



SAINT MARY'S  
UNIVERSITY  
ART GALLERY

**ART  
PROMPT  
NO. 2**

**Kama La Mackerel**

*Extended metaphors of the self*

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Canada Council  
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Conseil des Arts  
du Canada

#SMUAGatHome

1. Pick a colour that captures  
your current mood, feeling,  
state of being

(e.g. blue, red, gold)

2. Pick 5 objects that you associate with that colour and make 5 similes from them.

(e.g. blue like the sky, blue like a swimming pool, blue like my sister's dress)

3. Add an action to each of the similes you created

(e.g. blue like my sister's dress flowing in the wind, red like a rose petal falling at my feet)

4. Make a list of 5 ways in which you self-identify

(e.g. mother, friend, artist, immigrant)

5. Pick one of the ways in which you self-identify and put it into an extended metaphor that captures your current feeling or mood? You could either write the metaphor or create it in any other media!

(e.g. I am child who is red like an autumn leaf flowing in the wind)