

# MAKE A DRAWING OF FEELINGS



Shapes and colors can create different feelings—the same way music does. In *Bubbles*, artist Thomas Hart Benton explores this idea using a style of painting called Synchronism. Synchronism encourages artists to create harmonies with colors and shapes to create paintings, similar to the way musicians create harmonies to make music. A harmony is a combination of musical notes or

sounds from instruments or voices that create a pleasing effect. Try listening to your favorite song to hear harmonies.

Look closely at the painting *Bubbles*. Notice the shapes: how do they make you feel? You can test this out by drawing shapes in the air with your finger. Try drawing a circle in the air. As you move your hand in a curve, does it make you feel relaxed? Calm? Focused? Something else? Now try a triangle. How does this shape make you feel? What sounds or feelings come to mind?

Today we will explore shapes, feelings, and colors and create a drawing.



Learn more about  
*Bubbles* and Synchronism:

[gomobileartbma.org/#object/1141](https://gomobileartbma.org/#object/1141)

Thomas Hart Benton. *Bubbles*. 1914-1917. The Baltimore Museum of Art: Gift of H.L. Mencken, Baltimore, BMA 1947.317.  
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We'd love to see your work! Snap a picture of your final creation and share with us on Facebook, Instagram, or Twitter using the hashtag #ArtBMAFromHome for a chance to be featured.

ARTBMA.ORG

## MATERIALS

Drawing materials (paper, colored pencils, markers or crayons) and found items.

## INSTRUCTIONS

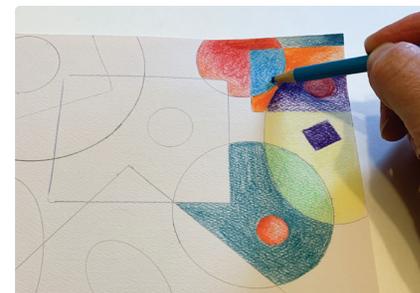
- 1 Write down three feelings. These can be any feelings that come to mind, like joy, anger, or calmness.
- 2 Close your eyes. Think of the feelings you wrote down. What colors and shapes come to mind? Write them down next to each feeling.
- 3 Ask a parent for help and go on a scavenger hunt around your house for the shapes you wrote down. Use any items you like, such as cups, small food boxes, cans, paper, or even a toy.

4



Trace the shapes of the items you found onto your paper. Will your shapes overlap or stay separate? Will they run off the page or stay neatly on the page?

5



Next, express your feelings by filling in the shapes with the colors you wrote down. Try blending the colors to show how feelings change. Press down hard to create a deep color or lightly to create a soft color. Mix colors by layering one on top of the other or fade one color into another.

Continuing coloring until you feel your artwork is complete. Talk about your work with your family and share your feelings.



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