Abu Dhabi 2016 / Photo by Hervé Lewandowski



### Bindu

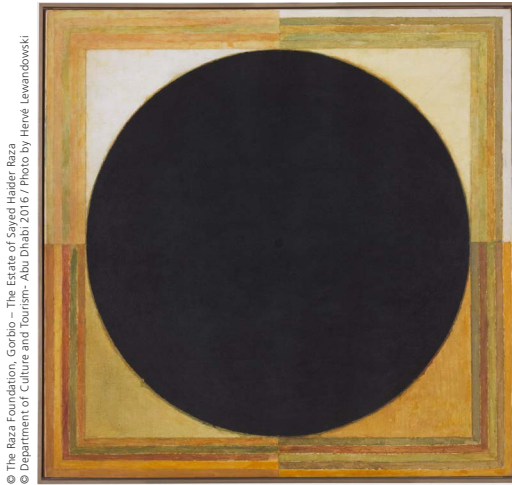
France or India, 1986  
Sayed Haider Raza (Barbaria,  
1922–New Delhi, 2016)  
Acrylic on canvas  
120.4 X 120.4 cm  
Louvre Abu Dhabi

## ABOUT

The Indian painter Sayed Haider Raza created the artwork *Bindu*, which is a black dot that invited the viewer to look deeper into the artist's endless pursuit of self discovery. Turning to Indian aesthetics and philosophy, he uses the *bindu* as the focal point of his artwork.

The *bindu* manifests itself in various forms within his works and holds several meanings such as a symbol of Hindu spirituality, Indian art, zero, a seed or a drop, which connects to his dual heritage and identity.

## EXPLORE



### See

What do you see?



### Feel

What feeling words are bubbling up for you as you look at the work?



### Connect

Try to give voice to something in the painting. What does it say to you?

## ACTIVITY



### Prompt

Design a symbol or sign that represents who you are as a person.

### Materials

Drawing paper  
Markers  
Pens  
Pencils



## ACTIVITY

**A**



Draw a symbol using a pencil or pen.

**C**



When the process is complete, invite the participant to think about the shape and colour of the symbol.

**B**



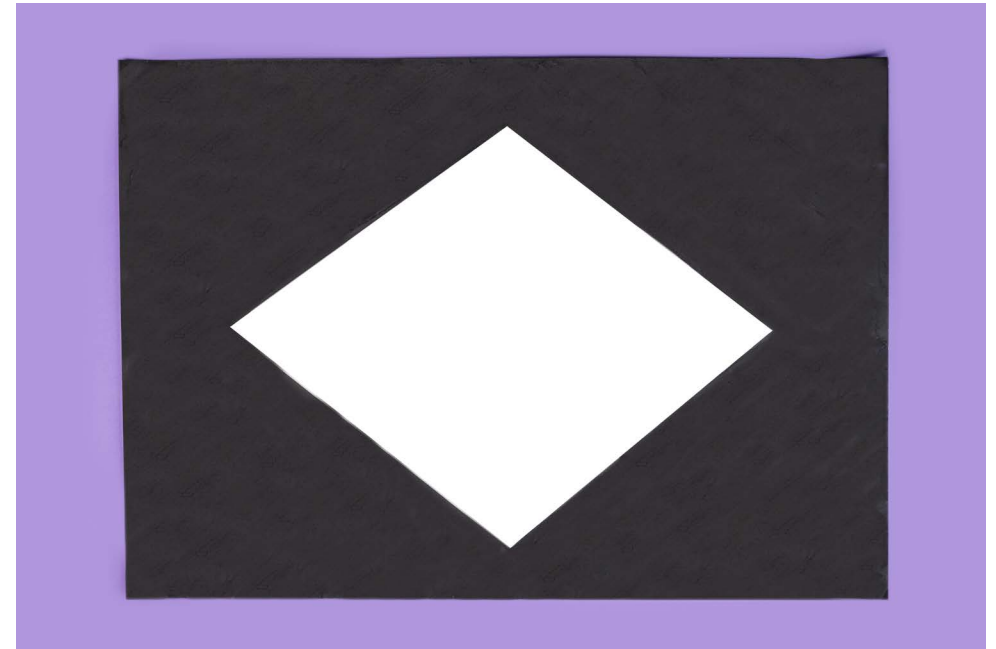
Choose to colour in the symbol or around it to the edge of the paper.

## REFLECTION QUESTIONS

How would you relate the symbol you created to your personality, characteristics and behaviour?

What is your reaction to the symbol? Is it a positive one?

Does this symbol have you feel proud and does it represent an achievement?



The word "RELATIONSHIPS" is centered on the page, overlaid on three horizontal, overlapping pink watercolor brushstrokes. The background is a solid light beige color.

**RELATIONSHIPS**



## AIM

This activity helps with assessing important relationships between a child and someone significant in their life.

## ABOUT

The Japanese artist Kitagawa Utamaro, was an attentive observer of the sphere of private life, which led him to develop original pictorial styles, capturing the most delicate expressions of women, mothers and children.

This work shows his style with the use of simple, clean lines with distinctive characters.

It is a print of a young mother playing a musical instrument called *shamisen*, while her son clings to her. The action portrays the tender relationship between a mother and child.



© Department of Culture and Tourism - Abu Dhabi / Photo by Hervé Lewandowski

### Young Mother Playing the Shamisen

Japan, about 1798

Kitagawa Utamaro (Japan,  
1753–Edo, 1806)

Ink on paper

39 x 25.7 cm

Louvre Abu Dhabi

## EXPLORE



© Department of Culture and Tourism - Abu Dhabi / Photo by Hervé Lewandowski

### See

What do you notice about the colours in this artwork?

### Feel

What feelings arise while looking at the artwork? Try to give voice to those feelings by completing the following sentence: "I feel... (what). It is because... (why)?"

### Connect

Imagine yourself speaking to the artwork and complete the following sentence: "You're like me when I... (do/feel what)."

## ACTIVITY



### Prompt

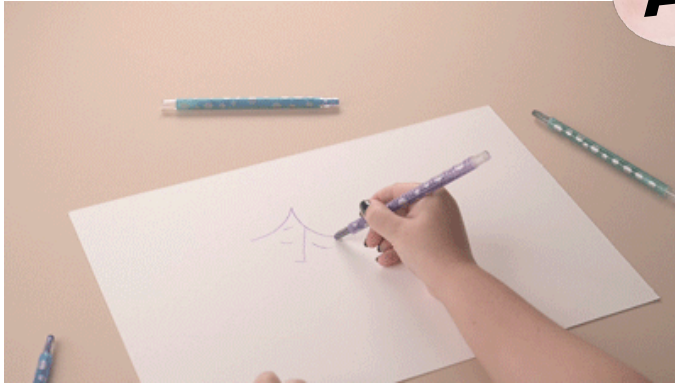
Ask the participant to draw themselves with someone else. Direct them to simply draw the first person that comes to their mind.

### Materials

Drawing paper  
Oil pastels, crayons, colour markers or  
colour pencils

## ACTIVITY

**A**



Begin by drawing yourself.

**C**



Express the relationship between the two of you.

**B**



Then draw the first person that comes to mind.

**D**



When the process is complete, view the artwork created together and reflect on the process and result.



## REFLECTION QUESTIONS

Why did you choose this particular person?

What type of relationship is expressed in the artwork?

What stands out in this artwork for you?  
Why?

