INSPIRED BY: JACKSON POLLOCK



Jackson Pollock wsa one of the main abstract expressionist painters to come out of New York in the 1940's, and has been named one of America's greatest painters. His most known work is from his 'drip period', he began to experiment on canvas flat on the floor using a drip method of applying paint. His way of painting was also known as 'action' painting'. He would move and respond to his emotions and mood using paint dropped and splattered onto his canvas. Jackson in Action

Abstract Expressionism was an artistic movement that explored the use of art as a means of expressing one's emotions and feelings. To achieve an authentic artistic response, it's method is meant to be spontaneous and in the moment.

At the time this way of painting and applying paint was revoloutionery in the art world, today you can often see paint splatters used in the same way that Pollock applied paint, however this more decorate rather than an artistic statement.

How to Action Paint

Action painting is a way of creating art that incorporates movement or gestures into the creative process, it could be a swish of the arm, a flick of the wrist or a more complicated movement, even a dance.

Other ways you can action paint is to use unusual items or objects to make your mark. This young artist from 1957 is using a bicycle to create his artwork Action Painting.

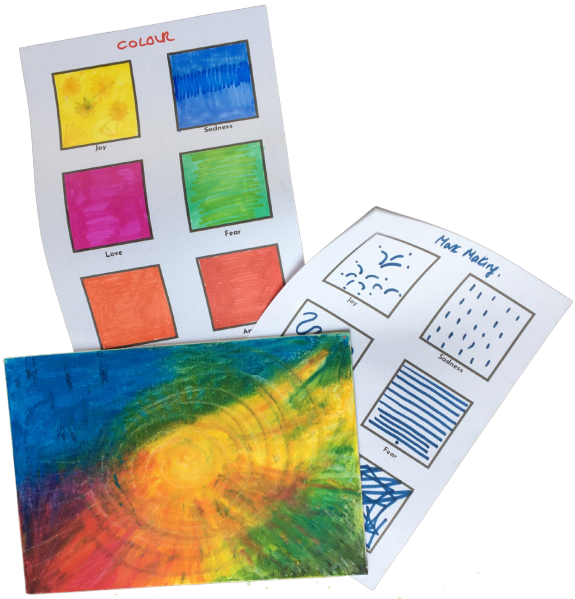
Making this Work in your Setting

Discuss the idea of action expressionist art and ask your residents how they could create an action painting. In the first instance frame the question without limitations, so imagine we have all the space, and it doesn't matter how messy we get, and we can use anything we want to.

What would you use to make your marks?
How big would it be?
What surface would use to paint on?
What feelings would they express?
If you was to play music to paint to what would it be?

Copyright Creative Paths (EM) CIC 2020

















How are you feeling?

Jackson Pollock would represent his mood or feelings through painting.

You can create simple abstract expressionist art by focusing on a current emotion or feeling, the painting I have created is about Hope. I was thinking about hope for the New Year.

Everyone will use colour and pattern differently to represent mood or emotions, however some emotions are represented again and again by the same colours - E.G Sadness = Blue

Discuss using the picture resource whether you agree with the colours and images I have chosen to represent the emotions.

Use the square templates to create your own visual language of colour and marks to represent how you think the emotions should be, then have a go using the language to create your own painting.

You can use any medium as a base then add some paint splatters to finish it off.

Copyright Creative Paths (EM) CIC 2020







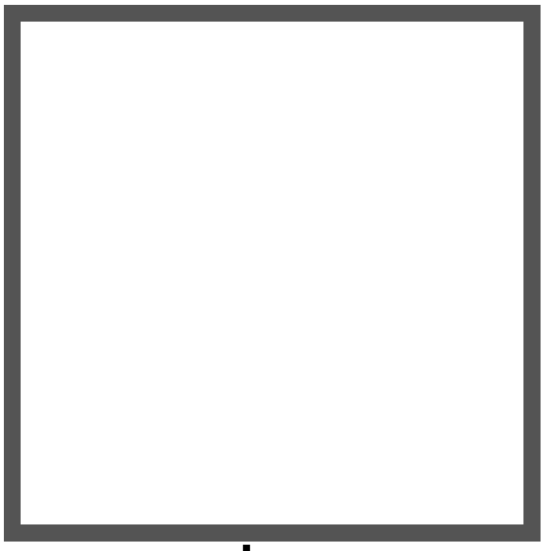




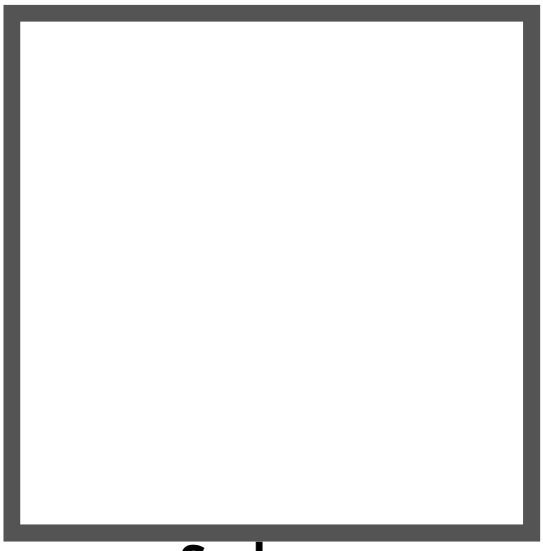


Copyright Creative Paths (EM) CIC 2020

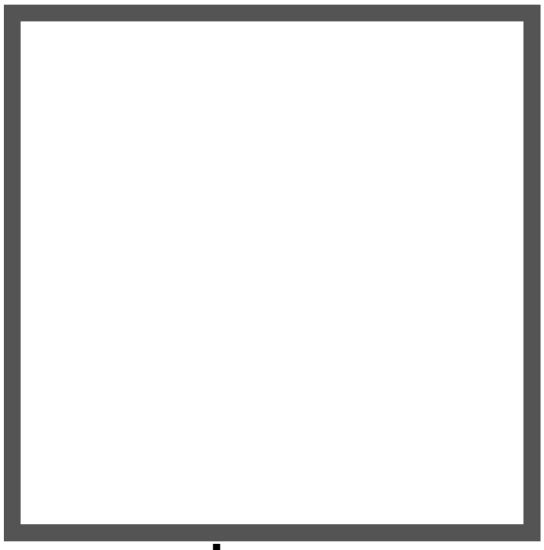
Representing Feelings With Colour



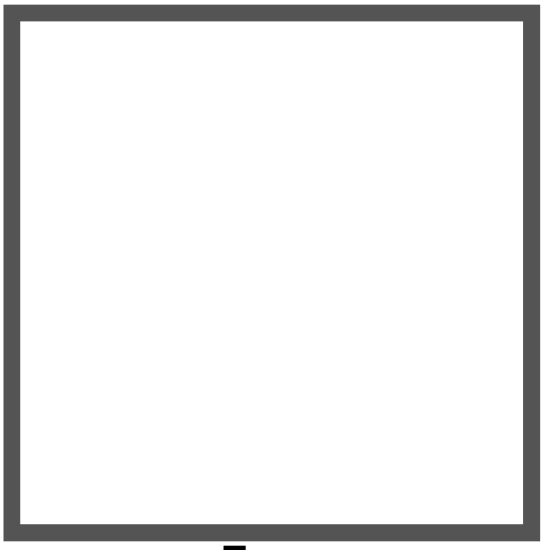
Joy



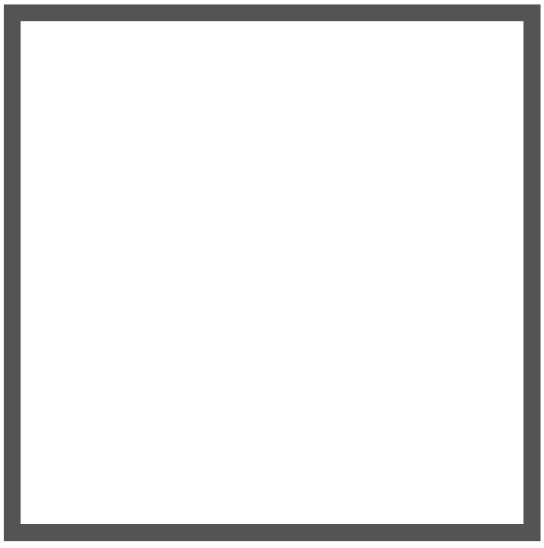
Sadness



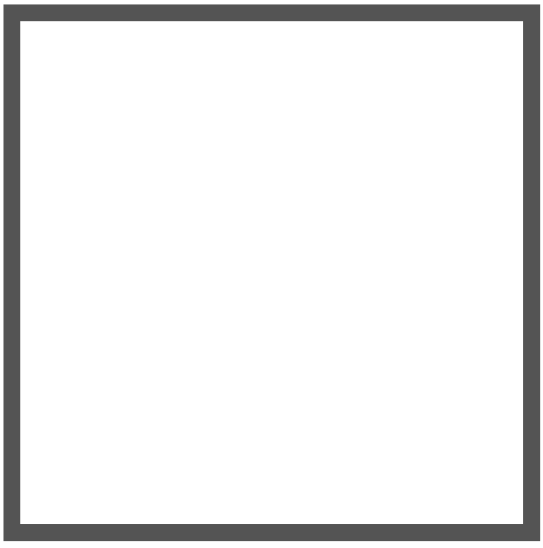
Love



Fear



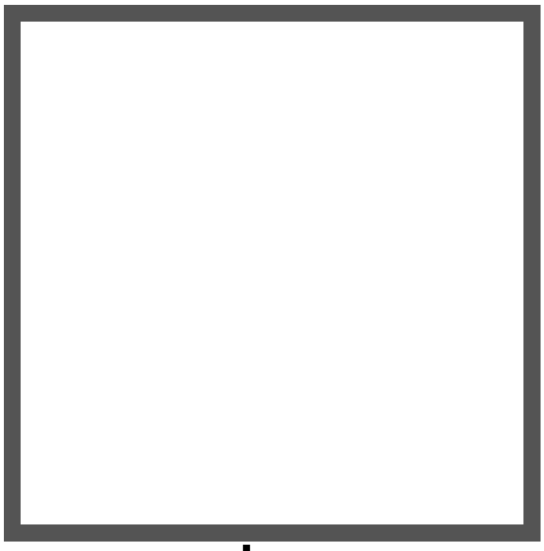
Hope



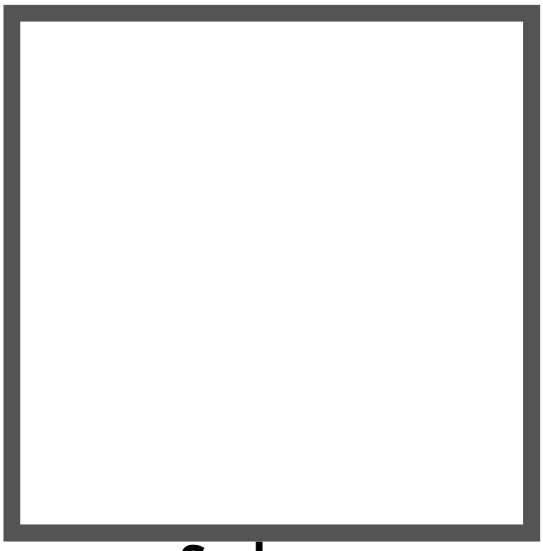
Anger

Copyright Creative Paths (EM) CIC 2020

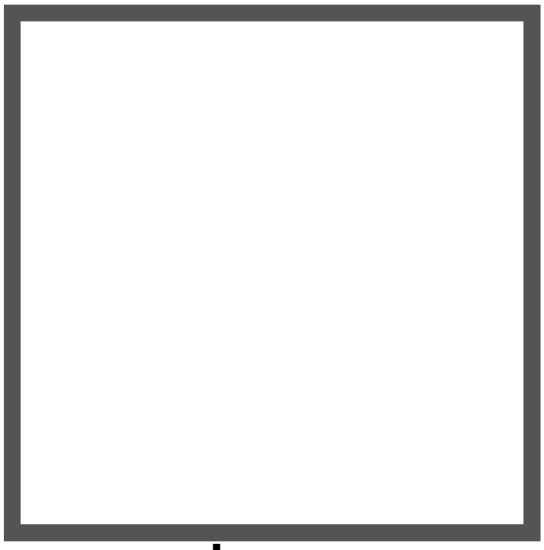
Representing Feelings With Mark Making



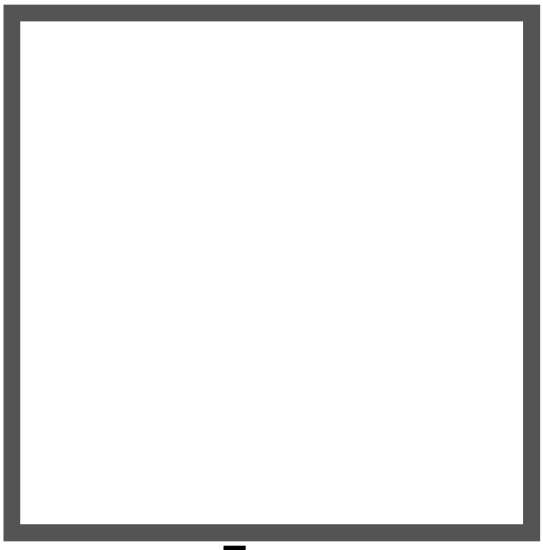
Joy



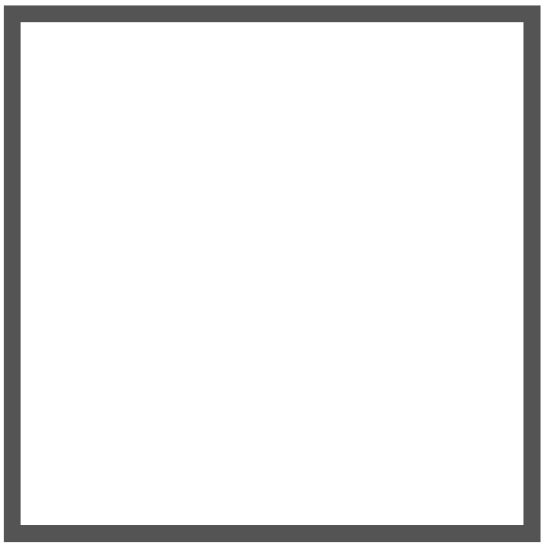
Sadness



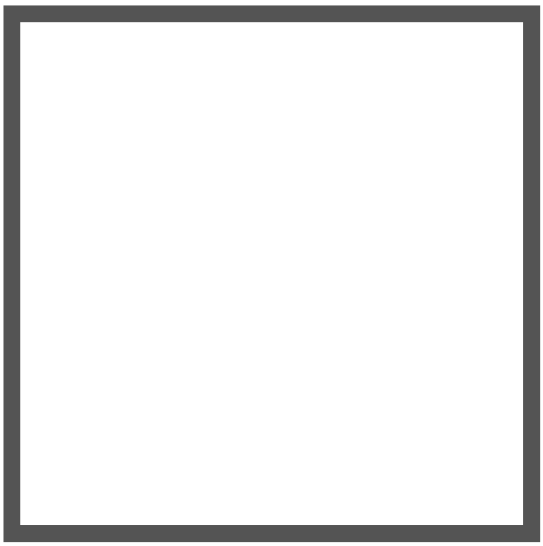
Love



Fear



Hope



Anger

Copyright Creative Paths (EM) CIC 2020