**ACTIVITY AT A GLANCE**

**Goal(s):**
- Practice mindful movement, paying special attention to direction, speed, and shape
- Reflect on the many ways we use our hands in the kitchen

**Materials:**
- Paper
- Pencil(s)
- A buddy!

**New Word(s)**
- Contour drawing
- Blind contour drawing

**NYS Arts Learning Standards (select no more than 2 - student audiences only)**

4th VA: Cn10.1.4 a. Develop a work of art, based on observation of surroundings.

**STEPS**

<table>
<thead>
<tr>
<th>Step #1</th>
<th>● Think about the different ways you use your hands in the kitchen: chopping, stirring, ripping, peeling, rolling, and more. You can find examples in the Workbook Zine. (Instructions for folding the Workbook Zine after printing can be found in Lesson Plan 4: Smell)</th>
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<tbody>
<tr>
<td>Step #2</td>
<td>● Practice some of these movements and take note of the shapes and directions you make.</td>
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| **Step #3** | ● Have a buddy make some of these same hand motions and put your pencil to the page.  
● Look at them while they make the movement and draw their movements with your pencil *without* picking your pencil up. This is how you make a contour drawing. |
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<td><strong>Step #4</strong></td>
<td>● Try again, but this time <em>don’t</em> look at the page as you draw. This is how you make a blind contour drawing.</td>
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| **Activity Modifications (as needed):**  
You can switch with your buddy so you both do a contour drawing! |