Lesson Plan Objective:

In the exhibition *Bonds*, Canadian artist Jagdeep Raina works with themes of communities, labor, emigration, and forgotten histories in the Punjabi and Kashmiri diasporas, a word which means peoples located far away from the land of their family heritage. Raina works in mixed media and videos and sometimes makes textiles using an adaption of a traditional embroidered garment called a *phulkari* to produce images based on historical scenes, everyday people, and rural life across India and Pakistan.

His work tells stories through images.

Traditionally, some women in rural areas of the Punjab region of India produced beautiful designs of embroidered fabrics for shawls and special clothing, and often gathered together to do this.

Think about a place your family goes together or an activity you do together. If you want, you can use a photo of your family or the place. Or you could imagine a place you and friends like to go. Is there somewhere in your neighborhood you visit often? A playground or park? A library or store? Walking your dog? Eating an ice cream cone?

We are going to make a mock embroidery image using yarn or heavy thread. If you do not have access to that, an alternate would be thin strips of colored paper.

Art Materials:

- Yarn or heavy thread in 2-5 colors
- Possible alternative: Construction paper
- Glue (non-toxic)
- Child scissors
- Sketch paper
- Cardstock, posterboard, or cardboard
- Pencils
- Markers or water-based paint like tempera or watercolor
- If using paint, then paint brushes, water container (flat bottom), paper towels

**Instructions:**

1. Sketch your ideas on sketch paper. Use large shapes that you can fill in, and strong outlines.
2. On heavy cardstock, posterboard, or cardboard redraw your design.
3. Choose shapes to fill in with the yarn pieces. Cut short pieces and arrange like embroidery stitches.
4. Glue yard to paper.
5. In areas you are not going to use yarn embroidery style, use water media or markers to fill in your picture.
6. Continue the process until you are finished with the picture.

Sample Images, Rona Lesser
Top left: Idea Sketch
Bottom left: Embroidery with contour lines
Top right: Finished Yarn Sample