HEART MAP

Prompt

What would a map of your heart look like?

Warm-up Exercises

Share examples from previous heart map sessions and images of interesting maps—historical, contemporary, imaginary. Participants select one of several anatomical heart images (provided), and trace/transfer it onto a piece of watercolor paper. While working on their tracings, participants are prompted to discuss what they might include in their maps.

Optional:

Map keys: discuss the use of symbols in historical maps, and keys that explain their meaning

Sketches: participants create quick sketches (timed) of elements they might include in their maps, using categories such as places, things, people, non-human beings, and qualities

Story-telling: encourage participants to develop a story about their map, which could include spoken word, sound, or musical elements

Response

Participants paint and photograph a watercolor map of their heart, sharing a digitally recorded story of the map at the end of the session. Pending review and permission, the maps and stories will be posted to the Bubbler website.

Materials

Map examples and/or projection equipment, template drawings of anatomical hearts, watercolor paper/paints/brushes, plastic tubs for water, plastic lids for paint palettes, tracing paper, pencils, erasers, 8.5 x 11 standard white paper for warm-up drawings, digital or iPad camera (tripod optional but desirable), audio recorder.