# Healthy Boundaries for Wholehearted Living

**A Creative Art Workshop**

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## Part 1 Inquiry: Values, Boundaries, Care, and Connection

### First Turn/Last Turn
### Dialogue Points

- Setting boundaries is hard.
- Setting boundaries is making clear what's okay and what's not okay, and why.
- Setting boundaries is vulnerable and brave.
- People fail to set boundaries to avoid being disliked.
- We often feel like we need to apologize or justify when setting a boundary.
- Failure to set boundaries can quickly lead to resentment and frustration.
- Clear boundaries can lead to collective confidence and trust.

### Collaborative Warm-Up Art Activity

- In your group, choose one of the First Turn, Last Turn dialogue points – the statement perhaps that elicited the richest dialogue.
- Use the materials inside your grab bag and work together to make 1 piece of art that reflects or in some way speaks to the chosen statement.
- You have 20 minutes!

**Part 2 Art Making: The Landscape of Home, Community, and "Out There"**

1. **Sketch a landscape:**

**Materials:** pencil, tape, 11"x15" 140lb. Watercolor paper, gesso, scraping tool

- Tape your page to the table to create a border.
- With a pencil lightly divide your page into 3 equal sections: foreground, middle, and background.
- Sketch a landscape of hills in the middle section.
- Add a road that travels from the bottom of the page up and over the hills.
- Indicate where your home will be located on the foreground.

**2. Place your "behavioural boundaries" in your landscape**: at home, in the community, or "out there". How much distance is needed to feel safe, to be your authentic, whole, and healthy self?

- Foreground – your personal "home", your family, your loved ones. What's okay? What values/behaviours do you need from those in your home space to feel safe and recognized? For e.g. **Telling the truth.**
- Middle Hills – your neighbourhood, your community, your workplace/colleagues. What's okay? What values/behaviours do you need from those in your community world to feel you can belong and feel authentic? For e.g. **Being reasonable**.
- Background – "out there" where behaviours are placed so our lives are not hurt or triggered by them. Placing these behaviours "out there" allows us to engage without being reactive! For e.g. **Don't respect my values; not trustworthy; lie**.
- The Road – Reminders to self as you travel your landscape. For e.g. **I will respect myself**; **I will trust myself**.

Now, cover up your writing with a SKIM coat of Gesso. A skim coat will allow bits of writing and sketched lines to show through.

Let dry.

**3. Painting "Home": the Safe Space**

**Materials:** Acrylic paints (limited palette of white, black, yellow, red, blue, green), 2 brushes (medium and small), pencil, palette, water, paper towel.

- Rework your landscape lines.
- Sketch in your home. Keep it simple and "folksy" or "whimsical".
- Paint large areas:
  - Sky – blue and white. Area can include distant water body. Differentiate the water from the sky with a light horizon line.
  - Hills – Hills appear to fade into the distance and appear lighter. Mix green, yellow, and white in 3 values. You can use the green paint or try blue and yellow to mix your own green. Paint the furthest hill first and work forward.
  - Foreground and road.

- Paint your home. Think of Maud Lewis' simple style.

- Add details and embellishments to your home.
- Add a garden, trees, fence, sidewalk, etc.
- Add a meeting area for friends and family.

**4. Painting beyond the home (middle and background)**

- Move to the Middle Ground. What might you see here? What would you include as your community, your close world?
- Add details to your background: sky, water, clouds, birds, lighthouse, boats

**5. Painting the road**

- I included a rider on a bicycle and a road sign. How do you like to travel through life???

**6. Finishing**

- Does your painting tell a story?
- Have you captured any of the Maud Lewis style: bright, optimistic, simplified
- Optional: Add a quote or phrase from the earlier inquiry that speaks to you.
- Don't forget to sign your work!!

"The ache for home lives in all of us. The safe place where we can go as we are and not be questioned." – Maya Angelou

## Bibliography

Beaudry, Diane. *Maud Lewis: A World Without Shadows*, NFB, 1976.
Brown, Brene. Dare To Lead, Random House, NY, 2018
Cronin, Ray. Our Maud: The Life, Art and Legacy of Maud Lewis, Art Gallery of Nova Scotia, 2017.