

ART IS @ THE CENTER

NED KAHN: "NEGEV WHEEL" @ Contemporary Jewish Museum
Teacher Professional Development Workshop
Thursday, October 20, 4:30-6:30pm @ CJM, 736 Mission Street
<http://www.thecjm.org/on-view/currently/negev-wheel-ned-kahn/about>

- 4:30-4:45 Arrival and Introductions
Share Goals:
- Explore ways mindfulness can be cultivated through art viewing (and art making)
 - Learn strategies for integrating art, nature, and mindfulness in the classroom
 - Learn basic mindfulness techniques for yourself and for your students
 - Come away with ideas for classroom applications

In this gallery, art is literally at the center. . . .

- 4:45-5:30 Gallery Experience with Ned Kahn: Negev Wheel:
Mindful art viewing
- Mindfulness exercise (breath or eating?)
 - Mindful movement (for active students!)
 - Mindful Cognition: "appreciating" the art for 90 seconds (mindfulness as a way to reframe negative thoughts leads to care for self and care for students)
 - Small group observations of the artwork, using mindfulness techniques; share back
- Small group analysis of work using one of 3 frames
- Art as Metaphor (How/what can art inspire?)
 - Art and Mindfulness
 - Nature and Natural Forces (How/what can nature inspire?)

- 5:30-6:30 Mindful art making and connections/discussion
- Takeaways/reminder/anchor painted onto a rock
 - Creation of group mindful walking path

- Discussion:
- How does this relate to our school/classroom experience?
 - Teachers reflect on how this piece can inspire something for their class, their curriculum or the school at large.

Immediately following the PD, teachers are welcome to stay for this public event.

- 6:30-8:00 Optional: Artist Ned Kahn in Conversation
with CJM Chief Curator Renny Pritikin

<http://www.thecjm.org/programs/lectures-and-gallery-talks/1150-ned-kahn-in-conversation-with-cjm-chief-curator-renny-pritikin>

The education materials are created around 5 themes:

- Nature and Natural Forces
- Tinkering, Engineering and the Artistic Process - looking at the mechanics of the wheel itself
- Mindfulness
- Metaphor
- Jewish Culture

http://www.thecjm.org/storage/documents/education/2016/Ned_Kahn_Teacher_Resource.pdf

Rooftop will be able to request grade level visits on **Tuesdays, Thursdays and Fridays.**

Please check in with Cheryl or John about your preferred dates. Carla at CJM is in charge of bookings at tours@CJM.org

In his work Negev Wheel, Bay Area artist Ned Kahn explores the never-ending cycle of chaos followed by order, falling again into chaos, repeating forever. He reenacts this historical drama through the metaphor of tumbling desert sand, contained inside a circular spinning wheel. If a grain of sand is the vulnerable individual, a mountain of sand can have tremendous aggregate power. Kahn's work raises essential Jewish questions about constructing one's own reality and consciousness within a millennial heritage, while accepting inevitable transformation. The great American twentieth-century artist Robert Smithson wrote often about liminal space—discarded and meaningless—the kind of place we often think of as barren, functionless, and unclaimed. The Jewish scholar Dr. Elana Stein Hain suggests that such places are however, rich sites where oppositions like meaning and meaninglessness, stagnation and generation, weakness and strength are resolved. At the periphery of things, like beaches or deserts, are places where chaos, potential, and ordered creation cross paths and change can occur.

Kahn's work is influenced by Land Art, an art movement that emerged in the 1960s and 1970s, in which artists make art with nature, rather than about nature. Land artists often work in remote locations, outside of the art marketplace, and are interested in the ephemeral quality of nature and natural materials. Kahn takes these concepts to the public sphere, creating public art that showcases natural forces such as wind, sand, and fog.

Mindfulness in the Museum

Thursday, Sep 29 | 4:30-7:30pm

Admission: Free with RSVP to schools@thecjm.org

Contact: schools@thecjm.org or 415.655.7855 during Museum hours

Breathe. Focus. Think. Mindfulness techniques are impacting schools, families and communities, and meditative practices are integral to the work of artist Ned Kahn, creator of The CJM's latest exhibition, *Negev Wheel*. Join colleagues for a unique Museum happening, combining a Mindfulness workshop led by Roni Habib, founder of EQ Schools, with an artistic experience connecting these practice to Kahn's massive and hypnotic sculpture. Includes a gallery experience with *Negev Wheel*, teacher resources, and a light dinner.

<http://www.thecjm.org/programs/for-teachers/1130-mindfulness-in-the-museum>