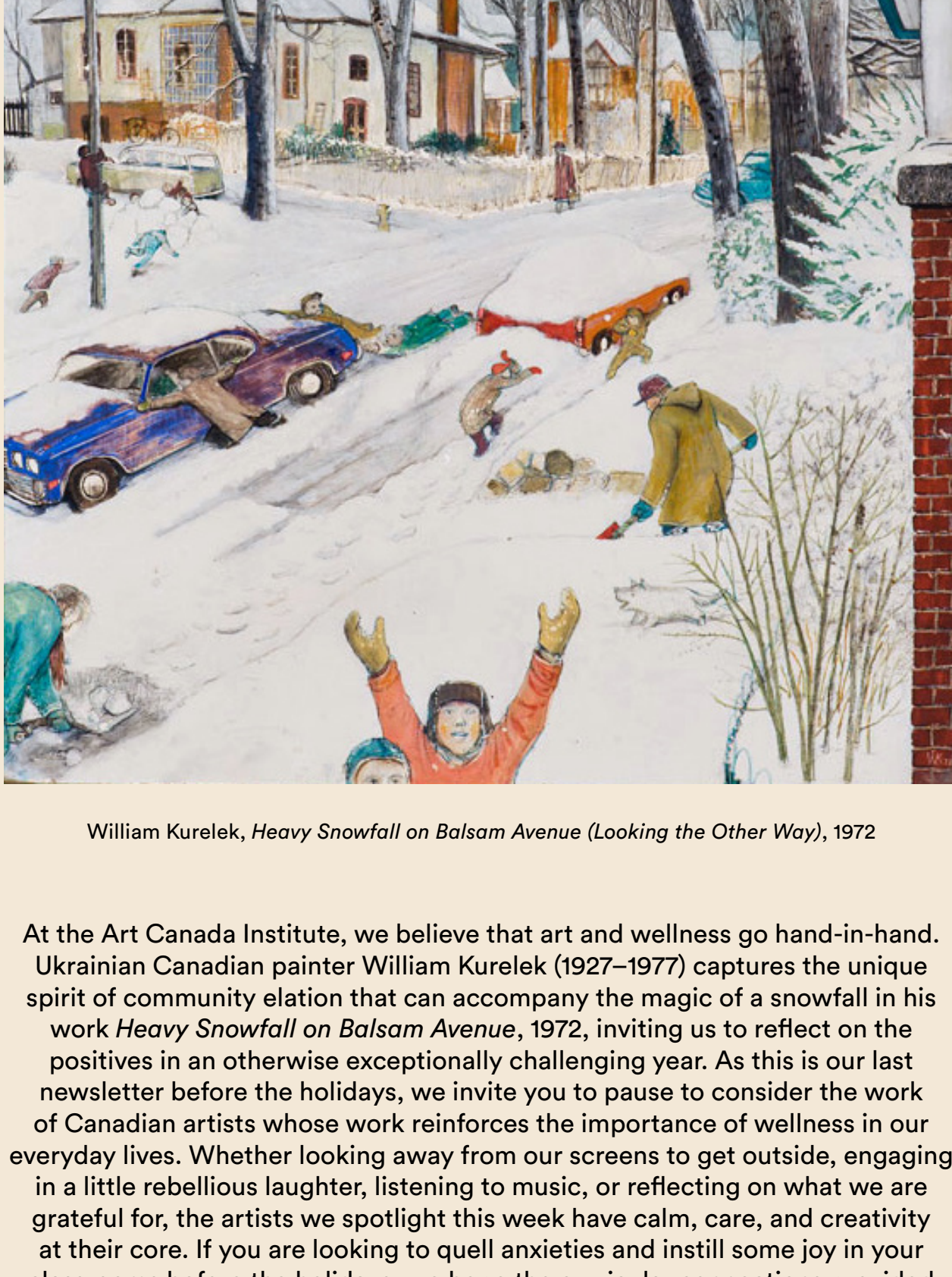


THE BEST MEDICINE WELLNESS THROUGH ART

*Learn about the ways that Canadian art can be a gateway
for teaching joy, confidence, gratitude, and more*

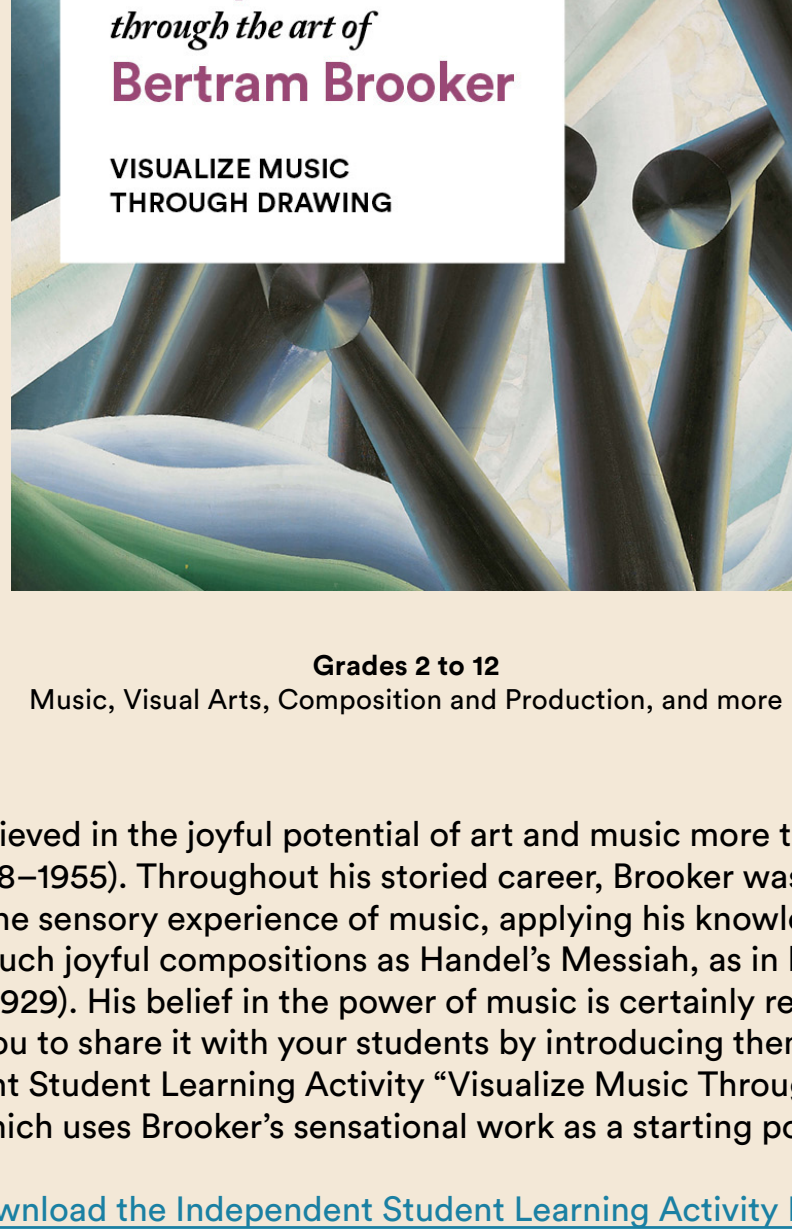


William Kurelek, *Heavy Snowfall on Balsam Avenue (Looking the Other Way)*, 1972

At the Art Canada Institute, we believe that art and wellness go hand-in-hand. Ukrainian Canadian painter William Kurelek (1927–1977) captures the unique spirit of community elation that can accompany the magic of a snowfall in his work *Heavy Snowfall on Balsam Avenue*, 1972, inviting us to reflect on the positives in an otherwise exceptionally challenging year. As this is our last newsletter before the holidays, we invite you to pause to consider the work of Canadian artists whose work reinforces the importance of wellness in our everyday lives. Whether looking away from our screens to get outside, engaging in a little rebellious laughter, listening to music, or reflecting on what we are grateful for, the artists we spotlight this week have calm, care, and creativity at their core. If you are looking to quell anxieties and instill some joy in your classrooms before the holidays, we hope the curricular connections provided here will inspire. From all of us at the Art Canada Institute Education Program, we wish you a safe, healthy, and joyful holiday season.

— The Art Canada Institute Education Team

BASK IN THE JOY OF MUSIC



Grades 2 to 12

Music, Visual Arts, Composition and Production, and more

No one believed in the joyful potential of art and music more than Bertram Brooker (1888–1955). Throughout his storied career, Brooker was interested in visualizing the sensory experience of music, applying his knowledge of visual forms to such joyful compositions as Handel's Messiah, as in his painting *Alleluiah* (1929). His belief in the power of music is certainly relatable, and we invite you to share it with your students by introducing them to our new Independent Student Learning Activity "Visualize Music Through Drawing", which uses Brooker's sensational work as a starting point.

[Download the Independent Student Learning Activity Here](#)

GRACE AND LAUGHTER THROUGH THE ART OF CHARMAINE LURCH



Charmaine Lurch, *Rebellious Laughter*, 2018

Inspiring laughter in the classroom can be a great way of encouraging students to let go and relax into learning. Canadian artist Charmaine Lurch's *Rebellious Laughter*, pictured here, is part of her series *Being, Belonging, and Grace*, 2018. This project represents individuals in active states of grace, leisure, and play, countering fixed notions of Blackness and centralizing joy and contemplation.

[Read More](#)

TEACH THE ART OF CONFIDENCE WITH PARASKEVA CLARK

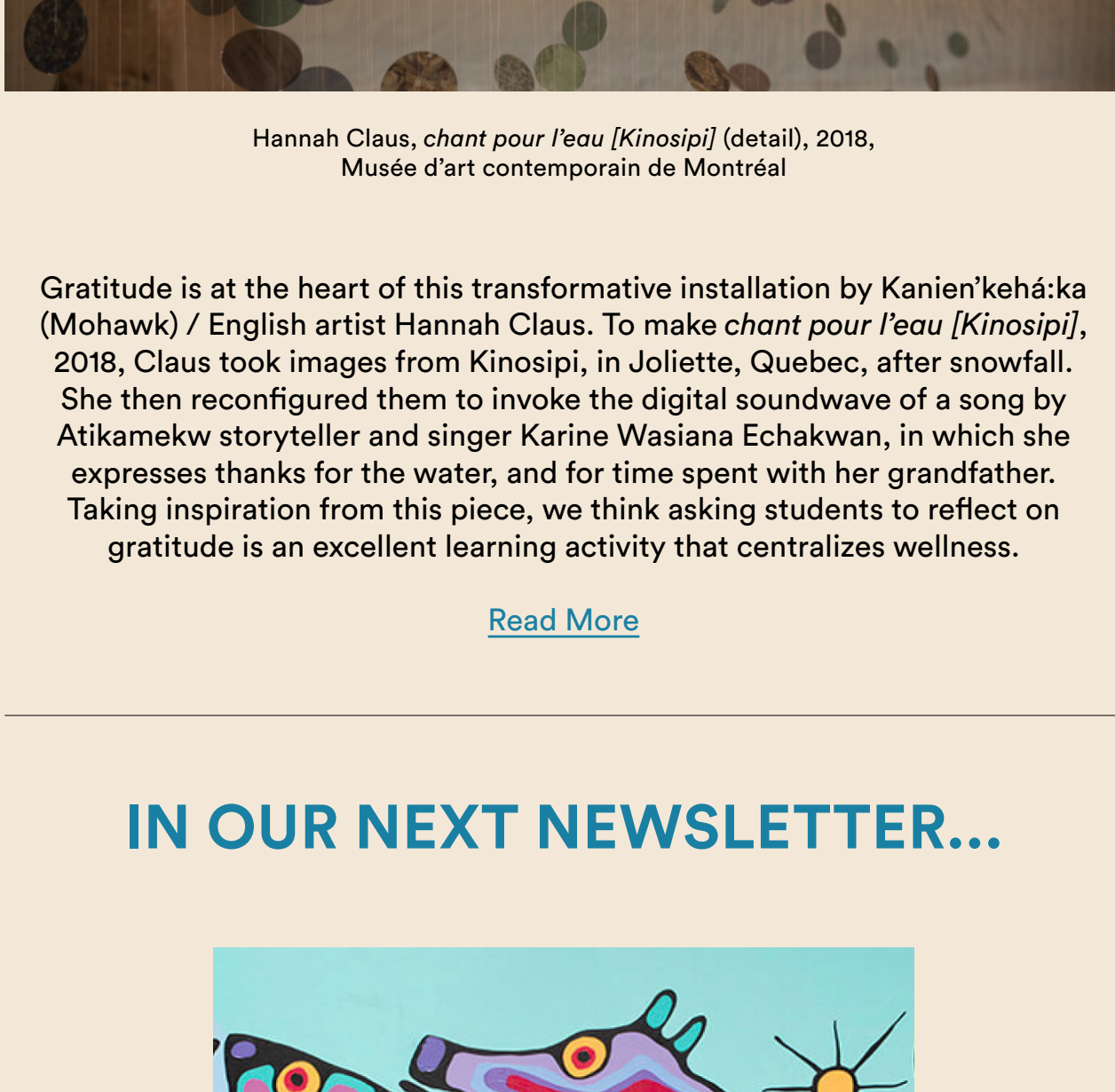


Paraskeva Clark, *Myself*, 1933, National Gallery of Canada, Ottawa

Self-confidence is an important and complex component of wellness, and indeed central to the learning process. It makes an appearance in the paintings of émigré artist Paraskeva Clark, whose bold yet quiet confidence is exuded in her self-portrait entitled *Myself*, 1933. Giving students opportunities to create their own portraits is a great classroom strategy for encouraging them to look inward and to let their unique personalities shine.

[Read More about This Work and Artist Here](#)

PRACTICE GRATITUDE WITH THE ART OF HANNAH CLAUS

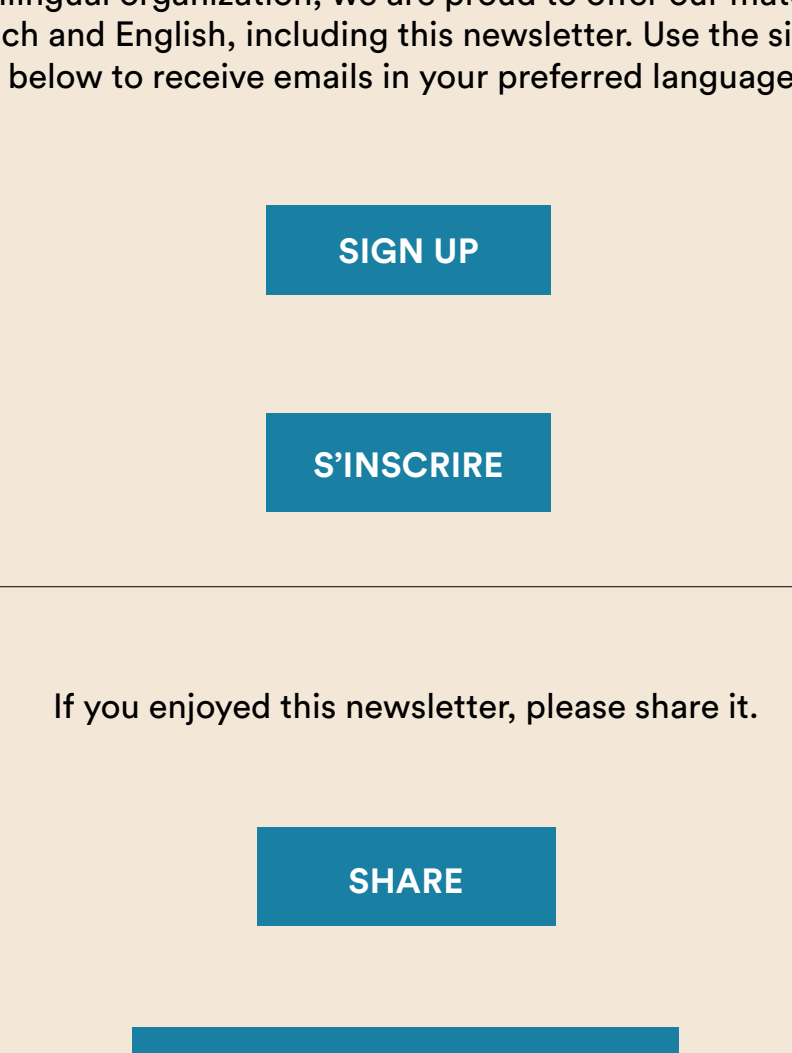


Hannah Claus, *chant pour l'eau [Kinosipi]* (detail), 2018, Musée d'art contemporain de Montréal

Gratitude is at the heart of this transformative installation by Kanien'kehá:ka (Mohawk) / English artist Hannah Claus. To make *chant pour l'eau [Kinosipi]*, 2018, Claus took images from Kinosipi, in Joliette, Quebec, after snowfall. She then reconfigured them to invoke the digital soundwave of a song by Atikamekw storyteller and singer Karine Vvasiana Echakwan, in which she expresses thanks for the water, and for time spent with her grandfather. Taking inspiration from this piece, we think asking students to reflect on gratitude is an excellent learning activity that centralizes wellness.

[Read More](#)

IN OUR NEXT NEWSLETTER...



Grades 5 to 12

First Nations, Métis, and Inuit Studies, Visual Arts, and more

Anishinaabe artist Norval Morrisseau is considered by many to be the *Mishomis* or grandfather of contemporary Indigenous art in Canada. In our next newsletter, we focus on strategies for decolonizing your curriculum, and introduce our latest Independent Student Learning Activity on the theme of land and Indigenous worldviews, inspired by Morrisseau's exquisite canvases.

As a bilingual organization, we are proud to offer our materials in both French and English, including this newsletter. Use the sign up links below to receive emails in your preferred language.

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ABOUT THE ART CANADA INSTITUTE

Launched in 2013, the Art Canada Institute is the only national institution whose mandate is to promote the study of an inclusive multi-vocal Canadian art history to as broad an audience as possible, in both English and French, within Canada and internationally. The ACI works with more than fifty of Canada's leading art historians, curators, and visual culture experts who are dedicated to the creation of authoritative original content on the people, themes, and topics that have defined Canadian art history.

We are creating a central digital resource to tell the world about Canada's most important works of art and where they are located. By functioning as an online art museum, a [digital library](#), and an interactive Canadian art encyclopedia, the ACI is an indispensable resource on Canada's visual heritage.

Visit us at aci-iac.ca

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