

Love Painting

Visual Arts



LOVE Sculpture by Robert Indiana



Set up

- Set aside 30 minutes
- Prepare the kitchen table for the session
- Gather materials:
 - Watercolor paper
 - Scrap paper
 - Painter's tape
 - Sponge brayer (to roll paint)
 - Plastic letter stencils with the letters L, O, V, and E.
 - Acrylic paint, a variety of bright colors
 - Paper plates for serving paint
 - Stencil brush
 - Rags/paper towel
 - Optional: Rubber stamp letters

Consciously Breathe

- Look your partner in the eyes and say, "Let's breathe together"
- Take three deep inhales and exhales together

Sing and Move

- Sing a favorite love song, such as "Love Me Tender" (see lyrics on Page 3)
- Begin to make up movements to go with the song
- Invite your partner to mirror your gestures
- Repeat the song without the lyrics (use la-la-la) and enlarge the gestures

Call and Response

- Say the words below and have your partner repeat after each line
- Start by saying, "Repeat after me." You can do this as a poem or as a song with the melody.

*Love me tender,
love me sweet,
never let me go.
You have made my life complete,
and I love you so.*

Create Together

1. Talk about the LOVE sculpture by Robert Indiana. Point out the size of the sculpture. Use this as a stepping-stone to explore personal love stories of the past. For example ask, "How did you meet your wife/husband?" or "Tell me about a story when you first fell in love."
2. Show the stencils for letters L, O, V, and E and invite your care partner to create a painting using these letters.
3. Start by placing strips (torn along the length of the tape too to create interesting lines) and place pieces of tape on the watercolor paper.
4. Choose two colors that go well together and put a quarter coin-sized paint of each color on the paper plate.
5. Roll the brayer on the paper plate, mixing the two colors (unevenly is fine) and roll it on the paper, over the painter's tape.
6. Remove the painter's tape to reveal white lines on the paper that did not take up the paint.
7. Choose a letter and select placement of the letters on the painting.
8. Then choose a contrasting color to the background color and use the sponge or dauber to dab paint on top of the stencil.
9. Repeat stenciling several times to create a pleasing composition on paper.
10. Sign and ask the artist to give his or her finished work a title.
11. Discuss who would love to receive this painting.

Celebrate Each Other

- Positively acknowledge a moment of accomplishment and savor the moment
- Examples: "I enjoyed hearing your love story;" or "Dancing and singing with you made me smile;" "I like the bright (or light or dark or variety of) colors that you picked for the painting;" or "I loved singing Love Me Tender together."

"Love Me Tender"

Love me tender,
love me sweet,
never let me go.
You have made my life complete,
and I love you so.

Love me tender,
love me true,
all my dreams fulfilled.
For my darlin' I love you,
and I always will.

Love me tender,
love me long,
take me to your heart.
For it's there that I belong,
and we'll never part.

Love me tender,
love me dear,
tell me you are mine.
I'll be yours through all the years,
till the end of time.

(When at last my dreams come true
Darling this I know
Happiness will follow you
Everywhere you go).