



A-Z of Values

Resource 2: Artist led exercises

Values are what we consider to be of greatest importance in life. Exploring values is about more than naming and defining principles to live by - what we think influences how we behave which, in turn, colours how we feel. Our resources have been designed to facilitate reflection on the emotional and psychological meanings implicit in values as well as what our life principles look like in action.

The **A-Z of Values** series also includes **Resource 1**: An introduction to values, **Resource 3**: 32 worksheets featuring written/verbal exercises + optional art tasks and **Resource 4**: 32 worksheets offering multiple choice exercises + optional art tasks. All are available to download for free from www.inivacreativelearning.org/collections/resources. You can also visit the **ART LAB** section of the website to see art created on the theme of values in school-based workshops led by artist Shiraz Bayjoo whose work features in our sets of emotional learning cards.

THIS RESOURCE

The exercises that follow begin with exploring work by artists featured in our [Emotional Learning Cards](#) and identifying some of the values which the artists featured in these cards may have had in mind. A list of commonly held values is provided at the end of Part 1 which can be used to support the exercise.

ART EXERCISE

- Provide a selection of images from newspapers, magazines or printed from the internet and/or cards from our sets of [Emotional Learning Cards](#).
- Give each pupil/group participant/client an artwork worksheet from the set provided below.
- Ask them to select an image or images which they feel highlights the values featured within their worksheet. Paint a background and stick the images or drawings of these images on top. Suggest they write about the values in action or describe them verbally.

CREATING YOUR OWN SET OF A-Z OF VALUES CARDS

- Photograph the artwork made. Type up or handwrite and scan / photograph a description of the value and an example of the value in action.
- Print the photographs and mount the written text on the reverse or create the front and back of the cards on a computer programme/ Word Doc and print.
- Laminate the cards and use them as a classroom, workshop or therapy resource.



A-Z OF VALUES – Artwork Worksheet 1

Example Artwork: Yinka Shonibare MBE, *Dysfunctional Family*, 1999
featured in our [Emotional Learning Card set: 'What do you feel?'](#)

Yinka Shonibare's sculpture is of a family group. Although they are made to look like aliens, they are still a family just like any of ours. Each of the family members appears to be listening respectfully to one of the children. With a raised hand in the air, as if to make a point, this child seems to have something important to say.

- What values could this picture of family life be illustrating?
- What are some of the other values families might see as important?
- Give an example of a family value in action.

About the artist

Yinka Shonibare was born in London before moving to Nigeria at the age of three. On finishing secondary school, he returned to England and went to art college in London. Yinka Shonibare uses a combination of painting, sculpture, craft and costume design to create work that is based primarily around his Western African heritage. This sculpture of a family seems to be capturing the idea that even though families can look different, they are still 'family' just like ours. All families have values in common. No matter where someone comes from or what culture or religion they follow, respecting the rights of individual family members is usually considered an important family value.



A-Z OF VALUES – Artwork Worksheet 2

Example Artwork: Gonkar Gyatso, *The Buddha in Our Times*, 2006
featured in our [Emotional Learning Card set: 'What do you feel?'](#)

Gonka Gyatso has created a portrait of a Buddha using a unique approach. You can see that the Buddha's shape is filled with stickers representing popular culture. The Buddha is linked with Eastern culture while the stickers of fantasy figures are those found most commonly in the West. Perhaps he is showing us what it is like to have a dual heritage or to live in a city which people from around the world have made their home.

- What values does the Buddha represent?
- What are some of the universal values which world religions view as important?
- Give an example of one of these values in action.

About the artist

Gonkar Gyatso is a Tibetan born British artist who currently lives and works in London. He was born in Lhasa, Tibet and eventually went on to further his studies in art at the Central Institute of Nationalities, Beijing, and Chelsea College of Art & Design. Gyatso is also the founder of Sweet Tea House, a contemporary Tibetan art gallery in East London and is one of the few Tibetan artists known internationally. In 1985, Gyatso and his friends founded the Sweet Tea collective. Together, they organised small shows to exhibit their work in Tibetan Sweet Tea houses which play a similar role in Tibetan culture as pubs in London. Gyatso has also been involved in arts education and has delivered projects for pupils in London schools.



A-Z OF VALUES – Artwork Worksheet 3

Example Artwork: Francis Alys, *When Faith Moves Mountains*, Film Still, 2011
featured in our [Emotional Learning Card set: 'How do we live well with others?'](#)

In this film still by **Francis Alys**, you can see a group of boys and men using shovels to dig up what looks like sand. They appear to be working hard although it is difficult to see what their goal is. The artist may be showing us that when we collaborate and work together we can often achieve the impossible. If we truly believe in the importance of what we have set out to do, we can, as the popular saying tells us, achieve the equivalent of 'moving mountains'.

- What values does this photograph capture?
- What are some of the other values which are important for workers or schools or communities to share?
- Give an example of a community value in action.

About the artist

Francis Alys was born near the city of Brussels, Belgium. Making this art piece involved 500 Peruvian students who volunteered to walk up a sand dune in a straight line, digging up the sand as they moved along. This resulted in the sand dune being moved by a few centimetres. Moving something as massive as a sand dune relies on many people working together. This art work shows that the impossible can be achieved if we collaborate and cooperate with each other!



A-Z OF VALUES – Artwork Worksheet 4

Example Artwork: Tania Bruguera, *Tatlin's Whispers #5*, 2008
featured in our [Emotional Learning Card set: 'How do we live well with others?'](#)

In this photograph by Tania Bruguera, you can see a group of people divided by what appear to be two policemen on horses. The people are gazing up at the policemen perhaps wondering what is happening. You will also note that the people aren't running away - they seem to trust that the policemen are trying to be helpful.

- What values does this photograph capture?
- What are some of the values a police force might need to show in order for people to respect and trust them? What values might a crowd of people on a demonstration or protest march need to show to ensure they are listened to?
- Give an example of a police force or crowd value in action.

About the artist

Tania Bruguera was born in Havana, Cuba and now lives and works between Chicago and Havana. Bruguera creates performances and video work centring on issues of power and control. *Tatlin's Whispers #5* (2008) is the fifth work in the series of the same name. It was staged in the Turbine Hall in the Tate Modern, London. Two mounted policemen dressed in their uniforms burst into the space and used mass/crowd control techniques on the spectators. This included cornering the audience, dividing the crowd and regrouping them as well as physically keeping them within a specific area by using the horses' bodies as physical barriers. Visitors were not told of the performance prior to it taking place, effectively turning the event into a police situation giving the audience a first-hand experience of crowd control and of the feelings this brings up.



A-Z OF VALUES – Artwork Worksheet 5

Example Artwork: Tania Bruguera, *Tatlin's Whispers #5*, 2008
featured in our [Emotional Learning Card set: 'How do we live well with others?'](#)

Anthony Key, *Chopstick/Knife Fork*, 1997 featured in 'Who are you? Where are you going?'

Anthony Key's **Chopstick / Knife Fork** may appear to be a plain pair of chopsticks placed on a bamboo mat. However a closer look reveals that the tips of the chopsticks, which are used to pick up food, have been carved into the shape of a tiny knife and fork. The knife and fork used for eating in the West have been combined with chopsticks which East Asians use. Perhaps we are being reminded of what it is like to live in a multi-cultural world.

- What values do we need if we wish to give everyone in our community a sense of belonging?
- What are some of the values which help us to live well with others in a multi-cultural world?
- Give an example of one of these values in action.

About the artist

Anthony Key is a British-Chinese artist whose work plays with ideas of 'Chinese' stereotypes and, through this, invites us to think about themes relating to racism. Anthony Key was originally born in South Africa to Chinese parents but has lived in the United Kingdom since 1972. Using his own personal experiences as a starting point, Key explores the ways 'Chinese' identities have been seen in the West both in the past and the present.



A-Z OF VALUES – Artwork Worksheet 6

Example Artwork: Donald Rodney, *In the House of My Father*, 1997
featured in our [Emotional Learning Card set: 'Who are you? Where are you going?'](#)

In Donald Rodney's photograph, you can see a tiny fragile looking house nestled in a large hand. The house is being held in what seems to be a gentle and caring way. On first glance, we don't know whose hand it is or what the artist is trying to show us. However, one of the messages could be that our home is an important place and we carry our family experiences with us throughout life.

- What values might our home life teach us?
- What are some of the values our society should be showing to those who are homeless or seeking refuge?
- Give an example of one of these values in action.

About the artist

Donald Rodney was born in Birmingham. His parents were part of the first wave of migration to the UK in the 1950s when people were invited from other countries to come and take up jobs in Britain as there was a labour shortage. Donald Rodney was one of the original artists who began to raise questions about their treatment and experience of Black British citizens. Donald Rodney also suffered from sickle cell anemia. His artwork ***In the House of My Father* is made from his own skin**. This may be his way of showing us that even if we inherit illness or are left with painful childhood experiences, we can show resilience and creativity by using these experiences to share our human vulnerabilities rather than pretend they don't exist. What we survive always makes us stronger.



A-Z OF VALUES – Artwork Worksheet 7

Example Artwork: Shiraz Bayjoo, *Overwhelmed*, 2014 digitised collage, acrylic ink on paper & archival lithograph
featured in our [Emotional Learning Card set: 'A-Z of Emotions'](#)

Look closely at this painting by Shiraz Bayjoo and you'll see a ship being tossed in a storm. Like the sailors on board, we too can feel overwhelmed if we encounter difficulties in our lives. In such instances, we depend on the support of others. As well, we try to be ready to help when those around us need it.

- What values do friends need to show if they are going to support each other through life's ups and downs?
- What are some of the values we all need to develop in order to cope with life's difficulties?
- Give an example of one of these values in action.

About the artist

Shiraz Bayjoo was born in Mauritius and lives and works in London. The themes he explores in his art reflect his interest in the different histories we carry especially if we have links with more than one country. He uses photographs, texts and artefacts stored in public and personal collections. In his picture entitled '*Overwhelmed*' he has used a ship that comes from a photographic archive. Even if we don't know the history of this particular ship, it could remind us of immigration or perhaps of the slave trade. Through investigating themes of migration and trade, Shiraz's work explores the complex histories of old Empires such as the British empire and invites us to think again about our country's background and our own family history.



A-Z OF VALUES – Artwork Worksheet 8

**Example Artwork: Matthew Krishanu, *Girl on Bed*, 2014 acrylic on canvas
featured in our [Emotional Learning Card set: 'A-Z of Emotions'](#)**

The young woman in Matthew Krishanu's painting is on her own with an open book in front of her. She looks lost in thought. Maybe the artist is reminding us that we need to make time to reflect on our lives. When things are difficult, we need to stop and look at our part or find a way forward. If things are going well, we benefit from taking time out to identify our goals and match them up with our values.

- What values might support self-reflection and mindful living?
- What values are at the heart of solution-focused living?
- Give an example of one of these values in action.

About the artist

Matthew Krishanu grew up in Bangladesh but now lives and works in London. He creates paintings from memory and photographs, 're-imagining' events through editing, simplifying and layering. He explores themes relating to childhood, adolescence and family life. A sense of being alone with oneself lends his work stillness and evokes a feeling of deep thoughtfulness. Matthew often paints people he knows and places he has lived. His emotional connection to the subject he captures contributes to the atmosphere of the finished piece. His images have a reflective quality which hints at the importance of staying in touch with, and paying close attention to, our innermost feelings and thoughts.



A-Z OF VALUES – Artwork Worksheet 9

Example Artwork: Phoebe Boswell, *Dishonest*, 2014 pencil on paper
featured in our [Emotional Learning Card set: 'A-Z of Emotions'](#)

Phoebe Boswell's drawing is of a woman holding a mask up to her face. This may be showing us what it's like if we do not communicate honestly. For example, if our feelings are hurt we might get angry and cover up our tearful emotions. Or if we don't admit to our own part when things go wrong, it's as if we are holding up a mask and not looking honestly at ourselves.

- What values relate to honest communication with friends?
- What values relate to honest communication with ourselves?
- Give an example of one of these values in action.

About the artist

Phoebe Boswell was born in Kenya to a fourth generation British Kenyan father and Kikuyu mother. Phoebe grew up as an expatriate in the Middle East and now lives and works in London. Drawing is at the heart of her art practice. She uses different techniques to tell contemporary stories which reflect what it means to have a mixed history. Often these stories cannot be told through a single image so she combines her ideas and techniques to create multiple layers. Her work encompasses hand-drawn animation, projection, and installation. Her own background meant that she did not have one country that she identified with as her 'home' culture. One of the themes she returns to in her art is looking at what we mean when we talk about 'home' and what gives us 'a sense of belonging' especially if we have more than one family culture or country of origin in our personal history.



A-Z OF VALUES

- Acceptance** Accepting that everyone is different; being positive & welcoming to all
- Belonging** Ensuring everyone is included so that we all have a sense of belonging
- Courage** Facing up to difficult circumstances or painful feelings; taking a stand for others
- Democracy** Ensuring that we are all equal and that we respect those in our community
- Equality** The entitlement we all have to being treated the same
- Forgiveness** Being willing to stop blaming and instead be compassionate
- Generosity** Giving freely and willingly
- Honesty** Being fair, open and straightforward in how we think, act and behave
- Integrity** Making a commitment to moral values and principles
- Justice** Ensuring that everyone has equal rights and that we live in a just society
- Kindness** Being caring and sensitive to the needs of others and not judging them
- Liberty** Having the right to choose how to live, what to believe in & how to express ourselves
- Mercy** Showing forgiveness towards someone who has done us wrong or hurt us
- Saying 'No' to negativity** Not giving in to negative thinking; working towards positive change
- Optimism** A bright, hopeful view and expectation of the best possible outcome
- Patience** Accepting not having our needs met without complaint or anger; being prepared to try again
- Questioning the way things are:** Being willing to challenge popular beliefs and think things through
- Respect for the law** Showing consideration and understanding for the law
- Self-control** Being mindful of how we express our emotions and showing personal integrity
- Tolerance** Recognizing and respecting differences including the beliefs or practices of others
- Understanding** Making sense of our experiences and not judging ourselves or others harshly
- Virtue** Doing something because it is the right thing to do; living our values
- Wisdom** Making good judgments based on what we have learned from our experience
- eXploring emotions** Being willing to learn about our emotions and how to express them respectfully
- Yet to achieve** Setting longer term goals which require work and patience to achieve
- Zest for life** Having a positive attitude; finding the good in life and being solution focused

