

# THE FAMILY SUNDAYS RUBIN AT HOME

## MEASURE ME!

### ABOUT

What's special about you? What are the things that make you unique? The Rubin's exhibition *Measure Your Existence* can inspire you to reflect on how you define yourself. Measure your own existence through this art-making activity by creating a silhouette of your body and filling it with words, images, photos, or abstractions about you!

### MATERIALS

1. Newspaper or magazine clippings, photos, scrap paper, recycled boxes or wrappers, and anything else you can imagine to collage with!
2. Markers, crayons, pencils, or any other drawing utensils
3. Any kind, color, or size of paper
4. Glue or tape
5. Scissors



*Measure Your Existence*  
The Rubin Museum of Art

## INSTRUCTIONS

- Step 1** Gather or create collage materials cut into small shapes and sizes (about 2 inches big). Try to find collage materials that mean something to you or say something about you! For example: clippings from a box of your favorite cereal or snack; pictures or words that you like from magazines or newspapers; pieces of paper that are your favorite color; or even photos of yourself, friends, and family.
- Step 2** Pick a part of your body and trace it onto a piece of paper using a marker, crayon, or pencil. Choose any part of your body (such as your hands, feet, or even your head) as long as you can place it onto the paper and trace around it, creating an outline.
- Step 3** Fill in the outline of your body part by coloring with markers, crayons, or pencils and by gluing or taping your collage materials. Try and fill up your entire drawing with colors and materials that say something about you.
- Step 4** What does your finished artwork say about you and your identity? Does it reflect your favorite colors, shapes, animals, or foods? Does it tell a story about you?
- Step 5** Take a photo of your artwork and post it on social media with your story. Don't forget to tag us! #RubinMuseum #FamilySunday #SchoolandFamily #MeasureYourExistence #ArtChallenge

