



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