



Tea Time Talk: Ana Teresa Fernandez

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Introduction

Ana Teresa Fernández, through her practice, delves into the politics of intersectionality using time-based actions and social gestures that draw inspiration from land art, performance, and history painting. She is proficient in five languages and creates across various mediums. Her work arises from a spirit of defiance, aiming to decolonize fears that have long hindered and silenced individuals. It insists on being heard, seen, and valued, striving to become and embody what is considered sacred.

Photo showcase



What did this activity brought

Engaging in sewing activities in the classroom encourages students to unleash their creativity, fostering the design and crafting of unique items. This, in turn, aids in cultivating their design thinking and creative problem-solving skills. The intricacies of stitching and garment creation demand fine manual skills, contributing to the enhancement of students' hand-eye coordination and fine motor skills.

Furthermore, as sewing involves measurements, cutting, and stitching, it provides students with practical experiences in mathematics, elevating their proficiency in measurement and geometry. In the collaborative setting of sewing activities, students may interact with peers or teachers, working together to accomplish shared projects. This fosters the development of cooperation and social skills.

The act of crafting one's clothing or items becomes a means of personal expression and identity formation. It assists students in gaining a deeper understanding of themselves and allows them to showcase their individual personalities. Beyond individual growth, sewing activities also prompt students to focus on the garment production process, fostering an awareness of sustainability and environmental consciousness.

In essence, sewing activities offer students a comprehensive learning experience, encompassing aspects of creativity, technical proficiency, and social engagement. This holistic approach contributes significantly to their overall development.