



**FRYE** / Art Museum

# DOLLS OF GRATITUDE

ART KIT + GUIDEBOOK

*By Ixtli White Hawk*



# **DOLLS OF GRATITUDE ART KIT by Ixtli White Hawk**

## **Path with Art**

Path with Art fosters the restoration of individuals, groups, and society from the effects of trauma through arts engagement and community-building. Path with Art is driven by our vision: A world where arts engagement is recognized as transformative—connecting the individual with self, the self with community, and communities with society. In this world, the power of arts engagement is available for all.

## **About The Frye Art Museum**

Founded in 1952, the Frye is Seattle's only free art museum, bringing together art and new ideas within a stunning Olson Sundberg Kundig-designed building in historic First Hill. A founding collection of turn-of-the-century oil paintings is bolstered by a wide range of modern and contemporary art holdings, reflecting our region's evolving identity and a commitment to exploring the art of our time. Learn more at [fryemuseum.org](http://fryemuseum.org).

## **What is this kit about?**

Different cultures use dolls for many reasons, from objects of play and delight, to totems holding the weight and emotions of the maker. This project will help you create a doll to reflect your community, yourself, diversity, gratitude and creativity. Artmaking can be a deeply personal act and one done out of self care but it can also be made in the spirit of giving. We encourage you to think about this as you create your doll - who are you making this for? Is this something you intend to keep, or pass along in the spirit of reciprocity?

There really are no rules or set ways of making this doll. In this art kit, you will get step by step instructions to create a doll made out of items in your kit and other items you add. Once you create the doll body, whether you add facial features or not, add arms and legs or not, is totally up to you and you can decorate it anyway you like. Additional photos are included in the guidebook for ideas to spark your creativity.

## **What's in this kit?**

- Fabric scraps
- Molding for the body
- Beads for decoration
- Twine/thread

## **Additional supplies that are helpful:**

Feathers, buttons, jewelry, colored thread or string, beads, wire, found objects, recyclable materials - whatever you find or can come up with that you like and feel you can use. Scissors.

## EXAMPLES

Dolls from common or recycled materials can be wonderful, and there's an art in finding beauty in the ordinary and uncovering new meaning and perspectives from the familiar. We've provided some examples of completed dolls here as inspiration though we encourage you to experiment with shape, contrasting forms and decoration in creating a doll that is unique just to you. In addition to the examples in the step by step instructions below, here are a couple more dolls made by Ixtli White Hawk.



# STEP-BY-STEP INSTRUCTIONS / Project How-To



## **Step 1 – Choosing materials**

From the kit, select fabrics that go together, and take a look at the examples for inspiration. But more importantly, let the pieces speak to you and create something that comes from your life and heart.

Find other things you can find from everyday things, scraps of this and that such as strings, ribbons, pieces of jewelry, beads, straws, odd pieces of wire or junk and recyclable materials.

Cut several squares and circles of fabric each a little larger than the others. They can create the head, arms and clothing unless you find other fun things to create parts of the doll.



## **Step 2 – Making the head**

Using a piece of fabric, a paper bag or other piece of recyclable waste, or a wad of stuffing, squeeze together and drape one of smaller squares or circles of fabric over and tie with string or thread at bottom tightly to create a head. Later if you want to, you can add buttons, paint, or other means of decoration.



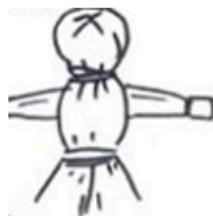
### **Step 3 – Adding more layers**

Adding Larger and then smaller pieces added over the head and tied tightly can create different lengths of the body, spaces for arms and enough fabric to create skirts, blouses, shawls, legs if you choose to use all fabric.



### **Step 4 –Making arms, waist**

Many kinds of materials can make arms. This image is of fabric but could be feathers, straws, other found objects. See images for examples and ideas.



If fabric is used roll up a rectangle that can be both arms and tie off in the center and at the ends. Put this through the fabric, and tie off below to create a waist. Stuff the space between waist and neck with stuffing, fabric piece, or crumpled paper to create a chest.

### **Step 4a – Attaching arms made of other materials.**



If your item is long enough to put through fabric, like straws or pencils or twigs, and so on, after putting arms through cloth and padding chest -wind string, thread in criss cross pattern to hold the item in the right place; then around to create a waist.



### **Step 5 – Making clothing**

If using fabric strips, make wide circles and tie off to create skirts, shawls, blouses and tie off as needed for shapes. Other found objects such as photos, wire, scrapbook paper, corn husks or straw can all become part of clothing.



### **Step 6 – Adding legs (optional)**

If you want to add legs they also can be made from a variety of items such as paper towel toilet paper tubes, or popsicle sticks.

One way is to tie off underneath the fabric and wind colored string around the sections of fabric.

Or you can use thread and add beads, use nails, pencils, or other objects that you attach underneath and tie off to fabric, or through a hole you punch in underlying fabric.



### **Step 7 –Finishing details, embellishments**

Add pieces of jewelry, buttons, stamps, embroidery, patches, photos, feathers, shells, almost anything to make the doll yours, reflect your culture or make a piece of art.



## **Step 8 – Play, Have Fun**

Remember your doll can be anything you want it to be, very simple, very detailed, have fun and make it your medicine, a reflection of your mind, body, and spirit.

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*Photos from step 4-6 come from Creative Commons images of handmade dolls and the art of assemblage and found object dolls by artists and everyday people. All others are courtesy of Ixli White Hawk, photos by Willow Fields and Anna Buxton.*

***Use this page to draw a sketch of your doll, or write down words to inspire your doll.***

**We would LOVE to display your doll at the Frye Art Museum. Please complete this information for the purposes of making a wall label. Please write your name exactly as you would like it on your label. Remember to join us at the Frye Art Museum in April for the community opening celebration!**

**Your Name:** \_\_\_\_\_

**Title of your Doll (optional):** \_\_\_\_\_

**Date Made:** \_\_\_\_\_

**Materials Used (check all that apply):**

- Fabric Scraps**
- Beads**
- Leather cord**
- Paper**
- Ribbon**
- Other:** \_\_\_\_\_

**IF you would like this doll returned to you, please also share the below information. The dolls will be on display through late 2024 and returned by the end of the year. Thank you!**

**Email:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Address we can return the doll to:**

\_\_\_\_\_

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