



# MISS Foundation Conference 2006

When a Child Dies: Vow to remember, Call to Comfort

## Exploring with heART

Thursday, June 1, 2006 3:15 - 4:45

Friday, June 2, 2006 10AM - Noon

Workshop with Kara & Hawk Jones

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### Groundrules

- This is safe, sacred space. Please don't critique yourself or others.
- Share only what you feel like sharing. If you don't want to read or show something yourself, you can ask someone else to do it for you.
- Showing emotion is okay. No one here will judge. We are here to just listen and see whatever you wish to share.
- Play with your artistic & writing process. There is no right or wrong.

#### Do nothing

Relaxation meditation

#### Check Out Forms

Haiku, Tanka, Tanka train - Book of Forms

5-7-5 or 5-7-5-7-7

Repeat the 5-7-5-7-7 pattern multiple times to make a train.

#### Play Word Games

Nouns of grief experience, verbs of nature, mix them up

### You can do the same with visual art!

#### Meditation inspiration

Take one image from what's in front of you

#### How People Shape Art Forms to Fit their Experiences

Tag Art

Book Art

Henna Art

Photography

Artist Trading Cards

#### Mix n' Match

Collage

Collage description