



# EXPRESSING OURSELVES!

## A Collaborative Community Mural Project

### PARTICIPATION QUESTIONNAIRE & ART PROMPTS

We need YOUR INPUT & ART to create our collaborative community MURAL DESIGN!

This is how to help us:

**STEP 1:** Read about the project!

**STEP 2:** Answer questions about your identity & colors that are meaningful to you!

**STEP 3:** Grab some art supplies and **MAKE ART** that will become part of our mural design!



## WHAT IS YOUR MESSAGE TO THE WORLD?

We need your input by December 16th!

# STEP 1: READ ABOUT THE PROJECT

## Project Logistics:

The project will be designed, facilitated, painted and installed collaboratively by a core group of teens and young adults. We need your help to create the design for the mural. Your words and art will become our design, representing all of our diversity. Once we have the design, the core team will lead painting sessions with community members to help paint the giant paint-by-number mural. We have been meeting on Zoom to plan the project since July 2021. We will begin meeting in person to physically create the mural on 5'x5' mural panels that, when finished, will be installed on a TBD Phoenix wall.

This community mural project is brought to you in partnership with [Skye's the Limit Foundation](#) and [Neighborhood Ministries, Phoenix](#) through the [Arizona Governor's Office of Youth, Faith and Family](#) Trauma-Informed Substance Abuse Primary Prevention Grant.

## Project Theme:

### IDENTITY, DIVERSITY & THRIVING IN ADVERSITY

In this project, teens and young adults will work together to design and create a public mural exploring the themes of **IDENTITY, CONNECTION, HOPE, HEALING, DIVERSITY, ACCEPTANCE, and RESILIENCY.**

Our world is made of many different climates, from mild and hospitable to harsh and desolate. Out of these places comes the incredible biodiversity of life, each species adapted to each microclimate. The human world contains a huge range of circumstances, experiences, and challenges. Yet out of these circumstances comes all of human diversity, every person beautiful in their individuality and uniqueness, complete with their scars. We are adapting, growing, and thriving. We are expressing ourselves and pushing our world to be a better and more accepting place.

How do we define and present our identity? How does the world see and treat us? How do we see the world? How do we treat others? How does experiencing adversity in our lives shape who we are, the choices we make, and how we engage with our communities? How can we thrive despite adversity and positively impact the world, like a **flower that blooms even in the harshest desert climate**?



# STEP 2: QUESTIONNAIRE

## The Basics:

Let's get the logistics out of the way. We just need to know how and whether to credit and contact you.

1. What is your name? \_\_\_\_\_
2. What is your age? \_\_\_\_\_
3. What town/city do you live in? \_\_\_\_\_
4. What is your email address? \_\_\_\_\_
5. If you are an organization or school/youth/art group, what is your organization/group name?  
\_\_\_\_\_
6. Do you want your name and age or organization/group name to be on the final website about the project to credit your art? (Just write "Yes" for it to be included or "No" to remain **anonymous**.)  
\_\_\_\_\_

### Optional:

7. Do you want to get an **email** about where and when the community **painting sessions** are? (No painting skills required, just a fairly steady hand and a willingness to try!) \_\_\_\_\_
8. Would you be interested in **volunteering to help on "work days"** where we prepare the panels for painting? \_\_\_\_\_
9. Are you interested in joining our **leadership team** (helping to organize things?) \_\_\_\_\_

## Opening Activity:

*(If you are by yourself, read full instructions first, then do visualization. Optional: play background music/meditative sounds during opening activity, questionnaire, and drawing.)*

**Instructions:** Close your eyes. Breathe deeply, slowly. Visualize yourself being bathed in a glowing white light. Let that light envelop and surround you, holding you in it. Now shift that light to a warm golden glow, like evening sunlight. Slowly shift the light again, this time into a cool, soothing purple. Now start changing the colors with your mind... to any color you can think of and imagine. Let yourself feel how the different colors make you feel. Eventually, settle on the color that makes you feel safe. A healing light. Now open your eyes... What color was your healing light?

## Questionnaire:

1. What color was your healing light in the opening activity?

**2. What are 5 Colors that Resonate with you?** (For example: Favorite colors, colors that represent you, colors that you like to have around you, colors that remind you of people and places you love.)

Write down your top 5 colors:

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a. **Optional:** Why did you choose those colors? What do they mean to you? How do they inspire you? How do they make you feel?

**3. List up to 10 words that resonate with your identity and values.** (How would you describe the true authentic self at the core of your being? What matters most to you? What do you strive for? These words can be nouns, adjectives, verbs, adverbs.)


**4. How would you identify yourself/describe your identity?** (This is completely open to interpretation; share as much or little as you wish about any category of identity, including (but not limited to): gender, sexuality, religion/spirituality, ethnicity, culture, geography, passions, self-expression, family symbol or traditions, individual traditions, etc.)

**5. Do you have any favorite quotes** that are about art, self-expression, and/or identity? Or about diversity, acceptance, or overcoming adversity? Hope? Healing? Inspiration? A message to the world? Quotes can also be excerpts from poems, and feel free to write your own! Feel free to take a moment and do some research. If the quote is not yours, please include the name of the person who said it.

**5. Do you have a favorite kind of:**

- Flower or plant? \_\_\_\_\_

- Insect? \_\_\_\_\_

- Bird? \_\_\_\_\_

- Small animal of any other kind (mammal, reptile, fish, amphibian, etc)? \_\_\_\_\_

- Type of landscape or climate? (Desert, forest, water, etc:) \_\_\_\_\_

**Optional:** Write some notes about how these plants/creatures/landscapes represent your identity.





# STEP 3: MAKE ART!

Please do at least one of these simple drawing prompts! Your art will become part of the mural design!

## INSTRUCTIONS:

- **Everyone can make art!** It doesn't matter what your age or experience level is.
- Below are four prompts that you can complete with any art supplies you have access to, such as **markers, crayons, or colored pencils**.
- The prompts start easy and get more complex, so **you can do the first one, or you can do them all!**
- If you do the more complex ones, still try to **keep your design somewhat simple**.
- **If this is in-person**, when you are finished, just write your name on the artworks and hand your drawings in with the questionnaire.
- **If you are at home**, take a photo of each of your artworks. Email the images, along with this questionnaire, to: [keiko@skysthelimit.org](mailto:keiko@skysthelimit.org). **Cell phone photos are fine, and natural light works best.** For example, take your pictures just inside a window or outside during the daytime.

## DRAWING PROMPTS:

**1) Draw a star and color it in with the 5 colors that were meaningful to you!** (If you want to make a star with a different number of points or colors, feel free to!)

**2) Draw an Eye.** Make the eye color the color of your healing light. Identity is both about being seen *and* about seeing. This eye will represent your way of seeing the world. The eye can be as simple/realistic/abstract as you wish.

**3) Draw a Creature or Plant:** If you were to represent yourself as a **flower, plant, insect, bird, small mammal, fish, or amphibian**, what would it be? (Any small land, air, or aquatic creature or plant!) Feel free to use colors and plants/creatures from your answers on the previous page. Your creature can be as realistic or imaginative as you wish, feel free to combine parts from multiple creatures/plants.\*

**What kind of an environment do you envision your creature thriving in?** (Sky, forest, desert, pond, river, etc.) \_\_\_\_\_

**4) Draw a Pride Flag!** Make a simple drawing of your favorite existing pride flag that you identify with, or design your own! Or, make a flag drawing with your 5 colors.

**Optional:** Explain the symbolism of your flag design.

**THANK YOU FOR YOUR TIME AND INPUT!**

**WE APPRECIATE YOU.**



**EXPRESSING OURSELVES!**

**A Collaborative Community Mural Project**

**CONTACT US IF YOU WANT TO JOIN THE MURAL LEADERSHIP TEAM!**

**[KEIKO@SKYESTHELIMIT.ORG](mailto:KEIKO@SKYESTHELIMIT.ORG)**

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