

MCA FAMILY ACTIVITY: SANCTUARY SPACES

By Ione Sanders

Ages 3–6*

*We encourage adults to create with their kids

CREATE A SANCTUARY SPACE IN YOUR HOME TO FIND COMFORT AND JOY IN YOUR BODY.

During the pandemic, we've needed to interact with our home spaces in new and creative ways – as gyms, classrooms, offices, and more. In this activity, we'll create a brand new sanctuary space in our homes.

A sanctuary is a place set aside for rest and safety. Sometimes it is an area for birds to live, or a special holy place in a church or temple. For our sanctuaries, we'll focus on making a space for our bodies to feel comfort and joy!

GET INSPIRED

Chicago artist, Alberto Aguilar, can inspire us to differently think about our homes. He gave himself the challenge of doing a new art project in his home every day from March 20 - May 29, 2020. Some of the projects involved rearranging the furniture or putting household objects in places they don't traditionally belong. It made me curious about how I could do that with things in my home, and what sort of space I might be able to create.

What household objects do you recognize in these pictures?

What seems out of place?

How does it make you feel to see an unusual structure in someone's home?

What objects in your home could you move around to make something new?



See more of Alberto's at
home artworks on his
Instagram @albert0aguilar

Alberto Aguilar, Quarantine Regimen 04.09.2020
Installation view, The Long Dream, MCA Chicago
November 7, 2020–January 17, 2021
Photo: Nathan Keay, © MCA Chicago

CREATE

BUILD YOUR SPACE

- 1 Think about where in your home you could make a new space. Do you have a favorite cozy corner or a bright, sunny spot by a window?
- 2 Gather some materials to help create a new structure. You could use chairs, bed sheets, blankets, or couch cushions. You could also experiment with unusual objects, like oranges.
- 3 Build a new space together! Do you want it to have a roof? A big open top? How many walls do you want? How could you build a space by balancing or creating patterns with objects.

MAKE IT YOURS

- 1 Make the inside extra cozy with pillows and blankets.
- 2 Gather two or three things in your home that make you feel safe or joyful and use them to decorate the inside of your sanctuary. Maybe it's a favorite stuffed animal or book, or a picture of someone you love.

SPEND TIME IN YOUR SANCTUARY

- 1 Take time to connect with your body. I like to do this by taking three big slow breaths in and out while giving myself a hug.
- 2 Choose an activity to do that makes you feel happy or cozy! Some suggestions could be:
 - Read a book out loud together.
 - Have a micro dance party or listen to your favorite song.
 - Take a nap.
 - Make a drawing using only your favorite color.

DOCUMENT + SHARE

We'll be featuring different families' sanctuaries on the MCA Family Day facebook page so that we can share inspiration with each other.

REFLECT

Did this activity make you think about your home differently?

What are some of your favorite spaces outside your home? Why are they your favorites?