

# Our Bodies are Here

## Paper Lanterns of Hope

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**Time Needed:** 30 minutes

**Arts Focus:** Visual Arts

**Age Range:** 6-8

### Mini-Lesson Description:

In this lesson, learners will create a lantern of hope as a way to engage in conversations about what inspires us through difficult times. Learners will gain skills and experience in three-dimensional art and paper crafts.

### Key Concepts:

Three-Dimensional Arts; Vertical & Horizontal Lines; Craft; Hope; Conversation; Representation; Paper Art.

### Materials Needed/Prep:

- (2) sheets of letter sized 8.5 x11 blank paper (recycled paper optional)
- Scissors
- (1) pencil, (1) color pencil
- Clear tape or any tape
- 18 inches thread of any color
- Ruler

### Step-by-Step:

1. Begin with a conversation about how the world and the news can sometimes feel scary or confusing. You can share one thing you are sad or confused about in the world, and the learner can also share what they are hearing about world events.
2. Introduce the concept of hope and discuss with the learner(s) things that can give us hope through difficult times. Write down the ideas that are shared.
3. Practice mindfulness: remind the learner(s) that their bodies are a gift, and that they can find hope in their breath. Breathe in and out a few times together, focusing on inhale and exhale. They can even say, "*breath is life, and life is hope*".
4. Share that the learner(s) are going to make a three-dimensional lantern that represents hope. Show them a flat piece of paper and talk about the difference between two-dimensional (2D) art and three-dimensional (3D) art. You can demonstrate the difference by connecting the ends of the paper to make a cylindrical or tube shape.
5. Fold the rectangular paper in half along the long edge (hotdog bun style).
6. With a pencil and a ruler, draw a horizontal line across the folded paper,  $\frac{3}{4}$ " down from the edge.
7. With a pencil and a ruler, draw 10 vertical lines or stripes 1-inch apart that will touch (but not cross) the edge of the horizontal lines drawn in Step
8. Cut along each of the shorter vertical lines. Do not cut past the horizontal line along each edge. See *Figure 1*.
9. Unfold the paper. Take the two short sides of the paper and connect them to make a circle (as if you were making a cylinder.)
10. Secure the top and bottom circles of the lantern with tape.
11. Cut one folded paper strip and curl the ends with a pencil to make an "opening" in the lantern. *Figure 2*.
12. To make the handle, cut a separate paper strip (color paper)  $\frac{3}{4}$  inch by 9 inches long and tape it to opposite sides of the top circle.
13. To make a candle, cut a strip of paper and cut out or draw the candle flame.
14. Tape the paper candle to a thread and tape the top of the thread to the handle.

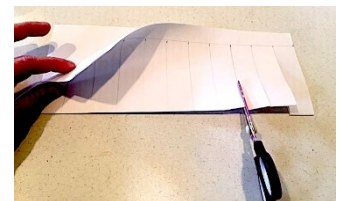


Figure 1



Figure 2

### Variations and Next Steps:

- Try making paper lanterns with magazines, wrapping paper, paper bags, or collaged paper.