

ART

HELPS

ME...

A COLORING AND
ACTIVITY BOOK
BY THE ART HOUR

ART HELPS ME COMMUNICATE



ART HELPS ME COMMUNICATE

NOTE FROM THE ARTIST:

POP ART HAS BEEN AN IMPORTANT PART OF COMMUNICATING TO OTHERS IN THE PAST AND MY LIFE, SO I THOUGHT IT WOULD BE REALLY INTERESTING TO USE MORE GRAPHIC ELEMENTS, TO BASE OFF MY PROMPT. THE COLORING PAGE SHOWS A PAINT BRUSH, PAINTING A HUMAN COMMUNICATING WITH THE WORLD. THIS WAS MEANT TO SHOW HOW ACTIVISM CAN BE SO IMPORTANT TO THE PEOPLE AROUND US, AND HOW WE CAN USE CREATIVITY TO CHANGE THE WORLD. THE FACE IS PURPOSEFULLY DISFIGURED, NOT AS A STATEMENT, BUT MORE AS A STUDY ON HOW WE MORE OFTEN SHOULD VIEW OUR ROLE MODELS AS EVERYDAY PEOPLE, AND NOT PERFECT ONES. THIS CONNECTS TO ME AS AN ARTIST, AS I ALWAYS TRY TO SHOW IMPERFECTIONS, SO EVERYONE CAN UNDERSTAND WHAT MAKES EVERYONE SO DIFFERENT AND BEAUTIFUL AT THE SAME TIME.

-GABI BEN-SHIMON

ART HELPS ME COMMUNICATE

PLAY A COMMUNICATION GAME WITH
SOMEONE

CHOOSE A WORD FROM THE
FOLLOWING LIST AND USE A
SENTENCE TO DESCRIBE IT, THEN
HAVE THE PERSON GUESS WHAT IT
IS!

PENGUIN
PHONE
FLOWER
MUSIC
SUNGLASSES
FAIRY
DINOSAUR
SELFIE
CAT
GOLDEN RETRIEVER
RACE CAR
PRINCESS

ART HELPS ME GROW



ART HELPS ME COMMUNICATE

NOTE FROM THE ARTIST:

ONE OF MY FAVORITE THINGS ABOUT ART IS IT'S MYSTERY. THE PROCESS KEEPS YOU ON YOUR TOES, AND THERE'S NO WAY TO REALLY KNOW WHEN IDEAS WILL STRIKE UNTIL THEY DO. IT'S DURING THESE MOMENTS THAT I SEE THE MOST PERSONAL GROWTH IN MY PROCESS AND IN HOW I INTERPRET THE WORLD ME, AND IT FEELS LIKE THE GREATEST KIND OF FUEL. I'VE OBSERVED OTHER PEOPLES EXCITEMENT AND CHARISMA IN THERE WORK THROUGH MOVIES, MUSIC, GALLERIES, STREET ART, ETC. THERE'S NOTHING MORE INSPIRING TO ME THAN THAT FEELING OF POSSIBILITY THAT EVERYONE CAN RELATE TO BUT OFTEN HAS A HARD TIME CAPTURING, AND THAT FLEETING FEELING PUSHES ME TO GROW AS MUCH AS I CAN USING THE ENERGY FROM A LATE NIGHT JOLT OF POSSIBILITY BEFORE I LOOK FOR THE NEXT ONE.

- OLIVIA BLUMING

ART HELPS ME GROW

WRITE ABOUT WHAT IS DIFFERENT BETWEEN YOU NOW AND YOU 2 YEARS AGO. HOW HAVE YOU GROWN? WHAT CHANGED?

ART HELPS ME LAUGH



DRAW HERE:

What makes you laugh?

ART HELPS ME LAUGH

NOTE FROM THE ARTIST:

ART MAKES ME LAUGH - IT'S NOT NECESSARILY THE ART ITSELF, BUT THE THINGS THAT HAPPEN DURING THAT MAKE ME LAUGH. I ILLUSTRATED THE MOST COMMON OCCURRENCE OF THIS FOR ME, WHICH IS WHEN I DRAW MY MUSICIAN FRIENDS AND WE'LL ALL BE DOING OUR ART TOGETHER (ME SKETCHING THEM AND THEM PLAYING THEIR INSTRUMENTS) AND WE'LL ALL BE HAVING FUN!

-KASSI KING

ART HELPS ME LAUGH

DRAW ONE FUNNY CREATURE THAT
DOESNT EXIST IN THE SPACE BELOW

ART HELPS ME CONNECT



DRAW ONE PERSON, PLACE, PET, OR THING
THAT YOU REALLY CONNECT TO. WHY DO YOU
THINK YOU'RE SO CONNECTED TO THEM?

ART HELPS ME CONNECT

NOTE FROM THE ARTIST:

I ILLUSTRATED A GROUP OF PEOPLE IN A STRING QUARTET. IN DIFFERENT ENSEMBLES AND GROUPS, PEOPLE CAN CONNECT WITH ONE ANOTHER THROUGH MUSIC, AS IT CAN BE A COLLABORATIVE ART FORM. AS A MUSICIAN, I CONNECT WITH OTHERS THROUGH THE GROUPS I'M IN INCLUDING CHOIR AND JAZZ ENSEMBLES. I ALSO COMPOSE MUSIC FOR OTHER PEOPLE'S MOVIES, AND THROUGH THAT, I'M COLLABORATING WITH ARTISTS OUTSIDE OF MY ART FORM.

-ADAM HIROSE

ART HELPS ME ADVOCATE



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NOTE FROM THE ARTIST:

DURING 2020 I WAS INVOLVED IN A GROUP CALLED THE MIDNIGHT MURALISTS WHICH WAS A GROUP OF CHALK ARTISTS WHO CREATED MURALS THROUGHOUT THE PASADENA COMMUNITY TO SUPPORT BLACK LIVES MATTER. THIS EXPERIENCE REALLY SHOWED ME HOW IMPORTANT ART WAS IN ACTIVISM. I DREW A BLACK LIVES MATTER FIST WITHIN A CLOUD OF SAKURA FLOWERS, WHICH TO ME REPRESENT REVOLUTION AND ENVISIONING A BRIGHTER FUTURE.

-ELLA URIU

ART HELPS ME ADVOCATE

WHAT ARE SOME WAYS YOU CAN THINK OF TO
USE ART TO ADVOCATE FOR CAUSES YOU CARE
ABOUT? EX. PAINT A MURAL OF POLAR BEARS IN
THE MELTING ICE CAPS TO SPREAD AWARENESS
ABOUT CLIMATE CHANGE

EDITOR'S NOTE:

HELLO! WE, THE EXECUTIVE BOARD MEMBERS OF THE ART HOUR, ARE SO EXCITED TO SHARE THIS ACTIVITY BOOK WITH YOU AS FRIENDS OF THE ART HOUR. ART HAS HEAVILY IMPACTED OUR LIVES, AND THAT'S A PASSION THAT SHOULD BE SHARED WITH EVERYONE, NO MATTER WHO YOU ARE OR WHERE YOU COME FROM.

PLEASE ENJOY THE FOLLOWING PERSONAL STORIES, ACTIVITIES, AND ORIGINAL ART PIECES TO COLOR, ALL CREATED BY OUR WONDERFUL ART HOUR TEACHERS.

-HERA FARAGO & ELLA URIU