

## The Un-carved Block

“I saw the angel in the marble and carved until I set him free.” -Michelangelo

Take a big lump of clay. Slowly, kneed the clay with your hands. Soften it. Warm it up until it is easier to work with. This is important. As you work with the clay, notice how your hands touch the clay. Try to connect your breathing with your hands as you move the clay around; breathe in and out in-time with your hands. Form the clay into a block or chunk. Put the chunk down in front of you. Now try these challenges:

- A. Create a sculpture that represents happiness or joy.
- B. Create a sculpture that represents sadness or anxiety.
- C. Create a sculpture that represents love.

1. Which was hardest for you, sculpting happiness, sadness, or love? Why?

Now close your eyes and think about how you feel. Imagine what is inside the block. Do you see a heart? A face? A shape of some kind? Do you see, like Michelangelo, an angel? Start to mold and cut the clay into the shape you saw in your head. Take your time. Start over if you have to.

2. What did you create?

3. How does your sculpture represent what you are thinking or feeling right now?

4. Describe or Draw the sculpture you made from the block.