



OGDEN MUSEUM  
OF SOUTHERN ART

## **Movement Mondays:** **Strike a Pose Inspired by** **Springtime**



Will Henry Stevens, *Untitled*, 1946, Pastel on paper

Springtime is associated with the growth of wildflowers, the migration of birds, pollen, bees, and butterflies. Springtime is a wonderful time to observe all the beautiful colors on display.

**In this Movement Monday Activity, strike a pose inspired by the springtime plants and animals that you observe.**

### **Instructions**

**Step 1:** With the help of a parent or guardian, take a walk around your backyard or neighborhood. If you are unable to go outdoors, think of your favorite plants and animals. Take a moment to observe the plants and animals that you see on your walk. What shapes do their bodies make? How do they **move** and balance?

**Step 2:** Once you return home, think of three or four plants or animals that you saw during your time outdoors. Strike a pose like one of the plants or animals! For example, if you were a flower, how would you stand? How would you place your arms?

**Step 3:** Once you have created a pose for each of your plants and animals, try out your poses with your friends and family. Can they guess what animals or plant you are embodying?

**Step 4:** Have your friends and family create poses of their own and see if you can guess them!

### **Vocabulary**

**Movement-** is the path the viewer's eye takes through the work of art, often to focal areas. Such movement can be directed along lines, edges, shape, and color within the work of art.

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**QUESTIONS? EMAIL**  
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