

**CENTERING JOY:
A WORKBOOK**

A LETTER FROM THE EDITOR

We created this book for our communities amidst COVID-19 and the California Wildfires. In these trying times, we wanted to find a way to let everyone know to keep choosing joy. We can center ourselves and our communities in joy, justice, and empathy to get us through the challenges of today.

We all deserve to choose joy. Whether it be through expressing ourselves artistically, spending time with our families, or resting, all forms of joy are valid and necessary for our wellbeing.

This workbook, **Centering Joy**, is meant to spark joy within you, your families, and your communities.

In collaboration with **The Art Hour**, five brilliant youth artists were asked to illustrate what joy looked like to them in the form of coloring sheets. We have also included drawing and writing prompts for your own creative freedom!

We'd love for you to share your creations by tagging us on Instagram @the.arthour and Twitter @TheArtHour1 and on Facebook @TheArtHour



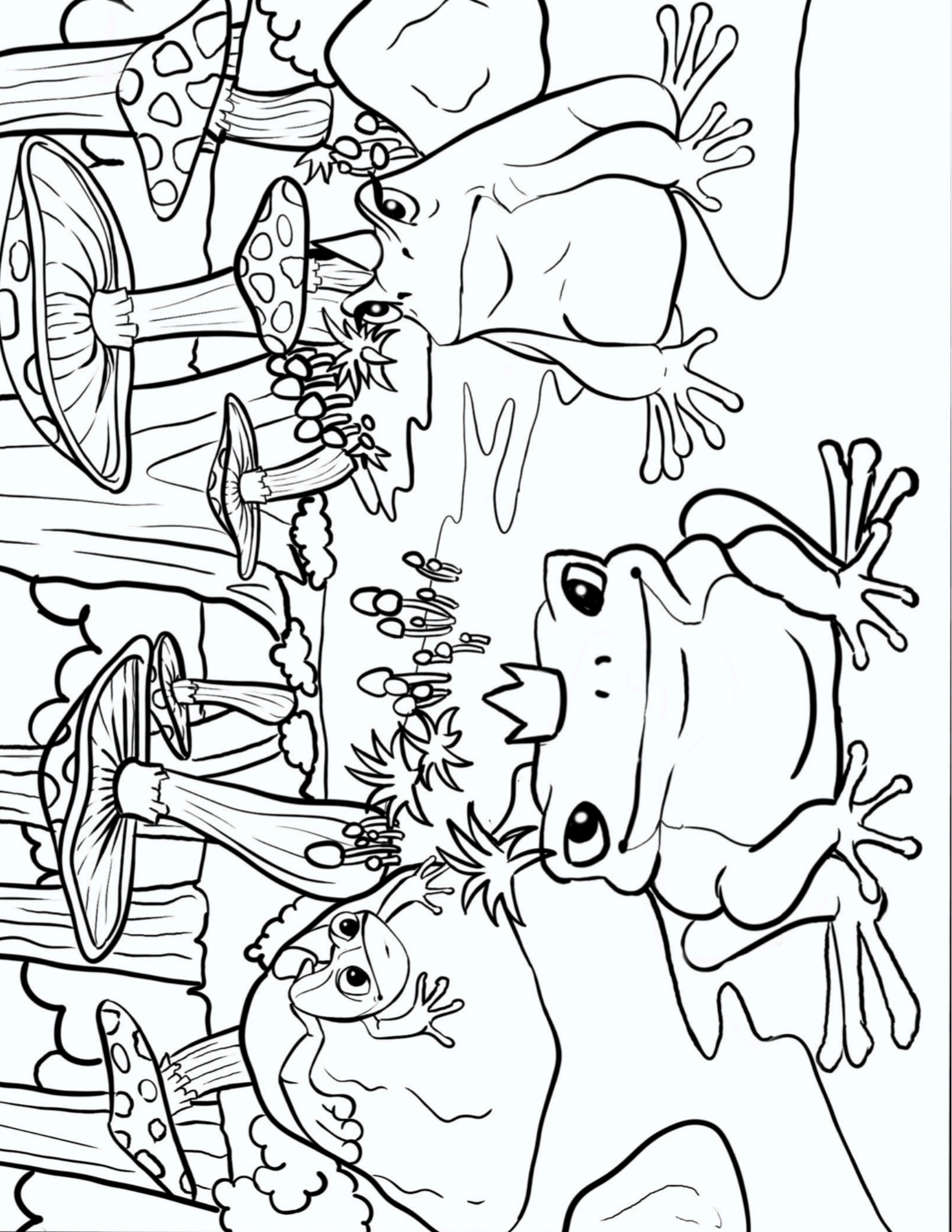


DRAWING PROMPT: JOY

What joy looks like to you? Is it eating your favorite food? Is it listening to your favorite song? Draw what joy is to you in the box below.

Title
of Your
Artwork





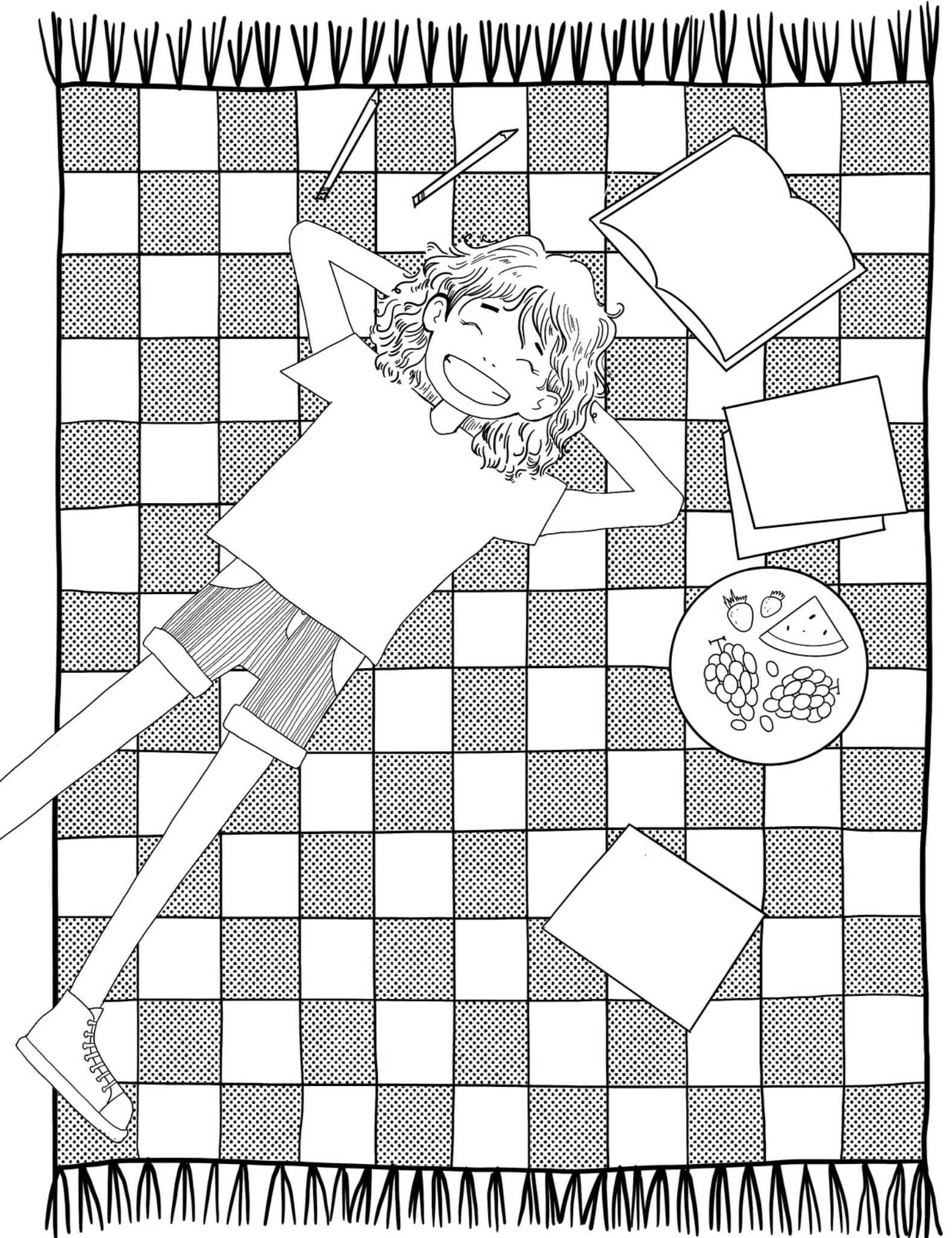


DRAWING PROMPT: MY COMMUNITY

What does your community look like? Who lives there? What types of plants and animals can be found in your community? How does your community make you feel? Draw your community in the box below.

Title
of Your
Artwork





NOTES FROM THE ARTISTS

ERNA GAYDEVA:

I illustrated a bulletin board filled with pinned images. The drawing focuses on a photo of a mother and daughter and their loving relationship. Bulletin boards are often used as a sort of changeable collage of nice memories. I have my own bulletin board and it's always nice to look back on it and remember some good times.

MITZI MCKINNON:

Throughout her 27 years as a Supreme Court Justice member, Ruth Bader Ginsburg was a pivotal advocate for women's rights. Her passing not only saddened people throughout but has also shined a spotlight on the deep divide in our country. One of my greatest fears is that what she fought for will be demolished with the shift in the balance of the Supreme Court.

This portrait is a reminder to never give up and never surrender, no matter your age.

CHLOE HOFFMANN:

I wanted you all to have a fun break from reality so I illustrated a couple of frogs having a party. It is so important to take some time out of your day to relax and enjoy life. Hopefully when coloring in my page you can make your fantasy become a reality and express your own creativity. Life is hard sometimes, but always remember to have fun when you can!

NOTES FROM THE ARTISTS

WYATT WORKMAN:

I illustrated a boy playing soccer who is surrounded by flowers. Growing up throughout elementary school, I always loved sports, especially soccer and basketball. I saw it as a way for people to work together for a singular goal. Especially in South Africa, soccer is extremely popular and a great way for kids from different communities to connect. Currently, connection is quite scarce between kids that live in different neighborhoods due to COVID-19, so I affiliate sports with connection and interaction. Hopefully, we can all get back on the field in the future.

NICOLE TANI:

I illustrated someone relaxing on a picnic blanket, enjoying their environment as they take time to read and write. They are perfectly content with the environment around them, whether it be outside in their yard, or inside their room on a rug. I made this about the joys of being immersed in something you're passionate for. They also make sure they're taking care of themselves- they eat their fruits and don't have any electronics around them. It's important to take care of yourself!