

# Art A Day CHALLENGE: Yoga and Art

## The Balance of Positive & Negative Spaces

### Washington County Museum of Fine Arts

We challenge you to an art activity each day of the School Closure! If you decide to complete this challenge, share it with us in the comments and on Instagram @WCMFA and use the hashtag #ARTaDayCHALLENGE

**Stuff you'll need: Read through the challenge to decide...the materials you use are up to you!!**

### Words you need to know:

**Positive Space** is the main subject or the areas of interest in a work of art. Sometimes it helps to think of the positive space as the area you could actually touch, so in this image of the vase for example, the positive space is glass and brass, the vase you could actually hold.

Negative Space is the area in a work of art that surrounds the positive space. Sometimes it helps to imagine the negative space as the air, or parts you can't grab in a work of art. In this vase the cut out shapes, holes, and the area between the glass and brass is all negative space.

**Symmetry** means that an object is the same on both sides. Imagine that this vase has a line going right down the center (we call this the line of symmetry). The vase is exactly the same on both sides and is completely balanced.

**LOOK:** at this vase created around 1900. The blue and green center is made of glass which is set in a brass frame. The artist allowed the glass patterns to flow in order to keep its natural looking fluidity of the once liquid molten-glass. The **symmetrical** design of the frame and the glass work together to create not only an interesting **positive** spaces, but also, together they create interesting negative spaces. **Negative** spaces are especially important to artists when they are creating sculptures and 3 dimensional objects. Creating **symmetry** is an important design decision. This is one way to make a 3 dimensional object appear to be, and to physically have balance. If this vase did not have balanced weight, it would fall over and break!

**MAKE** Positive and negative space! Combine objects to create interesting negative spaces. OR, pose your own body to create interesting negative spaces and balance. Think about yoga poses or ballet poses that keep your body balanced while creating interesting negative spaces. Work with a buddy to create a balanced pose with positive and negative spaces. Take a picture of this pose. Tag US so we can show off your skills!



Need more yoga inspiration? Check out <https://www.youtube.com/user/CosmicKidsYoga>

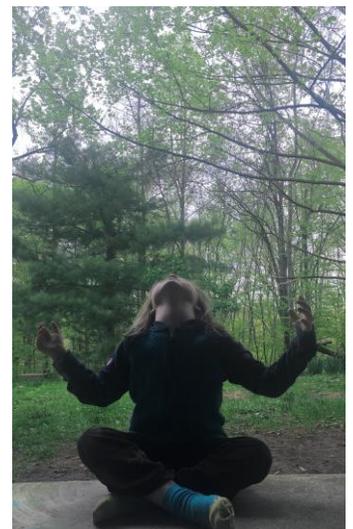
**Writing Extension:** Write about what the word balance means in your life. Compare the balance of your body in your pose to the way you balance your life. Relate the meaning of **positive** and **negative** spaces in art to the meaning of **positive** and **negative** in your life. How do the meanings change?



Johann Loetz Witwe Glassworks

Bohemian, 1863-1947

Vase, ca.1900



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