

Mindfulness & Relaxation

Visual Arts, Creating & Making

Year 7-8

Content Description

Select and manipulate visual conventions, visual arts processes and/or materials to create artworks that represent ideas, perspectives and/or meaning (AC9AVA8C02)

VR Learning Activities

Listening and Understanding: Students listen to explanations about how artists use color, pattern, and natural forms to evoke calmness and promote mindfulness. They learn about the psychological effects of certain colors and repetitive designs as stress relief techniques and are invited to create artwork focused on relaxation.

Interactive Painting: Students use the virtual painting system to create artworks with calming color palettes, flowing brush strokes, and repetitive or soothing patterns. They experiment with nature-inspired themes such as leaves, water, or clouds to foster a sense of tranquility.

Exploring Identity (Adapted as Exploring Emotional Wellbeing): Students reflect on feelings of calm and relaxation, considering what visual elements help them personally feel centered or peaceful. They incorporate these elements into their artwork to promote emotional wellbeing.

Creative Expression: Students manipulate color harmony, rhythm, and texture in their compositions to evoke mindfulness. They focus on meditative repetition and balance in their designs, using the VR space to immerse themselves in the creative process.

Reflection and Explanation: Students explain how their artwork promotes relaxation or mindfulness, discussing their choices of color, pattern, and theme. They reflect on the experience of creating calming art and its effect on their mood.

Cultural Exploration (Adapted as Mindfulness Practices): Students explore cultural traditions of mindfulness and meditation and how these are expressed visually in different artistic styles. They may incorporate symbolic motifs from these traditions to deepen the meaning of their artwork.

Key Learning Areas

Digital Painting Techniques: Students develop skills in using virtual brushes, color blending, and pattern creation to produce calming, meditative artworks.

Emotional Expression through Art: Students explore how color, repetition, and natural motifs can convey feelings of calm, relaxation, and mindfulness.

Symbolic and Thematic Representation: Students incorporate soothing patterns, nature-inspired imagery, and culturally significant mindfulness symbols to create art that promotes wellbeing.

Creative Decision-Making: Students make intentional choices in composition, color harmony, and texture to evoke tranquility and support mental health.

Artistic Reflection and Communication: Students reflect on their creative process and explain how their artwork encourages mindfulness and relaxation.

Exploring Virtual Reality as a Medium: Students engage with VR as an immersive tool that enhances focus and relaxation through creative expression and sensory experience.

