What do you look like while using your phone, laptop, or tablet? What moods do you go through while on your device?

Nicole Eisenman
The Breakup
2011
Oil and mixed media on panel
56 x 43 inches

Nicole Eisenman
Selfie
2014
Oil on canvas
53 x 44 inches

OBJECTIVES

1. Look at two paintings by contemporary artist Nicole Eisenman. Share observations and describe what you notice using details from each painting. Relate what you see to what you have experienced or noticed in your own life.
2. Create a self-portrait that includes a screen you use daily or frequently. Use color, shape, line, and composition to show a mood or feeling that relates to how you feel while using digital devices.
3. Write about different scenarios or experiences you’ve had while using a screen.

MATERIALS: Anything you have available, including but not limited to paper, pencils, markers, colored pencils, crayons, or other drawing materials; reflection worksheet (last page)
LOOK AND DESCRIBE

- Spend time looking at the two paintings by Nicole Eisenman. Check out and note any details. What do you notice? Share 3—5 observations for each painting. What are 3—5 things that are the same about each painting?
- Nicole Eisenman said this about her artworks, “I reflect a certain desire in my work, I want my work to be authentic and reflective of my body, what it’s interested in. The work is nothing if not feeling-based.”
  - She mentioned desire and interest in that quote. What do you think these two characters want from their screen time? What might they be interested in getting? What about you? What are you wanting from your time in front of a screen? List five things you use a device to do, from connecting with friends to doing homework.
  - Looking at each of these people, how would you describe their mood or their feelings? What about their faces lets you know? How do colors or shapes relate to showing mood in these two paintings? What about the titles of the paintings?
- Where are these two characters? Where do you spend the most time on your device? How might you include that detail in your work of art? Does the setting where you’re on your device change your mood?
- Take note of how Nicole Eisenman used the rectangular space. How big are the faces? What about her style? How do you like to draw portraits? Cartoonish? Realistic? Abstract?

MAKE AND DO

- Take some time to look at yourself looking at a screen. Maybe sit in front of a mirror or have another person take a picture of you using a device. What’s the difference between your posture while sitting and looking, versus lying down or lounging and looking?
  - While spending time with others, how often do you or your family/friends pick up and use their phones or tablets? How do they look while using their device?
- Once you have observed yourself, sketch out 2—3 different ideas of you using a device.
- Grab a piece of paper, the biggest one you have. Grab your drawing materials.
- Nicole Eisenman fills the whole rectangle. Challenge yourself to fill your space. Try these strategies:
  - Draw a large circle or oval for your head. Draw big, using the power from your elbow or shoulder instead of just your wrist. Draw the shoulders of your figure, and try to get them all the way out to the edges of the paper. Now add in that device. Does it cover part of your face? Where are your hands? What details can you add to show that it’s your device?
- Depending on what you’re doing on that device, you might be happy, sad, reflective, calm, or some other emotion or feeling. How will you show your feelings using shape and color?
  - What are your eyes doing? What about your forehead or eyebrows?
- Finish out your creation by adding some kind of background.

OTHER RESOURCES:

Check out these two works of art on Artsy, where you can zoom in to see more details:

- *Selfie*: [https://www.artsy.net/artwork/nicole-eisenman-selfie](https://www.artsy.net/artwork/nicole-eisenman-selfie)

Did you know that people have a lot of thoughts about screen time? Check out these images and cartoons:

- 21 images of people on their phones: [http://powerfulmind.co/smartphones-are-taking-over-our-lives/](http://powerfulmind.co/smartphones-are-taking-over-our-lives/)

For some people, being on social media might mean being bullied, leading to sadness, anxiety, or depression. Here’s a resource to help:

- Recommended sites from Teens Against Bullying: [https://www.pacerteensagainstbullying.org/advocacy-for-others/helpful-sites/](https://www.pacerteensagainstbullying.org/advocacy-for-others/helpful-sites/)
Look and describe: Take some time to jot down your ideas.

| What do you notice in the painting *The Breakup?* | 1.  
| List 3—5 observations. | 2.  
| | 3.  
| | 4.  
| | 5.  
| What do you notice in the painting *Selfie?* | 1.  
| List 3—5 observations. | 2.  
| | 3.  
| | 4.  
| | 5.  
| What do the two paintings have in common? | 1.  
| What is the same about the two paintings? | 2.  
| List 3—5 similarities. | 3.  
| | 4.  
| | 5.  

Make and do: Take some time to sketch or take notes before you start working.

<table>
<thead>
<tr>
<th>How do your friends or family look while on their devices?</th>
<th>Sketch them here.</th>
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<tbody>
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<td>What do you look like while using your phone, laptop, or tablet?</td>
<td>Sketch yourself here.</td>
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Use the back of this paper to create your screen time self-portrait, or grab a larger piece of paper.