



PIKKU-NUUSKU 4 EVER

Study materials to support the experience of the exhibition.

The exercises are divided into exercises before and after the visit to the exhibition.

You can choose the most suitable exercises for your group / child. The purpose of the study materials is to support the child's ability to deal with the art experience and to support the child in dealing with the emotions evoked by the exhibition. The exercises will also guide you to consider how to take other visitors into account in the exhibition space. The study materials are designed to meet the needs of groups, but the exercises can also be applied one on one with a child.





BEFORE THE EXHIBITION VISIT

Where Emotions Feel Part 1.

Draw the outline of the human body on a large piece of paper or a classroom board. Choose from 4 different feelings, e.g., joy, sorrow, fear, and anger. Choose different colored tags for different emotions. Consider together that where the body feels different emotions. Tags corresponding to different emotions are placed on those parts of the drawn human body where the emotions are felt.

Recognize an emotion buddy.

Let's write different emotions on tags. Let's write every feeling on 2 pieces of paper. Everyone presents an emotion at the same time, and when they find the performer of the same emotion, they shake hands with an emotional buddy and shake the emotion away. Let's go through what feelings everyone had. You can also make the exercise easier by sharing the same emotion tag for more amount of participants. Example feelings: Joy, sadness, fear, anger, love, shame, fatigue, boredom, amusement.

More emotions: <https://grammar.yourdictionary.com/word-lists/list-of-feeling-words-for-kids.html>

Emotional alias / pantomime.

Write different emotions on the tags and fold the tags so that the text is not visible. One at a time you are allowed to take a tag, and present it as alias or pantomime. Presenting as an alias means that one can describe an emotion and explain verbally the situations in which it occurs, but one must not say the word emotion or any part of it in foreign languages. Expressing as a pantomime means that you are allowed to use gestures and expressions and vocalizing, but not to speak. Others try to guess what the feeling is, and when someone guesses correctly, the note is put among the guesses correctly.



Voting exercise: How do you act in the exhibition?

The teacher / group facilitator speaks the statement aloud and the participants respond to the statements by voting "yes" or "no". Voting method: Raising hand = YES, not raising hand = NO.

After the vote, the group leader reads the answer aloud.

Claim 1: You can touch the works of art in the exhibition.

Answer: In museums and galleries, works in exhibitions may only be touched if specifically authorized.

Claim 2: You can run in the gallery.

Answer: Running is fun, but unfortunately it is not allowed in the gallery, so that the works of art do not break and no one gets hurt.

Claim 3: You can bring your own pet to the show.

Answer: Unfortunately no, but in the show you can get to know the story of the charming Pikku-Nuusku hamster.

Claim 4: You can be quiet in the gallery.

Answer: Yes! You can go through the exhibition at your own pace and take some distance to others if you feel like it.

Claim 5: You have to be quiet in the gallery.

Answer: You don't have to be quiet in the gallery. You can talk to a friend about the thoughts and feelings evoked by the exhibition. However, please also consider other visitors in the exhibition. Someone else around you may need a little peace and quiet.

Claim 6: You can laugh in the gallery

Answer: Yes! If the works in the exhibition makes you laugh, let the laughter come.

Claim 7: You can cry in the gallery

Answer: Yes! If the works or subject of the exhibition makes you cry, it is ok. If you want, you can pick up a friend, tell the teacher you're crying, or talk to your family at home about the feelings evoked by the exhibition.

Finally, discuss: How could the feelings of others be respected and taken into account when visiting the exhibition?

Storytime.

1. Read the story of Pikku-Nuusku to the group.
Discuss what thoughts and feelings the story evokes?
2. An adjective story.

The teacher or group facilitator asks the group for different adjectives and writes the adjectives in the blanks.
Read the adjective aloud. Discuss how the story changed and how your own emotional experience changed by the adjectives.

THE STORY OF PIKKU-NUUSKU

Once upon a time there was Pikku-Nuusku, which was a gray-black-and-white dwarf hamster. When Pikku-Nuusku got to its own home from the pet store, it was a little nervous. It was feeling shy about its new caregiver, 7-year-old Tuisku. Gradually, after mutual trust arose, Pikku-Nuusku became so tame that when Tuisku put their hand on the bottom of the apartment and called for Nuusku, the hamster stepped into Tuisku's hand and the hamster could be lifted into their arms. Pikku-Nuusku liked to climb along Tuisku's hand on their shoulders and have an adventure on them. Pikku-Nuusku was a very dear and special pet hamster for Tuisku, they had a warm relationship.

Pikku-Nuusku's favorite foods were cucumber and sunflower seeds. As it ate, it filled its little hamster cheeks with full of food and emptied its cheeks into its food caches.

Pikku-Nuusku liked to do its own stuff. It loved to shred toilet paper cores and egg cells. Pikku-Nuusku's cage had a running wheel, its own cottage, a bridge and a ladder. It really liked a lot of digging tunnels.

One day Tuisku noticed that Pikku-Nuusku had not been seen for a couple of days and that no food was lost from the hamster's food cup. Tuisku called for the hamster, but it didn't appear from its hiding place. Tuisku found Pikku-Nuusku dead from its own cottage. Hamster was made its own little box, which was padded. Pikku-Nuusku was placed in a box and buried in the backyard of Tuisku's home in the corner of a flower bed. Tuisku was sad and cried at Pikku-Nuusku's funeral.

Time passed and life went on. Tuisku sometimes looked at the grave in a flower bed and thought of Pikku-Nuusku as they visited the backyard of their home. Pikku-Nuusku will be forever in Noora's memories and Tuisku is grateful for the wonderful moments they spent with Pikku-Nuusku. Now Tuisku is wondering if Pikku-Nuusku is one of the clouds in the sky.

ADJECTIVE STORY

Once upon a time there was Pikku-Nuusku, who was a _____ dwarf hamster. When _____ Pikku-Nuusku got to its own _____ home from the _____ pet store, it was a little nervous. It was feeling any about its new caregiver, 7-year-old _____ Tuisku. Gradually, after mutual trust arose _____ Pikku-Nuusku became so tame that when Tuisku put their hand on the bottom of the _____ apartment and called for Nuusku, the hamster stepped into Tuisku's hand and the hamster could be lifted into their arms. _____ Pikku-Nuusku liked to climb along Tuisku's hand on their shoulders and have an adventure over them. _____ Pikku-Nuusku was a very dear and special pet hamster for Tuisku, they had a warm relationship.

Pikku-Nuusku's favorite foods were _____ cucumber and _____ sunflower seeds. As it ate, it filled its _____ hamster cheeks with full of _____ food and emptied its cheeks into its _____ food caches. Pikku-Nuusku liked to do its own _____ stuff. It loved to shred _____ toilet paper cores and _____ egg cells. Pikku-Nuusku's _____ cage had an running wheel, its own cottage, a bridge and a ladder. t really liked a lot of digging _____ tunnels.

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The death of a pet.

Where is Pikku-Nuusku now?

The body of a dead hamster we know has left a life buried in its own little box in the corner of a flower bed. But where is the Pikku-Nuusku, the familiar and dear being that Tuisku knows? That is one of life's greatest mysteries. There are many different point of views and beliefs of what happens after death.

Tuisku wonders if Pikku-Nuusku is now one of the clouds in the sky? Tuisku's mother, on the other hand, thinks that Pikku-Nuusku is waiting for Tuisku on the rainbow bridge now. Both perceptions are equally valuable, Tuisku and Tuisku's mother respect each other's thoughts.

Discuss in the group the different perceptions of what happens after death. At the end of the discussion, participants can draw a drawing related to the topic and present it to others.

Final relaxation.

Tension and relaxation of the body alternately

- 1. Sit in a chair with your legs and arms down.*
 - 2. Take a deep breath in.*
 - 3. Tension yourself completely.*
 - 4. Breath out slowly.*
 - 5. Relax yourself completely.*
 - 6. Note the difference between tension and relaxation.*
 - 7. Repeat a few times.*
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AFTER THE EXHIBITION VISIT

Journey of imagination.

Read the following text calmly for participants:

Sit down and take a comfortable position.

Close your eyes and take a deep breath in and out.

Return to Nelimarkka museum in your mind.

You arrive to the hallway.

How does the floor under your feet feel, flexible, hard?

What do you hear? Classmates talking, traffic sounds, soundscape, music?

What does the space look like? Does the space look spacious or does any detail grab your attention?

Are you already familiar with the space?

Who's next to you? Classmates, teachers, exhibition supervisor?

You arrive from the hallway to the exhibition space. Look at the works in the exhibition.

Remember what the different parts and elements were in the exhibition.

What do you hear and what do you see? Maybe different colors, pictures, sculpture, lights, shadows, different sounds, Pikku-Nuusku hamster?

Does any part in the exhibition particularly attract your attention?

What does the exhibition evoke in you? Confusion, hilarity, sadness, boredom? There is room for all these feelings, let them come and go.

You walk out of the exhibition.

Do you feel different than before visiting the exhibition? Perhaps you feel calmer, more restless, more tired, more refreshed, or more inspired?

Now we return to this place and time. You can open your eyes. The journey of imagination is over.

Discuss what thoughts and feelings this exercise evoked?

The story of Pikku-Nuusku.

Discuss about everything you experienced in the exhibition and what was told about the story of Pikku-Nuusku. In groups of 2-4 people, use your own bodies to create statues showing the memories of the exhibition that emerged from the discussion. Introduce the statues.

Comment on others statues, what thoughts and feelings about the statues comes to mind?

Opinion line.

Go through with the class with the help of an opinion line, what kind of experience it was like to visit the exhibition at Nelimarkka museum. In an opinion line one end of the line means yes and the other means no. Participants are asked the questions below and in response they stand to the point that best describes their own opinion. If desired, opinions can be justified out loud.

Have you ever been to an exhibition at a gallery or museum before?

Would you go to another exhibition again?

Did you like Pikku-Nuusku 4 ever?

Did the exhibition evoke thoughts in you?

Did the exhibition evoke emotions in you?

Did the exhibition remind you of memories of a deceased pet?

Were you inspired to make art yourself?

Memorial altar.

Together, create a memorial altar where you can reminisce about the deceased pets and loved ones. Write or draw greetings for a deceased pet or loved one. Write your own stories or draw greetings. Arrange the letters and drawings on the memorial altar. You can decorate the altar and hold a small memorial service if you wish. If you wish, you can read the letters aloud and present the drawings.

Where Emotions Feel Part 2.

Everyone draws the outline of the human body on paper or in their own notebook. Let's decide together the colors for four different emotions.

Example feelings: Joy, sadness, fear, anger, love, shame, fatigue, boredom, amusement.

Color the different parts of the human body according to the feelings you have experienced during and / or after the exhibition. Introduce the colors to others. What feelings did you experience and where did you feel them in your body?

What can you do when you are feeling low?

Discuss with the group what kind of things you can do when you are feeling low. The teacher / group facilitator can list the ideas that arise in the discussion on the board. Based on the ideas, draw different things and situations that can be done when you are feeling low. Introduce the drawings and make them your own exhibition. Hang the drawings on the wall, from the ceiling or any other place of your choice. Invite another class or group to visit your exhibition.

A line of happiness

Go to the point on the lines scale of how happy you feel in different situations. Participants will be asked the questions below, and in response, they will stand in the position that best describes their own emotion. In the line of happiness, one end of the line means a great sense of happiness and the other means not a sense of happiness. If desired, the feeling can be described aloud.

How happy do you feel...

When you spend time with friends?

When can you pet your pet?

When you succeed in a school assignment?

When you celebrate your birthday?

When the summer vacation begins?

When you learn something new?

When you play games?

When you experience an art experience?

Right now?

Feedback

Write feedback on your visiting experience to the authors of the exhibition. Send the feedback via email.

All kind of feedback is valuable and wanted. Thank you!

Email: info@nelimarkka-museo.fi