



CREATIVE
LEARNERS

BECAUSE ART IS FOR EVERYONE!

A GALLERY GUIDE FOR PARENTS AND EDUCATORS



DAISY PARRIS

- MAR 7 2025 TO APR 19 2025 @ CICA VANCOUVER -

About Us!

CICA Vancouver is a registered charitable multidisciplinary art organization founded in 2021. We aim to cultivate the creation, development, and engagement of the next generation's art.

The objective of the organization is to enhance the public's engagement in the arts through exhibitions, panel talks, workshops, and special events. It aims to showcase artists' works that represent contemporary culture and aesthetics and bring diversity into the local art scene.

Preparing for your visit:

Gallery rules



Please do not touch the artwork.



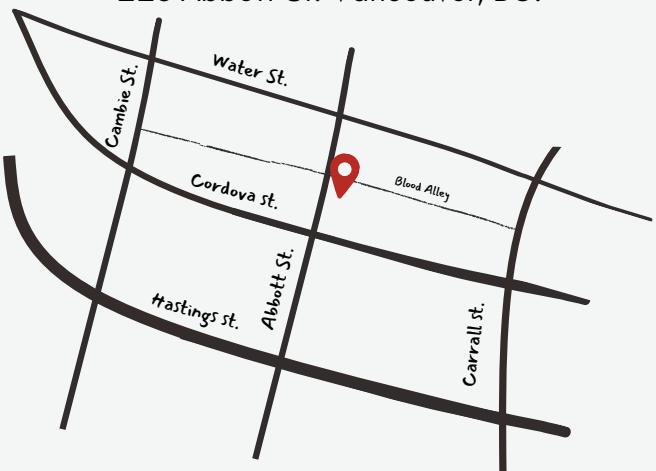
No eating or drinking in the gallery.



No flash photography.

Location

228 Abbott St. Vancouver, BC.



CICA Vancouver is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səlilwətaʔ (Tsleil-Waututh) First Nations.

Accessibility

Wheelchair friendly (including washroom)

Tours available in English or Mandarin

LGBTQ2S+ friendly



CICA Vancouver has a commitment to accessibility, we want all families to feel welcome in our space. If you or your family need accommodations please email us at info@cicavancouver.com in advance of your visit so we can arrange to meet your needs.

Vocabulary

1. **Abstract** – Art that does not represent reality directly but expresses emotions and ideas through color, shape, and texture.
2. **Expression** – The act of conveying emotions, thoughts, or ideas through art.
3. **Gesture** – The movement and marks made by the artist, often showing energy and emotion.
4. **Texture** – The way a surface feels or appears to feel, created through brushstrokes, layering, or material choices.
5. **Intensity** – The strength or power of emotions in an artwork, often reflected in bold colors or striking contrasts.
6. **Resilience** – The ability to recover from difficulty; a theme in Parris's work that reflects personal and emotional strength.
7. **Contrast** – The difference between light and dark, soft and hard, or calm and chaotic elements in a painting.
8. **Narrative** – A story or meaning expressed through an artwork, whether through words, symbols, or composition.
9. **Mark-making** – The unique lines, scratches, and textures an artist creates as a form of personal expression.
10. **Emotional Landscape** – The idea that emotions can be mapped visually, much like a physical place or scene.
11. **Psychological Space** – The internal world of thoughts and emotions, represented visually in an artwork.
12. **Bold** – Strong, confident use of colour, line, or form to make a striking impact.
13. **Raw** – Unfiltered, honest, and deeply personal expression in art.
14. **Layers** – Overlapping elements in a painting that build depth and meaning.
15. **Reflection** – Thoughtful consideration of emotions, experiences, and memories, often explored in Parris's work.
16. **Vulnerability** – The openness to showing deep emotions and personal experiences through art.
17. **Unfiltered** – Expressing emotions or thoughts without hesitation or restraint.
18. **Contrast** – The use of opposing elements (light/dark, calm/chaotic) to create impact.
19. **Symbolism** – Using images, colours, or words to represent deeper meanings.
20. **Transformation** – Change and growth, often represented in the themes of Parris's work.

About the artist...

Daisy Parris is a painter who explores **emotions** and personal experiences through **bold text** and **abstract imagery**. Their work is deeply influenced by relationships, life's highs and lows, and the way we process our inner worlds. Parris creates powerful, emotionally charged paintings that invite viewers to reflect on both struggle and **resilience**. Their art moves between quiet moments of **introspection** and raw bursts of energy, capturing the **complexity** of human existence. Each piece tells a story—sometimes gentle, sometimes intense—offering a deeply personal yet universal expression of life's challenges and triumphs.



Gallery Activity (all ages)

"MY FAVOURITE ARTWORK"

Objective:

1. Participants will develop their observation skills and attention to detail through close examination of different artworks.
2. Participants will be encouraged to express their own opinions and preferences regarding artwork and to articulate why certain pieces appeal to them.
3. Participants will be encouraged to think critically and creatively about the artwork they encounter and to consider how it relates to their own experiences and perspectives.

Materials Needed:

1. My Favourite Artwork worksheet.
2. A pencil or pen.

Instructions:

As a family, explore the gallery and ask your child which artwork they like best. Take time to look at the artwork together and ask three questions: 1) What do you see in the artwork? 2) How does it make you feel? 3) What questions would you ask the artist who made it? You can do this for one artwork together or each family member can pick their own favourite and compare and contrast what you find in each work.



Center of International
Contemporary Art
VANCOUVER

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My favourite Artwork:

artist name:

title:

materials:

What I See:

What I feel:

What I wonder:

WEATHERING THE STORM

CONNECTING WEATHER AND EMOTION THROUGH ART

Objective:

Participants will explore the deep connection between weather, emotions, and creativity. Using pastels, paper, and collage, they will transform the moods of the sky into expressive, abstract compositions. This activity encourages personal reflection, storytelling, and an intuitive approach to art-making.

Materials:

- Soft and oil pastels for rich, expressive colour blending
- An assortment of paper (construction, tissue, textured) for dynamic layering
- Scissors for shaping movement and form
- Glue sticks to assemble expressive collages
- Magazines and newspapers for additional texture and imagery
- Reference images of diverse weather patterns (optional)

Group Visualization (10 min):

1. Guided Imagination: Invite participants to close their eyes and imagine different weather patterns—a bright, sunny morning, a heavy storm rolling in, a thick, misty fog. Ask them to notice how each scene feels in their body. Is the sun warming their skin? Can they hear the distant rumble of thunder? Does the wind feel soft or sharp?
2. Connecting Weather & Emotion: As they visualize, guide them to connect each weather state to an emotion. Does the storm feel like frustration or excitement? Does the fog remind them of confusion or calm? Encourage participants to share their associations.
3. Art & Weather's Influence: Introduce Clouds for Breakfast by Daisy Parris, highlighting how abstract art can channel emotion and experience.

Creative Process (40 min):

1. Choose a Weather Mood: Encourage participants to select a weather state that resonates with their current emotions—stormy, radiant, turbulent, or serene.
2. Set the Atmosphere: Use pastels to create a blended, expressive background that embodies their chosen weather's energy. Layer colours boldly and intuitively.
3. Collage the Elements: Cut and shape paper to add dimension and movement (e.g., swirling lines for wind, jagged edges for lightning). Use overlapping layers to create depth.
4. Infuse Emotion: Add final expressive details with pastels or torn paper to intensify contrast and storytelling. Experiment with gesture and mark-making.

Reflection & Group Sharing (10 min):

- What weather did you express, and how does it relate to your emotions?
- What surprised you about working with these materials?
- How do you see weather and emotions connected in your daily life?

Final Thought:

Like the weather, emotions ebb and flow, shifting with time and experience. Through art, we can embrace these transitions and find meaning in both turbulence and calm.

Optional Collective Installation: Assemble all artworks into a large-scale “Emotional Weather Map” to visualize the collective energy of the group.

WEATHERING THE STORM

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Examples from Daisy Parris's work

BRUSH STROKES IN
MULTIPLE DIRECTIONS



LAYERS OF COLOUR



WARM TONES



LIGHT AND DARK
COLOURS JUXTAPOSED

SCRATCHES, STREAKS
AND CLUMPS OF PAINT

BLENDING COLOURS
ON THE CANVAS

What type of weather do these works make you think of and why?

Gallery Activity: All Ages

QUESTIONS FOR ACTIVE OBSERVATION

What does this artwork remind you of? Have you seen something like it before?

What emotions or feelings does the artwork evoke?

What is the first thing you saw when you looked at this painting?

How do you think the artist moved their body to make this artwork?

Does the artwork make you think of a specific time of day, a certain season, or a type of weather?

What colour of paint do you think was applied first?

How do the words in the poems inform how you understand the artwork?

If you could ask the artist one question, what would it be?

How do you think the paint was applied to the canvas?

What artwork makes you feel the most emotional and why?

How does the work look different when you move closer and farther away?

