
Healing Toolkit

— Inspired by the artwork and biography of —
Arthur Lopez

Student Learning Objectives

- Students will identify universal healing practices and tools
- Students will analyze the work and biography of artist Arthur Lopez
- Students will develop and illustrate a tool kit for personal healing
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What are things humans heal from?

1.

How do humans heal?

Think: tools, practices, helpers

1.

Example answers

What are things humans heal from?


1. Disease / sickness
2. A break up
3. Death in the family
4. Broken bone
5. Getting a burn or cut
6. Losing a family pet
7. Being lied to or stolen from
8. Allergic reactions
9. disappointment / not having things turn out the way you wanted
10. Your friends excluding you or not texting back / being rejected
11. Being bullied
12. Parents getting a divorce
13. Moving to a new school / neighborhood
14. Depression or anxiety
15. Trauma, like a car accident or experiencing violence at school or home


How do humans heal?

Think: tools, practices, helpers

1. Go to a doctor
2. Go to a therapist
3. Band aide / first aid
4. Getting rest
5. Taking medicine
6. Venting to a friend / family member
7. Getting a big hug
8. Time
9. Writing / singing / dancing out your feelings
10. Eating nutritiously
11. Engaging in a spiritual practice
12. Physical therapy

What does it mean to heal?

 **heal·ing**
/'hɛlɪŋ/
noun
the process of making or becoming sound or healthy again.
"the gift of healing"
adjective
tending to heal; therapeutic.
"a healing experience"

Similar: [alleviate](#) [assuage](#) [palliate](#) [relieve](#) [ameliorate](#) [ease](#) [help](#) 

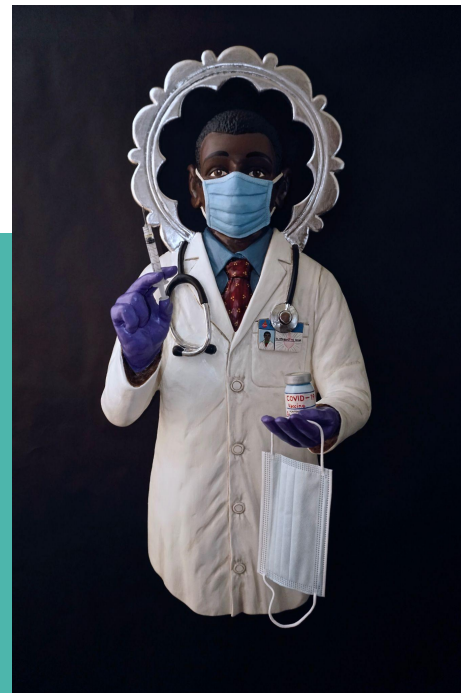
Arthur Lopez



Arthur Lopez is a self-taught sculptor featured in The American Visionary Art Museum's 2020-2021 exhibition *Healing and The Art of Compassion*. He carves small wooden sculptures called *Santos* (saints), or paintings called *retablo* in the traditional New Mexican style.

Arthur Lopez

Out of his great respect for health care professionals who cope with life and death and suffering every day, Lopez began making COVID-related saints at the start of the current Pandemic.





What else - besides medicine
- can help us heal?

Compassionate Healing

Arthur made a difficult choice to put his father into hospice (end of life) care to ease his suffering.

When doctors could not longer help, Arthur tried to make his father feel better with **compassion**.

1.

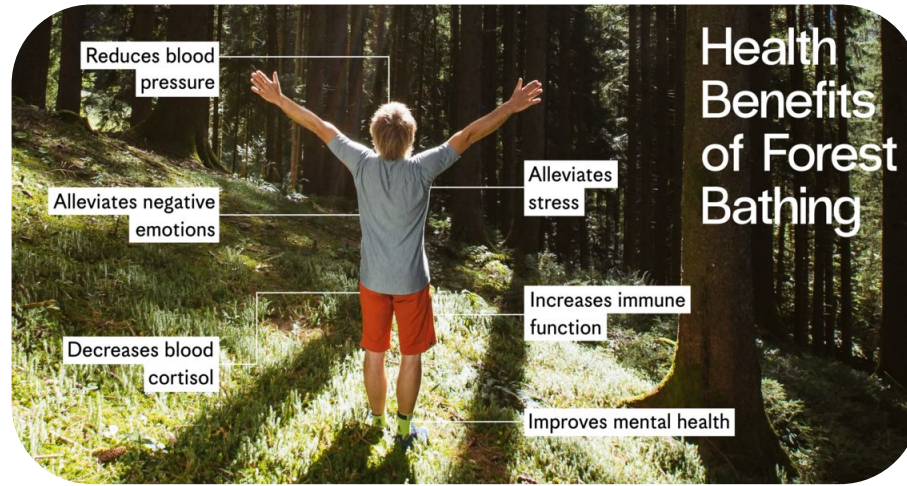
Compassionate Healing

Arthur made a difficult choice to put his father into hospice (end of life) care to ease his suffering.

When doctors could not longer help, Arthur tried to make his father feel better with compassion.

What else - besides medicine - can help us heal?

1. Meditation
 2. Yoga or tai chi
 3. Energy work, like reiki
 4. Breath work
 5. Crystals
 6. Spirituality / religion
 7. acupuncture
 8. Talking to a friend
 9. Getting a massage
 10. Spending time in nature
 11. Drinking herbal tea
 12. Digital detox
 13. Visiting a Shaman / healer
 14. Creativity
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Healing Arts Exploration

Pick one to explore!

- Explore The Japanese Art of Forest Bathing [here](#) and [here](#)
- Explore mindfulness meditation [here](#) and [here](#)
- Explore reiki energy healing [here](#)

Healing Arts Exploration

I chose to explore (circle one)--->

forest bathing

mindfulness meditation

reiki healing

After exploring the topic using the links in the Google Slides, record your thoughts below:

What is it?	How does it heal/help the body?	How does it help/heal the mind?

Would you ever try this healing art? Why or why not?

Create Your Healing Toolkit

Choose one option below for your final healing exploration.

Illustrate Your Toolkit

Materials: 9x12" paper or larger. Pencils, markers, colored pencils, pens, collage papers, scissors, glue.

1. **Identify** one thing you would like to heal from. **Draw** it at the center of your paper. This can be a symbol, it can be an emotion, or any other way you can represent what is hurting you.
2. **Brainstorm** a list of 6-8 healing practices, tools, or helpers you can use when you need to feel better. **Write** this list on the back of your drawing.
3. **Illustrate** your healing items around you, and connected to you in a healing web. You can make this as realistic or symbolic as you like.

Tactile Toolkit

Materials: sculptural materials such as masking or duct tape, cardboard, foam core, pipe cleaners, clay, collage papers, scissors, glue.

1. **Brainstorm** a list of 5-6 healing practices, tools, or helpers you can use when you are sick or hurt and need to feel better. **Write** this list on a scrap of paper.
2. **Identify** where you would want to store these things when you're not using them - what will be your tool box? Create your toolbox out of the provided sculptural materials.
3. **Create** a tiny sculpture of each of your healing items. You can make these as realistic or symbolic as you like. **Place** them safely in the box.