This unit is designed to teach students the elements of art and principles of design by not only using best practices in art but by utilizing a variety of non-traditional integrated arts’ strategies and activities. Many of these strategies and experiences incorporate movement and share connections with dance, theatre, physical education and music and should appeal to visual, kinesthetic and auditory learners. Most if not all of these exercises appeal to the different senses, often using movement, sight, touch, and sound to enhance understanding. The objective is to increase active participation and deeper understanding and learning on the part of the students. This greater understanding should be reflected in their subsequent effective use of the elements of art and principles of design in their artwork. Even though this unit has been created for high school art students, the activities and strategies it contains can be adapted and used by a variety of age groups and disciplines.