Mark Rothko was an important artist in the American post-World War II art movement called Abstract Expressionism. Artists of this movement created work with lines, shapes and colors to express themselves and to elicit emotions. They typically did not make works that had more realistic subjects, such as landscapes or portraits. Rothko created works that he hoped would provide a meditative experience for people. I invite you to spend a few minutes looking at this painting. Talk about what you see with a friend or family member.

- How do the colors make you feel?
- How would you describe the texture of this painting?

For more information on Rothko go [here](#) and for a larger image go [here](#).

**Activity: Rothko-inspired painting**

**Materials:**
- Cardboard
- Scissors
- Paint
- Paint brushes
- Paper plate or wax paper
- Hot glue gun/strong glue
- String

**Directions:**
1. Cut your cardboard scraps in squares, rectangles, and strips.
2. Mix your colors on a plate or wax paper. You may want to think of one emotion and then create colors that you think exemplify that feeling.
3. Paint your cardboard.
4. After your paint dries, start to build and layer your abstract paintings.
5. Once you know are happy with your composition, glue the cardboard pieces down.
6. Create a loop to hang your piece by gluing a string to the back of your piece.

**Tips:**
- Experiment with a variety of colors.
- Make a few pieces, each based on different emotions. For example, love, anger, joy, fear.

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