

Afra Eisma

Poke

Press

Squeeze

Clasp



*Poke Press Squeeze Clasp, 2021.*

For the exhibition *84 STEPS* at Kunstinstuut Melly, artist Afra Eisma has created a colourful world that catches the eye. This world exists of a very large round carpet and alien-like soft creatures with long arms sitting or lying around the carpet. Everyone can enter this world to sit, lie down, hug, lean and embrace themselves with these creatures. The carpet on the ground is soft and colourful and is made by the artist herself. The carpet also has images on it of different figures who are letting themselves be eaten by bigger creatures to become part of them. At first sight, this all looks bright and happy, but the thoughts of the artist are not always happy. Her artworks are also about embarrassment, sadness and anger.


## A world where you can feel safe

Through art, Afra has created a brave world for herself.

1a.  
If you have a close look at the image on the first page you will see creatures who embrace each other, and who hold and support each other. Without helping each other they would not be able to survive. Draw a circle or an arrow to the places where you see the creatures holding and supporting each other.

1b.  
How have you helped someone recently?

1c.  
How did someone else help you?



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## Speaking and listening








The artist Afra Eisma has a busy mind. By making art about her feelings, she is able to let her thoughts rest and come to peace. The artworks are also about finding the strength to speak up. Her wish is that the people who see her art will feel inspired and encouraged to speak about their feelings and thoughts. At the same time, she wants to encourage listening. She believes that to listen to the feelings of others is love.

Everyone sees something different in Afra Eisma's art works. One person can see happy colors but some else can see vulnerability, anger or sadness.

2.  
Make a circle or write down what you see in the Afra's art works.

red	worries
mad	pillow
love	hug
arms	hard
soft	rock
scary	water
clouds	animals
summer	aliens
cold	flower
fabric	anger

other





## From embarrassment to joy



Exhibition overview, 2021.

To be your true self you need to be able to have fun. Sometimes this can be hard because you might feel embarrassment of some parts of yourself or of things that happen. Some people feel so embarrassed that they don't dare to have fun. But sometimes the thing you feel embarrassed about can be what makes you beautiful. And other people might like this special and funny part of you.

3a.  
Do you see the eyes on the next page? Next to the eyes, make a drawing about yourself. Include in this drawing images and/or words about something or an accident that you might feel embarrassed about. You can also use other materials like stickers, paint, thread or pictures of a magazine.

3b.  
To really finish the drawing we place it in a background that you like and you feel happy about. You can think of nature or a special place in your room. Do you need of inspiration? On the website of [kunstinstituutmelly.nl](http://kunstinstituutmelly.nl) you can have a peak at the art pieces that other people have done.

3c.  
Make a picture of your drawing and make sure we can see all of the background. E-mail the picture with your name, age and the title of the drawing to [activiteiten@kunstinstituutmelly.nl](mailto:activiteiten@kunstinstituutmelly.nl)

We will place you drawing on the website. So that everyone that who visits can be inspired by your work which tells the story of what makes you unique.

