Signs of Hope
Summer Arts Activities

Presented by Monmouth Arts and Friends
LEARN Ballet TERMINOLOGY!

- Demi- Half
- Plié- To Bend
- Demi Plié- Half Bend
- Chassé- To Chase
- Relevé- Raised
- Grande- Large
- Battement- Beating
- Port de Bras- Carrying of the Arms
- Tendú- Stretched
- Pas de Chat- Step of the Cat
- Chaîné- Chained, Linked
The BrainDance
By Ann G. Gilbert

"The BrainDance is a full body-brain exercise based on developmental movement patterns that healthy human beings naturally move through in the first year of life. These movements help to integrate reflexes that are the foundation for healthy brain development."

To learn more about the BrainDance go to: creativedance.org/about/BrainDance

Breathing
Deep breaths in and out!

Tap all over your body to wake up your nerves!

Tactile

Move your limbs towards and away from your core (center)!

Core/Distal

Move your head down to your ‘tail’. Focus on waking up your spine!

Head/Tail

Move the upper part of your body separately from the lower part!

Upper/Lower

Move the right side of your body separately from the left side of your body!

Body Side

Reach one side of your body across to the opposite side!

Cross Lateral

Everyone’s favorite! Spin around!

Vestibular
Stretch BINGO!

Try each stretch for 30-60 seconds. Remember to ease into the stretches and don't forget to breathe!
Designer!

Costume design is a very important part of dance. Explore your creativity below by designing your own costumes! You can check out websites like discountdance.com for inspiration!
With everyone learning from home, many of us are not able to spend time with our friends. It’s important to remember the people that we love. Let’s draw a portrait to remind ourselves of our friendships and loved ones that we want to celebrate. **In the heart below, draw a picture of you and your best friend, a family member, or even a pet that you have not seen in a while but want to see soon.** When you finish your drawing, cut out the heart, and tape your beautiful portrait to your wall or on your refrigerator to remind you of them. You could also ask a grown-up if they can share your drawing with that person by text or email.


Con todos aprendiendo desde sus casas, muchos de nosotros no hemos podido pasar tiempo con nuestros amigos. Es importante recordar a las personas que queremos. **Dibujemos un retrato para recordar a nuestras amistades y seres queridos que queremos celebrar. En el corazón de abajo, dibújate a ti y tu mejor amigo, o miembro de tu familia, o incluso una mascota que no hayas visto en mucho tiempo, pero quieres ver muy pronto.** Cuando termines de dibujar, corta el corazón y pégalo en la pared o en el refrigerador como recuerdo. También puedes preguntarle a un adulto si puede compartir tu dibujo con esa persona por mensaje de texto o correo electrónico.
Mirror, Mirror...  

Sometimes we don’t see the qualities in ourselves that other people love so much. Being loving and kind to yourself is important in building confidence and self-esteem. In the mirror below, draw yourself and what you think people love most about you.

What are other ways that you can be kind and loving to yourself and others?

A veces no vemos en nosotros las cualidades que otras personas aman tanto. Ser amoroso y amable contigo mismo es importante para desarrollar confianza y autoestima. En el espejo de abajo, dibújate a ti mismo y lo que crees que la gente más ama de ti.

¿Cuáles son otras maneras que puedes ser amoroso y amable con ti mismo y con los demás?
On the next pages, you can color in artwork by some of the artists behind murals in Asbury Park! A lot of the murals around town and on the boardwalk were organized by the Wooden Walls Project, which brings artists from around the world to Asbury Park to make their mark on the wooden walls on the boardwalk. See if you can spot these murals on the boardwalk when you’re walking around! If you download the app Smartify, you can watch videos of the artists creating them. Go to www.woodenwallsproject.com for more info.

Left, Michela Martello in her studio. Right, her mural “Dakini.” She drew “Continuity,” on the next page!

Left, Pau Quintanajornet painting her mural “Yemaya” in 2019. Right, her mural “Strawberry Moon.”

Porkchop next to his mural “Ruthie & Andre.” Joe Lurato and his family in front of his mural “Carnival Life on the Water.” Ray Geary in front of his mural “Saint Shadi and the Mad Dawgs,” made with pigmented resin on wood!
Ray Geary made his giant mural in Asbury Park by splitting up the work into thirds! Color in his mural, cut it out, and tape it to a wall side by side with your friends’ murals to make one HUGE mural! Also, can you spot all the hidden faces?
Detour Gallery Murals

Created by ELLE

Created by Patrick Kane Mcgregor

Indie Street Film Festival Murals
Broad Street Mural
Designed by Ron Haywood Jones

White Street Murals
A Red Bank River Center Project
Created by Bob Mataranglo
ADD PEOPLE, ANIMALS, BOATS, AND PLANTS TO THE RIVERSIDE GARDENS PARK IN RED BANK!
Silly Scenes

Art and stories can help us imagine silly things that don’t normally exist. Choose one thing from each of the lists below and then make a drawing using those three things. For example, you could draw a dinosaur playing basketball on the moon.

For even more fun, close your eyes and point to each list once, and then draw using what you pointed to! You can also do this with a family member - pick three things for them to draw, while they pick three things for you.

WHO?
- bear
- cat
- tiger
- king
- queen
- girl
- boy
- monkey
- dog
- unicorn
- robot
- ninja
- astronaut
- chicken
- dinosaur
- snowman

DOING WHAT?
- eating a sandwich
- flying a kite
- swimming
- baking a cake
- launching a rocket
- finding buried treasure
- playing basketball
- painting a picture
- camping
- doing karate
- fighting a fire
- winning a race
- building a snowman
- playing hide and go seek
- climbing a tree

WHERE?
- in a castle
- on the moon
- in a forest
- in a desert
- at the beach
- on a boat
- on an island
- on a farm
- on top of a mountain
- on the planet Mars
- on an airplane
- at school
- in your bedroom
- on a roller coaster
- on a rainbow
- at the beach

More ideas:
Lots of other art forms can also tell stories. Try writing a song or making a dance using the things you chose!
This page is left blank for you to draw, use for an activity, or whatever!
¡Esta página está en blanco para que las dibujes, las uses para una actividad, o lo que quieras!
Greetings from Freehold, New Jersey
What’s Your Superpower? ¿Cuál es tu Superpoder?

Insects are often main characters in our favorite books, such as The Very Hungry Caterpillar by Eric Carle, Charlotte’s Web by E.B. White, or Song of the Flowers by Takayo Noda.

Create your own insect character with an exciting “superpower” such as jumping, flying, biting, stinging, or moving fast on the ground or in the water. Remember some of these creatures have long tongues or mouthparts, sticky pads on their feet, or giant wings!

Los insectos suelen ser los personajes principales de nuestros libros favoritos, como La Oruga Muy Hambrienta de Eric Carle, Telaraña de Carlota de E.B. White, o Canción de las Flores de Takayo Noda.

Crear su propio personaje de insecto con un “superpoder” emocionante como saltar, volar, morder, pícar, o moverse rápidamente en la tierra o en el agua. Recuerda que algunas de estas criaturas tienen lenguas largas o partes bucales, almohadillas pegajosas en sus pies, o alas gigantes!

Takayo Noda, The sunflower asked the honey bee..., pages 20-21 from Song of the Flowers (El girasol le preguntó a la abeja..., páginas 20-21 de Canción de las Flores), 2006, watercolor and handmade paper collage of paperboard (acuarela y collage de papel hecho a mano de cartón). Gift of the artist (Regalo del artista).
When an artist begins a project, they often make a sketch, which can include all kinds of lines and shapes. Can you sketch a portrait of a person using only 10 lines? After you do that, try making the same portrait using only 5 lines!

Valery Kuznetsov, (*Self-Portrait / Autorretrato*), nd/sin fecha, Ink on paper/tinta sobre papel. Collection Zimmerli Art Museum at Rutgers University, Norton and Nancy Dodge Collection of Nonconformist Art from the Soviet Union/Colección del Museo de Arte Zimmerli en la Universidad Rutgers, Colección de Arte No Conformista de la Unión Soviética de Norton y Nancy Dodge, D07209

*Cuando un artista comienza un proyecto, normalmente hacen un boceto, que puede incluir todo tipo de líneas y formas. ¿Puedes dibujar un retrato de una persona usando solo 10 líneas? Después de hacer eso, intenta hacer el mismo retrato usando solo 5 líneas!*
Symmetry is when something looks the same on both sides. You can draw a line down the middle and see that the two halves match up perfectly! Mother Nature is very good at using symmetry. You can find examples with many things, including insects, leaves, shells, and flowers.

La simetría es cuando algo se ve igual en ambos lados. Puedes dibujar una línea por la mitad para ver como las dos mitades coinciden perfectamente! Madre Naturaleza es experta en usar la simetría. Puedes encontrar ejemplos de su simetría en muchas cosas, incluyendo algunos insectos, hojas, conchas y flores.

Can you draw the other side of these three objects to make them symmetrical?

¿Puedes dibujar el otro lado de estos tres objetos, para hacerlos simétricos?
1. Color in these feathers or make your own feather shapes -- get creative!

2. Cut them out.

3. Tape all the feathers you and your friends created on a wall in the shape of two wings! This mural on the Asbury Park boardwalk by artist Mike Shine is a good example of how big you want the wings to look!

Now you can take selfies in front of your very own wings mural!
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Frog Pond Color by the Numbers

Estanque de Ranas
Colorea con los números

Courtesy of Rutgers Gardens  Artwork by Sue Anderson
Design your own sandcastle.
The Puzzle Art Installation & Collaborative Project

"There are no extra pieces of the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle (of life)."
- Deepak Chopra

PLANNING SHEET

Don’t just make SOMETHING on your puzzle piece... make something MEANINGFUL TO YOU.

monmouth arts

BOYS & GIRLS CLUBS
OF MONMOUTH COUNTY

Notes:

DUPLICATE AND SHARE THIS PLANNING SHEET
We hope you enjoyed the Summer 2021 Signs of Hope activity packet. Thank you to everyone who contributed!

☆ Sue Anderson, illustrator of the “Frog Pond Color by Numbers” activity
☆ Mike Ciccotello, author and illustrator of the children’s book “Beach Toys Vs. School Supplies”
☆ Phoenicia “Pho” Butler, contemporary, hip-hop, ballet, and modern dancer and teacher
☆ Tim Kelly, creator of The Puzzle Art Installation & Collaborative Project
☆ Anna Zimmer, Monmouth Arts Intern
☆ Rutgers Gardens
☆ The Wooden Walls Project
☆ The Zimmerli Art Museum at Rutgers University

Monmouth Arts is a leading, independent, 501c(3) arts advocacy organization that delivers needed programs and services to artists, member organizations, and art affiliates to ensure the arts thrive in every corner of Monmouth County.

Signs of Hope is a comprehensive youth arts program in collaboration with the Boys & Girls Clubs of Monmouth County and the YMCA of Freehold supported by the Mary Owen Borden Foundation, the Monmouth County Board of County Commissioners, First Energy, Investors Bank, and Whole Foods. The program includes visual and performing arts instruction, activities, and projects, with family events that celebrate the students' successes.