



Lesson Title: Lines and Colors and Relationships

An 18-minute classroom activity

Grades 4th Grade and Older

By Subashini Ganesan, New Expressive Works and Natya Leela Academy

Lesson Overview: Exploring the geometry and the color scheme of Kuna Mola art-work through movement.

Suggested Posters: Kuna Artist: Child's Mola Shirt

Background:

The artist's background is in Classical South Indian Dance (Bharathanatyam). Cultural story-telling through hand-gestures and facial expressions is emphasized in these art-forms. So is the connection to identifying emotions with movement.

- **Nava Rasa or “Nine Essences” Theory** :- The idea of the nine Rasas or Navarasa, is first seen in the Natyasastra—a treatise on dramatic theory written by Bharata Muni between 200 BCE and 200 CE.
 - The idea of the Rasa (Essence) is always presented in conjunction with the concept of the Bhava.
 - A Bhava is the expression of an emotion conveyed by an artist, while a Rasa is the emotional response elicited by the art.
 - Each Rasa, which is the main emotion evoked, corresponds to a specific Bhava.
 - To enhance the experience of the performance and its consumption, individual Rasas were matched to colors that could best represent the different emotional responses.

NAVA RASA (NINE ESSENCES OF EMOTIONS)		
RASA (ESSENCE)	MEANING	COLOR
Shringara	Love	Green
Haasya	Laughter – Carefree/Mischievous)	White
Bheebatsa	Annoyance/Disgust	Blue
Raudra	Anger	Red
Veera	Strong/Brave	Orange
Bhayanaka	Fear	Black
Adhbutaa	Amazement/Wonder	Orange
Shantaa	Peace/Tranquility	White

Before the Lesson:

1. Read about the Rasa Theory.
2. Consider the size of the group of students and the size of the space allowed.



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Lesson Steps:

1. Observe the Kuna Mola poster and look at the geometry of lines. (About a minute)
2. Using your forefinger as a drawing instrument, trace the pattern of a line that is interesting to you.
3. Walk this same pattern in the room. IF there are a lot of students in a small room divide the room into groups and get each group to walk in single file following their group members.
4. Introduce the idea of looking at colors and relating to emotions... In this PAM lesson I (Suba) will use the Nava Rasa Color theory to show some hand gestures and connect them with the colors (and emotional essences) I see on the Kuna poster.
5. Now walk those patterns again from before AND every time you pass a color manifest the gesture and feeling that connects to that color.
6. Reflection/Discussion: How does movement inform my relationship with visual art?

Related Objects in the Portland Art Museum's Collections

- POSTER PROJECT – <https://portlandartmuseum.org/learn/educators/resources/posters/childs-mola-shirt/>