

Sarah McCann  
What Makes a Healthy City Workshop  
2009

**Goal:** Participants will think about what is necessary for a healthier Baltimore by considering their relationships with nature and each other by making clay maps of the things in Baltimore that keep them healthy.

**Welcome (5min.):** Who I am, names, intro to Baltimore Clayworks, workshop topic, etc.

Baltimore Clayworks is a non-profit ceramic art center that exists to develop, sustain, and promote an artist-centered community that provides outstanding artistic, educational, and collaborative programs in ceramic arts.

Clayworks conducts arts activities beyond its doors through its community arts program, developing collaborations with grassroots and cultural organizations, schools and public agencies, to connect Clayworks' artists with individuals of marginalized communities of Baltimore and providing access to quality hands-on arts programming.

**Ice Breaker (10min.):** Adjective name game.

Each participant will say their name with an adjective before it that starts with the same letter, i.e. Silly Sarah

**Brainstorm (10min.):** What is needed for health?

*good food, space, a good immune system, love, friendship, spirituality*  
*Record answers on chart paper.*

**Activity 1 (10min.):** Write or draw about a person/place or thing that promotes/provides something that keeps you healthy.

*See example.*

**Discussion (10min.):** What are these places/things/people? Are they found in Baltimore City?  
*gardens, St. John's Church, yoga, my family, fresh air, walking*  
*some of these I have found in Baltimore.*

**Intro to Activity 2 (5min.):** What is needed to create a healthier Baltimore?

We will be making clay maps tonight of things in Baltimore city that keep us healthy as well as things that we think Baltimore should have to keep us healthy.

Example: Relief

Demo: Slab rolling, Dip, Scratch, Attach

**Activity 2 (60min.):** What is needed to create a healthier Baltimore?

*Show example. Participants will have an hour to complete their own clay maps of a healthy Baltimore.*

**Activity 3 Demo (5min.):** Underglaze

**Activity 3 (30min.):** Underglazing.

Participants will underglaze their pieces.

**Sharing of Work (10min.):** Participants will be asked to share what they have made.

**Clean Up (10min.):** All art materials will be put away.

**Outcomes:**

Participants will have considered and articulated what is needed for health.

Participants will have created a piece of artwork about what is necessary for a healthy city.

Participants will have articulated what is found in Baltimore City that promotes health.

Participants will have learned what a relief sculpture is.

Participants will have learned basic clay techniques.

**Supplies:**

paper, pencils, markers, clay, clay tools, underglaze, buckets, sponge, canvas, newspaper, rags, paper towels, example, relief examples, paint brushes

**Vocab:**

**clay** – a mineral and chemical composite that can be found in nature; when wet it is plastic, brittle when dry, and hard when fired

**dip, scratch and attach** – technique for putting two pieces of clay together

**health** - the state of being free from illness or injury

**relief** - a sculptured artwork where a modelled form is raised, or in sunken-relief lowered, from a plane from which the main elements of the composition project (or sink). Reliefs are common throughout the world, for example on the walls of monumental buildings

the state of being clearly visible or obvious due to being accentuated in some way; a method of molding, carving, or stamping in which the design stands out from the surface, to a greater ( high relief) or lesser ( bas-relief) extent

**sgrafitto** - clay decorating technique in which slip is applied and then scratched or carved

**underglaze** – a colored low-fired glaze that is applied to greenware or bisque before having an overglaze applied