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FESTIVAL OF THE ARTS EXPANDS OUTREACH PROGRAM TO OREGON SCHOOLS



Caption: Angie Stambuk, creator of A Week of Color. Photo Credit: Natalie Wood

Lake Oswego, Oregon. – The Lake Oswego Festival of the Arts was awarded an Oregon Community Summer Grant to get bilingual activity guides and art kits into the hands of 30,000 students across the state in September. A Week of Color was the creation of the Festival’s Youth Outreach Coordinator, Angie Stambuk and former Festival Coordinator, Selena Jones. Created during the height of the pandemic, A Week of Color focused on the use of color in art as a way to safely explore all sorts of feelings that one may face during this time of struggle.

In 2020, the five-day day series was funded by the Festival Steering Committee, and included a book, a video, and an art kit that were delivered to over 400 students in Clackamas County. In the summer of 2022, a grant from the Oregon Association of Education Service Districts provided the funding to send the booklet and kits of art supplies across the State of Oregon to students in grades 2-5 who are emerging bilinguals and speak Spanish at home.

“The Spanish speaking population was one of the most affected by educational inequalities during the school closures, so it was very important to have the booklet and videos available in a bilingual format. When the pandemic hit I felt the need to do something to address this issue,” said Stambuk, who is a retired pediatrician. “After a lifetime of working with children, I understand the importance of giving them tools, beyond vocalization, to express their emotions.”

Scaling up the program from 400 to 30,000 units was easy thanks to great partnerships. A Week of Color was printed through the Clackamas ESD print shop and was distributed to the 19 ESD offices. The Festival partnered with Michael’s Craft Stores to ship art kits directly to the schools. Continuing goals for the project include applying for funding to have the books translated into more languages and reach more students.

The Youth Outreach Program of Lake Oswego Festival of the Arts was created in 2018 to increase the relevancy and accessibility of the Lake Oswego Festival of the Arts within the region. The goal of the program is to create opportunities for youth in the greater Portland area to participate, both as artists and audience, in the celebration of art at Lakewood. The program strives to bring opportunities to the underserved youth in the region, who, because of geographic, socio-economic or language barriers, have limited access to arts education. Artworks created by the youth involved in this program bring a variety of artistic representations of Oregon’s diverse communities to the Festival. The Festival hopes the kits will help expand their mission of inspiring a love of the arts. The focus on Youth Outreach at the Festival is part of the larger scope of the Lakewood Center for the Arts. The five-year strategic plan includes reaching and inspiring children to foster a love of the arts. Lakewood currently offers several classes geared toward students, as well as scholarships and reduced ticket pricing for student theater reviewers.

Students may submit finished projects to the 2023 Festival by emailing festival@lakewood-center.org.

The Lake Oswego Festival of the Arts is an arts education event of the Lakewood Center for the Arts, a 501(c)(3) nonprofit arts organization. It is held the weekend after Father's Day each year and attracts nearly 25,000 people. In 2023 the Festival will celebrate 60 years of providing this free community event.

Learn more at lakewood-center.org.

Lakewood's Youth Outreach in the Arts



Valeria

Lakewood Center for the Arts and the Lake Oswego Festival of the Arts Youth Outreach Program received a grant from the Oregon Association of Education Service Districts. The award made it possible for us to send the Week of Color booklet and art kits to English/Spanish emerging students in grades 2-5 across Oregon's 19 service districts.

Teachers and administrators are sending in feedback and some photographs of students enjoying the kits. These photos are from a Family Night held recently in Pendleton, when students received their booklets and art kits.

The program of art kits and booklets and video called A Week of Color focuses on learning about expressing emotions through art and the use of color. The video is a 5 segment series that offers the chance for students to express themselves in a safe environment. The booklet is written in English and Spanish on facing pages so it is particularly useful for students who speak Spanish at home.



Emilio



Gurfateh



Watercolor Workshop At Kraxberger Middle School



About the exhibit in our main hallway

Sixth grade students in Audrey Delgado's Art 6 class began a study with watercolors by experimenting with a variety of watercolor techniques, such as glazing, resist, salt, dry brush, gradations, and wet-into-wet.

Sonia Allen, a Salem-based artist, came into the class for 12 sessions, leading student artists through in-depth color mixing, exploration of the color wheel, and creating neutral colors. Delgado and Allen introduced the artist Marc Chagall, with a particular focus on his painting 'I and the Village'. Using Chagall's painting for inspiration, students created symbolic images to represent their home or neighborhood, a person who is important to them, a memorable event from their life, and something they feel strongly about. They sketched these images onto watercolor paper with attention to composition, and then were challenged to paint using colors that they had mixed themselves, rather than straight out of the paint palette. Additionally, their paintings had to include at least three of the different watercolor techniques that they had practiced.

After the paintings were completed, students wrote a detailed, thoughtful reflection in which they described their process and explained their

chosen symbols and their meanings. The Kraxberger classes were made possible through the Lakewood Center Youth Outreach Program and generous donors like you!

The mission of Lakewood Center for the Arts is to inspire and nurture a love of theatre and the arts. A big component of Lakewood's mission is to ensure the arts remain accessible to all. To that end, the Youth Outreach Program was created in 2018 for the Center's annual Lake Oswego Festival of the Arts. Since that time, the program has grown beyond the Festival to include a larger number of participants, different communities, and a variety of year-round art programs that Lakewood Center/ Lakewood Theatre Company offers to the region.



The goal of the Youth Outreach Program is to create opportunities for youth in the greater Portland area to participate, both as artists and audience, in all that Lakewood has to offer. Lakewood strives to bring opportunities to the under-served youth in the region, whom, because of geographic, socio-economic, cultural or language barriers have limited access to arts education.

Lakewood Center hopes the program will facilitate conversations with youth, their families, and their supporting organizations, resulting in open collaborations and a better understanding of how to continue to create meaningful experiences. Lakewood Center recognizes the importance of creating an inviting, diverse and inclusive environment for participants as artists, students, and audience.

Learn more and support our efforts at www.lakewood-center.org

A Week of Color

Una Semana de Color



Created by Angelica Stambuk and Selena Jones
Creado por Angelica Stambuk y Selena Jones
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Introduction

It is easier for all of us to understand and even manage our feelings much better if we have a way to express them. Have you ever felt so happy that you had to call a friend and tell them about it? Have you ever been sad or frustrated and felt much better after writing about it in your journal?

Talking about your emotions is the most common way of expressing them, and it certainly helps make your positive feelings (like happiness, peace, confidence) more real, and your negative feelings (like sadness, anger, fear) more manageable.

A simple way of expressing your emotions through art is by using different colors. The color you pick to represent a particular feeling is unique to you, as it will vary from person to person, and even from day to day for the same individual.

So, what is your “happy” color today?

What color or colors would you use to represent the way you are feeling right now?

EXPRESSING YOUR EMOTIONS THROUGH ART

A Week of Color is a group of 5 art workshops that use color in art as a way to safely explore all sorts of feelings and challenges that we face during times of struggle. Read along and create your own masterpieces!

These workshops are also available to watch online for free at bit.ly/aweekofcolor



Introducción

Es más fácil para todos nosotros entender y hasta manejar mejor nuestros sentimientos si tenemos manera de expresarlos. ¿Has estado alguna vez tan, tan feliz que necesitaste llamar a tu amigo o amiga para contarles? ¿Has estado alguna vez triste o descontento y te has sentido mejor después de escribir sobre el problema en tu diario de vida?

Hablar de nuestras emociones es la manera más común de expresarlas, y claramente ayuda a que los sentimientos positivos (como felicidad, paz, confianza) sean más reales, y los sentimientos negativos (como tristeza, enojo, miedo) más fáciles de manejar.

Una manera simple de expresar tus emociones a través del arte es usando diferentes colores. El color que eliges para representar un sentimiento en particular es únicamente tuyo, ya que varía de persona a persona, y hasta de día a día para el mismo individuo. ¿Entonces, cuál sería tu “color feliz” hoy? ¿Qué color o colores usarías para representar la manera de que te sientes en este momento?

EXPRESANDO TUS EMOCIONES A TRAVÉS DEL ARTE

Una Semana de Color es una serie de 5 talleres de arte que utilizan color para explorar todo tipo de emociones y desafíos que enfrentamos en tiempos de conflicto. ¡Sigue las instrucciones y crea tu propia obra maestra! También puedes ver videos de estos talleres gratis en línea en bit.ly/aweekofcolor

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Day 1: The Color of Shapes

1. Choose a piece of paper. Any kind will work.
2. Choose a coloring tool that includes a variety of colors. Any kind will work, and we recommend colored pencils, markers, water colors, tempera paint, crayons, or oil pastels.
3. Choose your favorite color from your coloring tools. You can even use multiple kinds of tools if you'd like!
4. On the piece of paper, draw outlines (contours) of three circles anywhere on the page.
5. Close your eyes and think about how you're feeling today. Take a deep breath in and let it out slowly. What scenes are you imaging in your mind? As you think, notice some of the colors in the scene.
6. Open your eyes. Look at the colors included in your coloring tools. Which colors match the way you are feeling? Does one color describe your emotions, or multiple colors?
 - Choose the color(s) that match how you feel. Color each circle with those colors.
 - After coloring your circles, draw three rectangles anywhere on your paper.
 - Close your eyes and think about tomorrow. Take a deep breath in and let it out slowly. How would you like to feel tomorrow? What would make you feel good tomorrow?
 - Open your eyes. Look at all the colors included in your coloring tools. Which colors match how you would like to feel tomorrow? Choose those colors and color each rectangle with those colors.
 - Look at your drawing. Do the circles and rectangles share any of the same colors? Are they very similar or different? Do they feel like they belong together?
 - Take a deep breath while looking at your drawing, and as you exhale slowly, think about how you feel as you look at your drawing. What colors come to mind? Choose those colors and color the rest of the paper with those colors.

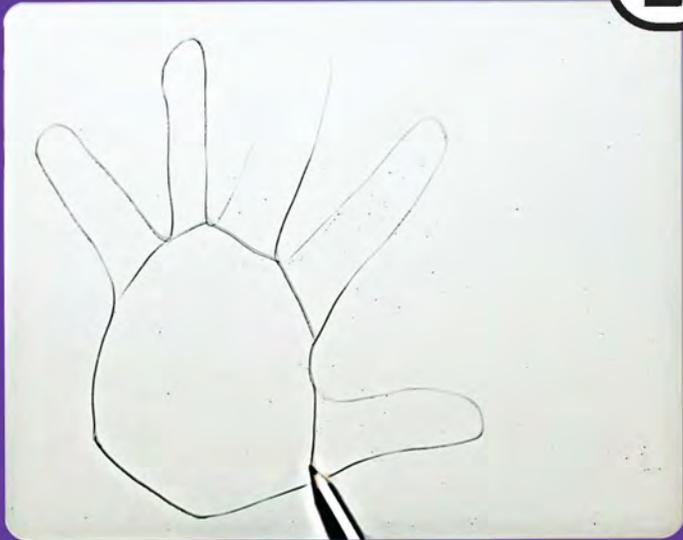
Día 1: Colores y Formas

1. Elige una hoja de papel. De cualquier tipo.
2. Elige materiales para colorear que incluyan una variedad de colores. Puedes usar todo tipo de materiales. Recomendamos lápices de colores, marcadores, acuarelas, témpera, lápices de cera o lápices pastel.
3. Elige tu color favorito entre tus materiales para colorear. ¡Puedes usar varios materiales distintos!
4. En el papel, dibuja los contornos de tres círculos, en cualquier parte de la hoja.
5. Cierra los ojos y piensa cómo te sientes hoy día. Respira profundo y espira lentamente. ¿Qué imágenes vienen a tu mente? Mientras piensas, fíjate en los colores de esas imágenes.
6. Abre los ojos. Mira los colores en tus materiales para colorear. ¿Cuáles colores representan como te sientes? ¿Solo un color o varios para describir tus emociones?
 - Elige el color o colores que representan como te sientes para pintar los círculos.
 - Después de colorear los círculos, dibuja tres rectángulos en cualquier parte de tu papel.
 - Cierra los ojos y piensa en el día de mañana. Respira profundo y espira lentamente. ¿Cómo te gustaría sentirte mañana? ¿Qué te haría sentirte bien mañana?
 - Abre los ojos. Mira todos los colores en tus materiales para colorear. ¿Cuáles colores representan como te quieres sentir mañana? Elige esos colores y úsalos para colorear los tres rectángulos.
 - Mira tu dibujo. ¿Ves colores similares en los círculos y los rectángulos? ¿O son colores distintos? ¿Piensas que se ven bien juntos?
 - Respira profundo mientras miras tu dibujo y al espirar lentamente piensa como te sientes al mirar tu dibujo. ¿Qué colores vienen a tu mente? Busca esos colores entre tus materiales y úsalos para colorear el resto del papel.

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Day 2: Contours and Hands

1. Choose a piece of paper and a coloring tool that includes a variety of colors.
2. On your paper, place your hand palm down and flat.
3. Close your eyes. Take a deep breath in and let it out slowly. Think about your mood today and how you feel. As you think, imagine the colors of those feelings. Open your eyes and looking at your coloring tools, and choose one color that feels closest to your mood.
4. Using that color, trace your entire hand on the paper. This will create a contour (outline) of your hand.
5. At the first knuckle of each finger, draw a line, separating the palm from each finger (including your thumb.)
6. For each traced finger, take a deep breath, let it out slowly, and try this:
7. For the first finger, as you breathe out think about how you felt yesterday. Do any specific moments stand out in your mind? Look at your coloring tools and choose colors that reflect your feelings about yesterday. Color that first finger in with those colors.
8. For the second finger, as you breathe out think about how you want to feel tomorrow. What would help you reach those feelings tomorrow? Look at your coloring tools and choose colors that reflect those feelings you want. Color that second finger with those colors.
9. For the third finger, as you breathe out think about a friend of yours. How do you feel when you think about that friend? Do you miss them? What do you like to do together? Look at your coloring tools and choose colors that reflect those feelings, and color that third finger with those colors.
10. For the remaining fingers, as you breathe out think about a place you really love. Why do you love it? What is it like to be there? How does it make your body feel when you think about it? Look at your coloring tools and choose colors that reflect that place. Color remaining fingers with those colors.

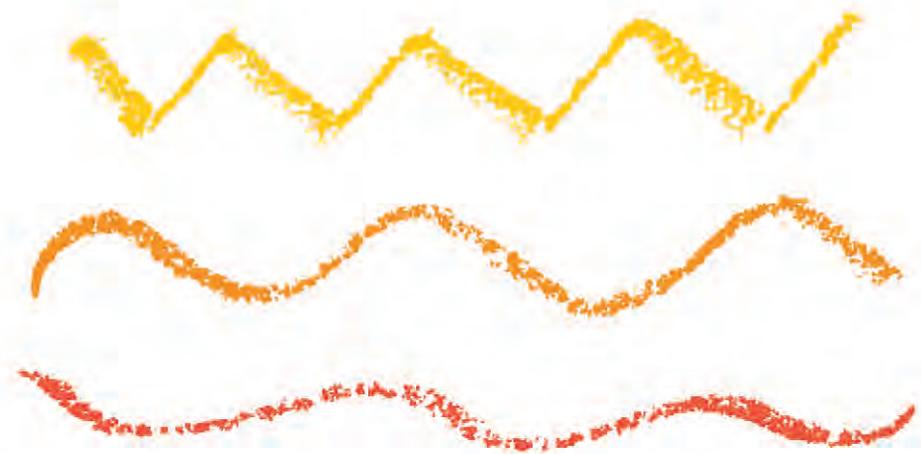
Día 2: Contornos y Manos

1. Elige una hoja de papel y materiales para colorear que incluyan una variedad de colores.
2. Pon tu mano, palma abajo, sobre el papel.
3. Cierra los ojos. Respira profundo y espira lentamente. Piensa como te sientes hoy y de que humor estas. Mientras piensas, imagínate los colores de esos sentimientos. Abre los ojos y busca entre tus materiales el color que represente mejor tus sentimientos.
4. Con el color que elegiste traza tu mano sobre el papel, creando una imagen de todo el contorno de tu mano.
5. Dibuja una línea en la base de cada dedo, incluyendo tu pulgar, separando los dedos de la palma de tu mano.
6. Con cada uno de los dedos que dibujaste, respira profundo, espira lentamente y:
7. Para el primer dedo, al espirar lentamente, piensa en cómo te sentías ayer. ¿Hay algún momento especial que venga a tu mente? Mira tus materiales y busca colores que reflejen tus sentimientos sobre el día de ayer. Pinta el primer dedo con estos colores.
8. Para el segundo dedo, al espirar lentamente piensa en cómo te quieres sentir mañana. ¿Qué te ayudaría a lograr esos sentimientos mañana? Mira tus materiales y elige colores que reflejen los sentimientos que quieres sentir mañana. Pinta el segundo dedo con esos colores.
9. Para el tercer dedo, al espirar lentamente piensa en un amigo o amiga. ¿Como te sientes cuando piensas en tu amigo o amiga? ¿Lo extrañas? ¿Qué actividades les gusta hacer juntos? Mira tus materiales y elige colores que reflejen estos sentimientos. Pinta el tercer dedo con estos colores.
10. Para el resto de los dedos, al espirar lentamente piensa en un lugar que realmente te guste. Imagina en tu mente ese lugar que amas. ¿Que hace que te guste tanto este lugar? ¿Como te sientes cuando estás ahí? Ahora elige los colores que representan para ti este lugar. Pinta los dos últimos dedos con estos colores.

Now for your palm!

7. Take a deep breath and let it out slowly. As you breathe out, think about who you are. What do you love in life? What do you think are qualities that really describe who you are deep down? Look at your coloring tools, and choose colors that represent those feelings about yourself. Color your palm with those colors.

8. Once your hand is complete, it's time to think about its environment. Close your eyes. Take a deep breath and let it out slowly. As you breathe out, think about the activities you really enjoy. What makes you like those activities? Open your eyes and look at your coloring tools and choose colors that represent those feelings. Color the environment around your hand contour with those colors.

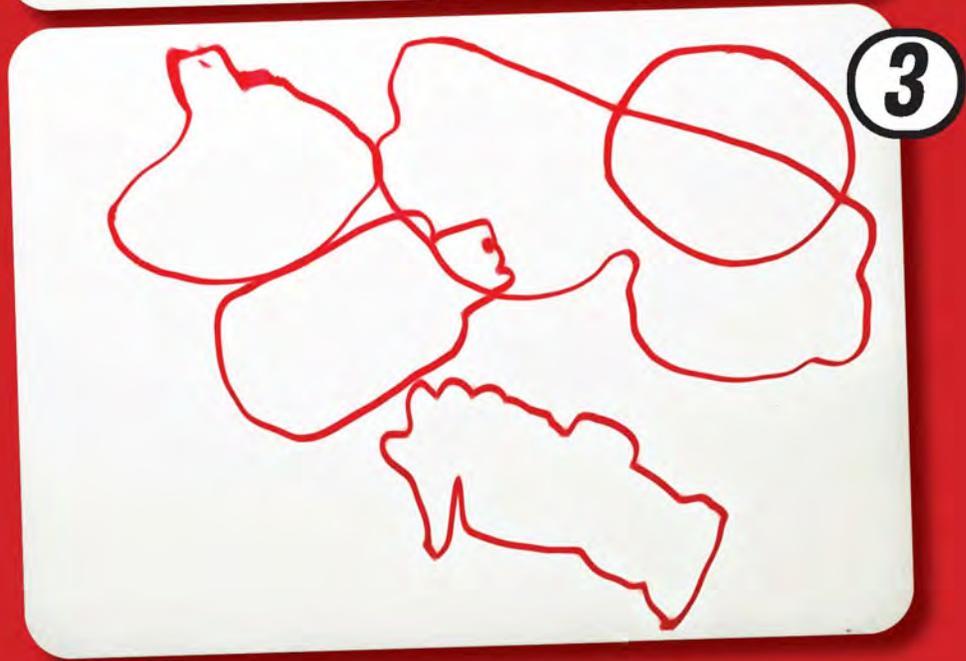


¡Por último la palma de tu mano!

7. Respira profundo y espira lentamente, esta vez pensando en quién eres tú. ¿Qué es lo que más amas de tu vida? ¿Cuáles son las cualidades que describen quien realmente eres? Busca los colores que reflejan tus sentimientos, colores que definen quién eres tú. Pinta tu palma con esos colores.

8. Una vez que tu mano esté completa, piensa en el ambiente a su alrededor. Cierra los ojos. Respira profundo y espira lentamente. Piensa en las actividades que más disfrutas. ¿Que hace que te gusten estas actividades? Abre los ojos, mira tus materiales y busca colores que representen esos sentimientos. Colorea el ambiente alrededor del contorno de tu mano con esos colores.





Day 3: Objects from Home

1. Choose a piece of paper and a coloring tool that includes a variety of colors.
2. Look around your living space, inside and outside. What objects do you see? Look for smaller objects, the size of your open hand or smaller. With the permission of their owner, choose 5 of those small objects and bring them back to your artmaking space.
3. Place the first object on your paper. It can be anywhere on the paper, even going off the edge of the paper.
4. What is your favorite color? Choose that color from your coloring tools, and with that color, trace around the object anywhere the object touches the paper.
5. Repeat this process for each object. It's ok if objects overlap—place them anywhere you want on your page.
6. Once every object has been traced, look at the shapes on your paper. Do any shapes overlap, creating new shapes? Count all the shapes you now see on your paper.



Día 3: Objetos de tu Casa

1. Elige una hoja de papel y materiales para colorear que incluyan una variedad de colores.
2. Mira alrededor del lugar donde vives, adentro y afuera. ¿Qué objetos ves? Busca objetos pequeños, no más grandes que el tamaño de tu mano abierta. Con el permiso del dueño, escoge 5 objetos y llévalos a tu área de arte.
3. Coloca el primer objeto sobre tu papel. Puede ser en cualquier posición, incluso saliendo del borde.
4. ¿Cuál es tu color favorito? Búscalo en tus materiales para colorear, y con este color traza alrededor del objeto por todas las partes que toquen el papel.
5. Repite este proceso con cada uno de los objetos. No importa si trazas las siluetas una encima de otra. Pon los objetos donde tú quieras sobre el papel.
6. Mira las siluetas en tu papel. Fíjate si algunas de las formas están montadas una sobre otra, creando una forma distinta. Cuenta todas las formas que ves en tu papel.



7. Take a deep breath and let it out slowly for each of the following steps. As you breathe out, try this:

- How are you feeling today? What are the first three feelings that come to mind? Picture those feelings in your mind. What colors are those feelings? Look at your paper and pick a shape into which those feelings could fit, and color that shape with those colors.
- How did you feel yesterday? Try and picture the colors of those feelings as you think of them. Look at your paper and pick a shape into which those feelings could fit, and color that shape with those colors.
- How do you feel about tomorrow? Will it be different than today or yesterday? What color represents your feelings about tomorrow? What shape on your paper would best suit those feelings? Choose a shape and fill it with the colors of those feelings.
- What has recently made you feel happy or proud of yourself? What words best describe these feelings? Open your eyes and choose your favorite color from your coloring tools. Within each uncolored shape, lightly write a word or sentence describing what makes you happy or proud of yourself.

8. In every shape with words, color the rest of the shape with a color that matches the feelings of those words.

9. By now every shape on your page should be colored. Look at your paper. How does it make you feel? What thoughts come to mind as you look at it? Choose colors that relate to those feelings, and fill any uncolored areas with those colors.

10. You may now return the objects you used, or if possible, ask if you can keep them in your art space and use them again tomorrow.

7. Respira profundo y espira lentamente para cada uno de los siguientes pasos. Al espirar lentamente piensa:

- ¿Cómo te sientes hoy día? ¿Cuáles son los tres primeros sentimientos que vienen a tu mente? Haz una imagen de estos sentimientos en tu mente. ¿De qué colores son? Mira tu papel y elige la silueta que represente mejor para ti estos sentimientos. Pinta la silueta que elegiste con estos colores.
- ¿Cómo te sentías ayer? Trata de imaginarte los colores de estos sentimientos mientras piensas en ellos. Mira tu papel y elige la silueta que represente mejor estos sentimientos. Pinta esta silueta con los colores de estos sentimientos.
- ¿Qué sientes cuando piensas en el día de mañana? ¿Como puede ser mañana distinto de hoy o ayer? Trata de imaginar los colores de estos sentimientos. Mirando tu papel, busca la mejor silueta para contener los sentimientos que estas imaginando para el día de mañana. Pinta la silueta con estos colores.
- ¿Hay algo que recientemente te haya hecho sentir feliz u orgulloso de ti mismo? ¿Qué palabras usarías para describir estos sentimientos? Abre los ojos, y elige tu color favorito entre tus materiales. Dentro de cada silueta en blanco, escribe una palabra o una frase describiendo lo que te hace sentir feliz u orgulloso de ti mismo.

8. Pinta cada silueta en la cual escribiste con el color que para ti representa el sentimiento de tus palabras.

9. Ahora todas las siluetas en tu papel deberían estar coloreadas. Mira tu dibujo. ¿Como te hace sentir? ¿Qué pensamientos vienen a tu mente? Escoge colores que reflejen estos sentimientos y pinta con ellos todas las áreas de tu papel que estén en blanco.

10. Ahora puedes devolver los objetos a su lugar, o si es posible dejarlos en tu área de arte para usarlos otra vez mañana.

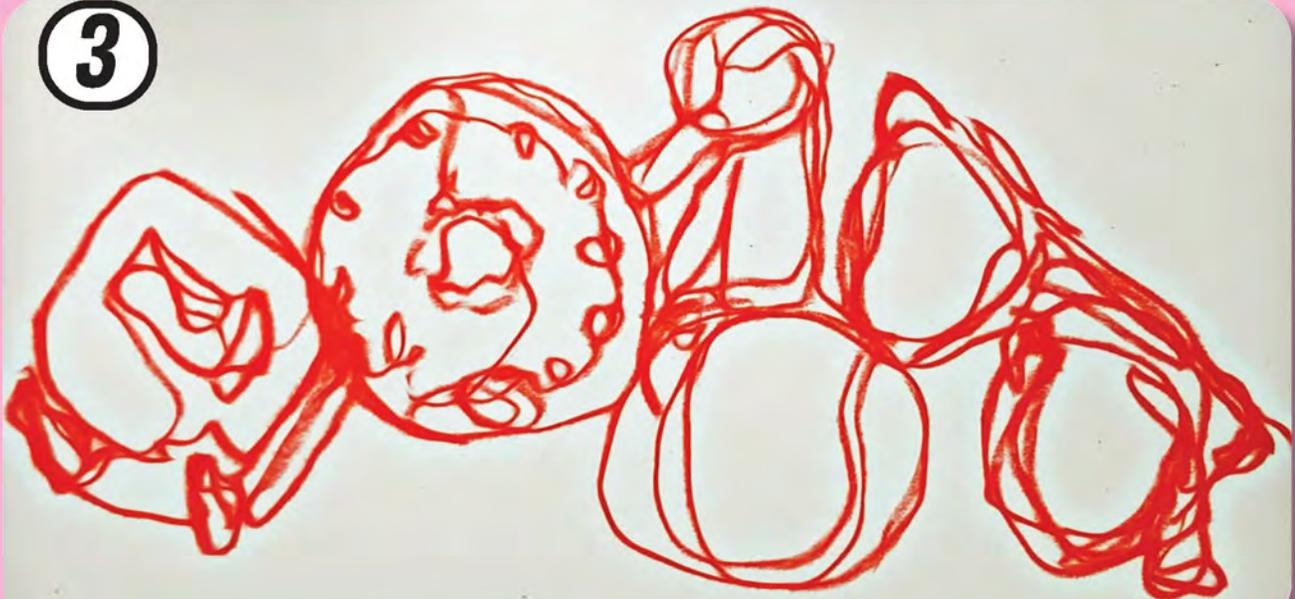
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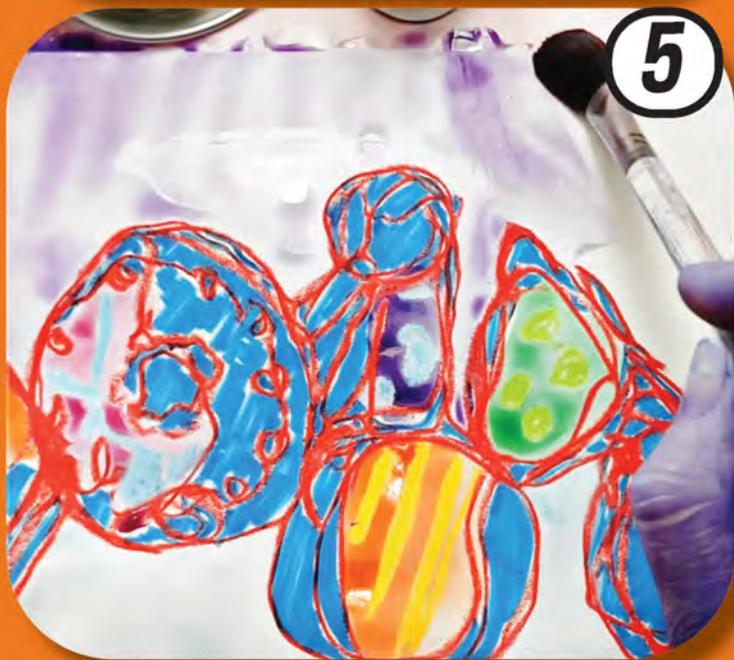


Day 4: Continuous Line Drawing

1. Choose a piece of paper and a coloring tool that includes a variety of colors.
2. Do you still have the 5 objects you used yesterday? If not, or if you'd like to choose different objects, start by looking around your living space, inside and out. What objects do you see? Look for smaller objects, the size of your open hand or smaller. With the permission of their owner, choose 5 of those small objects and bring them back to your artmaking space.
3. Sit in front of your paper. Directly behind your paper, arrange those 5 objects. They can be sitting separately or be touching or sitting on one another—arrange them however you choose, as long as you can see each object from where you are sitting.
4. Look at your still life (the five objects you arranged.) Take a deep breath and let it out slowly. As you breathe out, think about how you feel seeing all of those objects together. What do they have in common? Think about how they make you feel, and a color that relates to that feeling.
5. Choose that color from your coloring tools, and put the tip of that color to the paper. For this entire drawing, do not lift your coloring tool from the paper as you draw. This exercise is known as a Continuous Line Drawing. When you're ready, begin drawing all the objects in the arrangement you see. Only when you are completely done drawing every object can you stop and lift that tool from the paper.
6. After you've drawn all the objects, look at your paper. Wow! Is it what you expected to see? Is it like anything you've seen before? Count any shapes you see. Do they look like any of the objects you have in front of you?

Día 4: Dibujo de Línea Continua

1. Elige una hoja de papel y materiales para colorear que incluyan una variedad de colores.
2. ¿Todavía tienes los objetos que usaste ayer? Si no los tienes, o si quieres usar objetos distintos, empieza por mirar a tu alrededor, adentro y afuera de tu casa. ¿Qué objetos ves? Busca objetos pequeños, no más grandes que el tamaño de tu mano abierta. Con el permiso del dueño, escoge 5 de estos objetos pequeños y llévalos a tu área de arte.
3. Siéntate frente a tu papel y coloca los 5 objetos detrás del papel. Pueden estar separados, juntos, o incluso uno encima de otro - en cualquier posición, mientras puedas ver cada uno de tus objetos desde donde estas sentado.
4. Mira el modelo que hiciste con tu colección de objetos. Respira profundo y espira lentamente, pensando en tus sentimientos al mirar tus objetos. ¿Qué tienen en común? Piensa en cómo te hacen sentir y elige un color que represente tus sentimientos.
5. Busca este color entre tus materiales y pon la punta del lápiz sobre tu papel. Vas a dibujar todo tu dibujo de una vez, sin levantar el lápiz del papel. Este ejercicio se llama Dibujo de Línea Continua. Cuando estés listo, empieza a dibujar todos los objetos como los ves. No pares hasta que hayas dibujado cada uno de tus objetos, y solo entonces puedes levantar tu lápiz del papel.
6. Cuando hayas terminado de dibujar, mira tu papel. ¡Wow! ¿Te esperabas ver algo así? ¿Habías visto un dibujo como este anteriormente? Cuenta cuantas formas ves. ¿Se parecen a los objetos que tienes al frente?



7. Look at your five objects. One at a time, pick each object up and try this:

- **What color is that object? How does the object feel? Is it smooth or soft or hard, cold or warm, heavy or light? As you hold this object, think of someone. What is it about this object that reminds you of that person? How do you feel when you think about that person?**
- **Choose colors from your coloring tools that remind you of each object and your feelings towards it. Color a shape of your paper with those colors.**
- **Repeat this process for each of the five objects, but think of a new person for each object.**
- **Now look at your paper. Are there any shapes left to color? If so, close your eyes and take a deep breath, letting it out slowly. As you breathe out, think about how you're feeling today. What color best describes that feeling? Open your eyes, and in all the remaining shapes, color them with that color.**

8. Are there any uncolored areas left outside your colored shapes? If so, close your eyes again and take another deep breath! As you breathe out, think about a place that brought you a feeling of calm and comfort. What colors do you picture when you imagine that place? Choose those colors, and use them to color any uncolored areas left on the page.

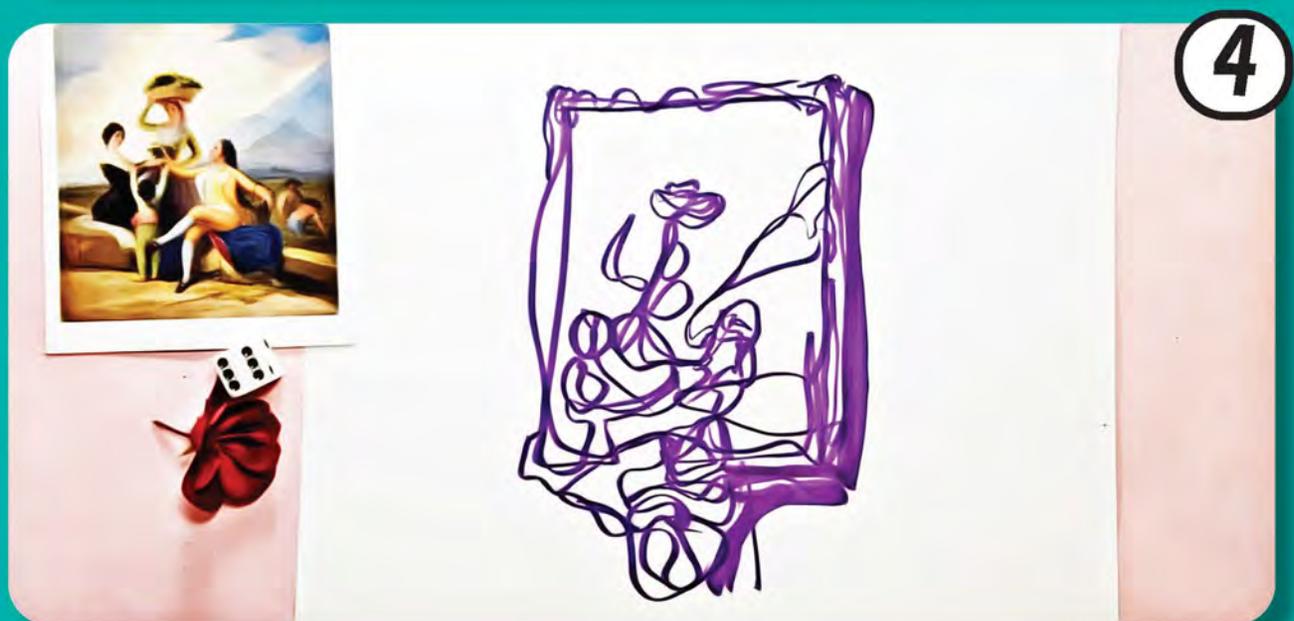
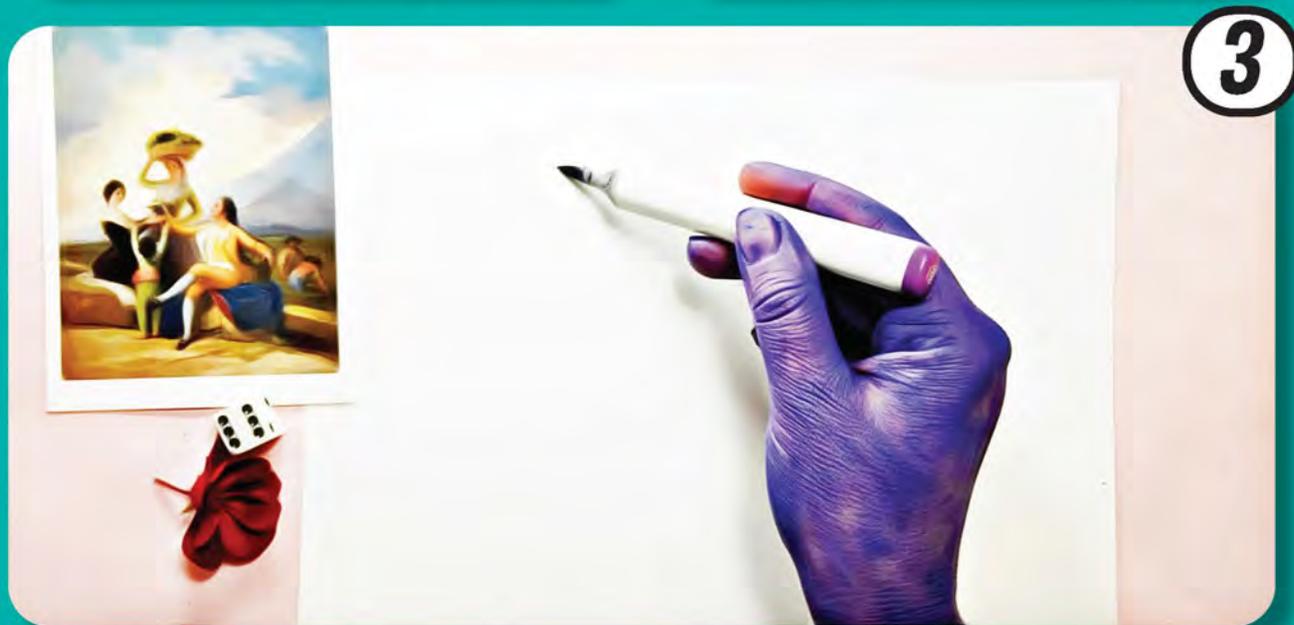
9. You may now return your objects.

7. Mira tus cinco objetos. Tómalos uno por uno y piensa:

- **¿De que color es este objeto? ¿Como sientes este objeto en tus manos? ¿Suave? ¿Blando o duro? ¿Frio o caliente? ¿Liviano o pesado? Con el objeto en tus manos, piensa en alguna persona. ¿Porque crees que este objeto te recuerda a esa persona? ¿Como te sientes al pensar en esa persona?**
- **Elige colores entre tus materiales que te recuerden a cada objeto y a tus sentimientos hacia ese objeto. Pinta una silueta con estos colores.**
- **Repite este proceso con cada uno de los cinco objetos, pensando cada vez en una persona distinta.**
- **Mira tu dibujo. ¿Te quedan siluetas sin color? Si todavía tienes más que colorear, cierra los ojos, respira profundo y espira lentamente. Esta vez piensa en cómo te sientes hoy día. ¿Qué color describe mejor tus sentimientos? Abre los ojos, y usa ese color para pintar todas las siluetas restantes.**

8. ¿Quedan áreas en blanco en el papel alrededor de tu dibujo? Si tienes áreas sin color, otra vez cierra los ojos, respira profundo y espira lentamente. Piensa en un lugar que te inspire sentimientos de paz y comodidad. ¿Qué colores vienen a tu mente cuando te imaginas este lugar? Busca esos colores entre tus materiales y pinta con ellos el resto del papel, sin dejar áreas en blanco.

9. Ahora puedes devolver los objetos a su lugar.

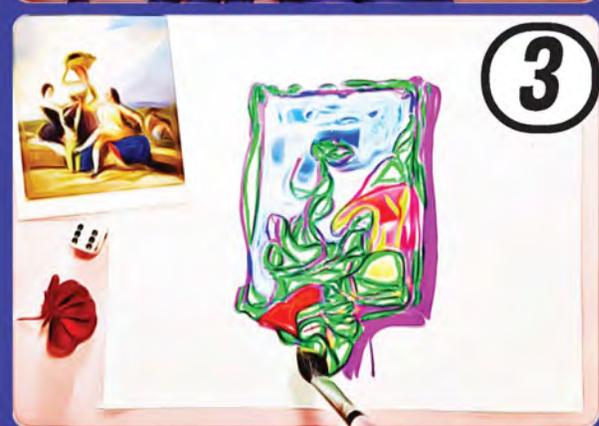
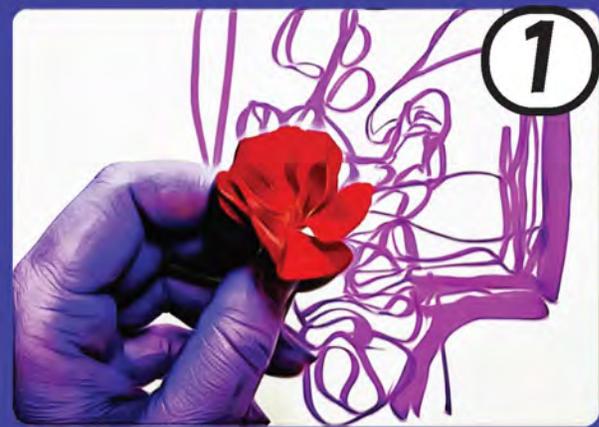


Day 5: Music and Color

1. Choose a piece of paper and a coloring tool that includes a variety of colors.
2. Do you like music? Do you have a favorite song? Play that song out as you sit in front of your paper, and close your eyes while you listen. If you can't play the original song, try singing or humming it. As you hear it or sing it, think about how it makes you feel. Does it make your body feel good? Does it make you feel more energized, relaxed, excited? Once you have heard the song at least once, open your eyes.
3. While you think of that song, look around your living space for new objects that remind you of that song. What objects do you see? What shapes or textures or oldness or newness might remind you of your song? Look for smaller objects, the size of your open hand or smaller. With the permission of whoever owns those objects, choose 3 of those small objects and bring them back to your artmaking space.
4. Sit in front of your paper. Directly behind your paper, arrange those 3 objects however you choose, as long as you can see each object from where you are sitting.
5. Choose a color from your coloring tools. Place your coloring tool to the paper in front of you. You will play or sing/hum your song while you draw, and for this entire drawing don't stop drawing and don't lift your coloring tool from the paper until the song ends. This exercise is another kind of Continuous Line Drawing.
6. When you're ready, start your song and begin drawing all the objects in the arrangement you see.
7. While you draw, think about the speed at which you are drawing. Try changing the speed and pressure you use to draw. Does the song change how quickly or slowly you draw? Does it make you want to change how hard or soft you are pressing your tool to the paper?
8. Once your song ends, stop drawing and look at your paper. Wow! How does it make you feel? Have you ever seen a drawing like this before? How did the music change your drawing experience?

Día 5: Música y Color

1. Elige una hoja de papel y materiales para colorear que incluyan una variedad de colores.
2. ¿Te gusta la música? ¿Tienes una canción favorita? Toca esa canción mientras estás sentado frente a tu papel, y cierra los ojos mientras la escuchas. Si no puedes tocar la canción original, puedes cantarla o silbar. Mientras escuchas o cantas, piensa en cómo la canción te hace sentir. ¿Te sientes con más energía? ¿Relajado? ¿Con entusiasmo? Una vez que hayas escuchado tu canción por lo menos una vez, abre los ojos.
3. Todavía pensando en tu canción, busca objetos a tu alrededor que te recuerden a esa canción. ¿Qué objetos ves? ¿Qué formas o texturas te recuerdan a esta canción? ¿Objetos antiguos o nuevos? Busca objetos pequeños, no más grandes que el tamaño de tu mano abierta. Con el permiso del dueño, escoge 3 de estos objetos y llévalos a tu área de arte.
4. Siéntate frente a tu papel y coloca los 3 objetos detrás del papel, en la posición que más te guste, siempre que puedas ver cada uno de tus objetos desde donde estás sentado.
5. Busca un color entre tus materiales. Pon tu lápiz o instrumento para colorear sobre el papel. Vas a tocar o cantar tu canción mientras dibujas, sin parar de dibujar ni levantar el lápiz del papel hasta que la canción termine. Este ejercicio es otro tipo de Dibujo de Línea Continua.
6. Cuando estés listo, empieza tu canción, y dibuja todos los objetos como los ves en el arreglo que hiciste.
7. Mientras dibujas y escuchas la canción, piensa en la rapidez con que estás dibujando. Tú puedes cambiar la rapidez y la presión que usas para dibujar. ¿Como influye el ritmo de tu canción en el ritmo de tu dibujo? ¿Te hace dibujar más lento o rápido? ¿Mas suave o más fuerte?
8. Cuando termine la canción, mira tu dibujo. ¡Wow! ¿Como te sientes al ver lo que creaste? ¿Habías visto antes un dibujo como este? ¿Qué influencia tuvo la música en tu experiencia artística?



9. Look at your three objects.

For each object, try this:

- Pick up that object and hold it in your hand. What color is that object? How does the object feel? Is it smooth or soft or hard, cold or warm, heavy or light? As you hold this object, think of a memory you love. What is it about this object that reminds you of that memory? How do you feel when you think about that memory? Choose colors that match those feelings.
- Choose a shape on your page and color it with those colors.
- Repeat this for each object.



10. Now look at your paper. Are there any uncolored shapes left? If so, close your eyes and take a deep breath. As you breathe out, think about how you're feeling today. What color best describes how you feel right now? Open your eyes, and in all the remaining shapes, color them with that color.

11. Are there any uncolored areas left on your paper? Close your eyes and take another deep breath. As you breathe out, think about a place you feel most free to be you. What colors do you picture when you imagine that place? Choose those colors and color any uncolored areas left on the page.

12. Go ahead and return those 3 objects.

13. On the back of your artwork, write the name of the song of which you had been thinking.



9. Mira tus tres objetos. Con cada uno haz lo siguiente:

- Toma el objeto en tus manos. ¿De qué color es? ¿Cómo sientes este objeto en tus manos? ¿Suave? ¿Blando o duro? ¿Frio o caliente? ¿Liviano o pesado? Con el objeto en tus manos, piensa en un recuerdo que realmente amas que viene a tu memoria. ¿Que hace que este objeto te traiga ese recuerdo? ¿Cómo te sientes al recordarlo? Escoge colores que relaciones con estos sentimientos.
- Elige una silueta en tu dibujo y píntala con estos colores.
- Repite el proceso con cada uno de los objetos restantes.



10. Ahora mira tu dibujo. ¿Te quedan siluetas sin color? Si todavía tienes más que colorear, cierra los ojos, respira profundo y espira lentamente. Esta vez piensa en cómo te sientes hoy día. ¿Qué color describe mejor tus sentimientos? Abre los ojos, y usa ese color para pintar todas las siluetas restantes.

11. ¿Quedan áreas en blanco en el papel alrededor de tu dibujo? Cierra los ojos y respira profundo. Al espirar lentamente, piensa en un lugar donde te puedes sentir libre de ser tú mismo. ¿Qué colores vienen a tu mente cuando te imaginas este lugar? Elige estos colores y pinta con ellos el resto del papel, sin dejar áreas en blanco.

12. Ahora puedes devolver los 3 objetos a su lugar.

13. Escribe el nombre de la canción en que has estado pensando al reverso de tu dibujo.



Conclusion

We're so happy you are here making art with us! Now that your art projects are finished, how do you feel when you look at them? Remember that each piece is a representation of the way you were feeling when you started creating them. Did your feelings change as you were working on each one? How did your emotions change as you began expressing them?

The pieces you create during these workshops can help you communicate your feelings. You may choose to keep them for yourself or share them with your family and friends. Art is a great way of opening a conversation!

During this time when it is hard to see people in person, your art may be a wonderful way of communicating some of your positive feelings. You can create postcards to mail to your grandparents or friends that you miss seeing. Or place it on a window to give a message of gratitude to the people that are working to keep everything going for the rest of us.

And the best thing is that once you learn to use art as a form of expression and communication you will find many other art forms and infinite ways to use your creativity!

Conclusión

¡Gracias por crear arte con nosotros! ¿Ahora que has terminado tus proyectos, como te sientes al mirarlos? Acuérdate de que cada uno es la representación de la manera de que te sentías al empezar a crearlo. ¿Cambiaron de alguna manera tus sentimientos mientras trabajabas en cada uno de tus dibujos? ¿Como cambiaron tus emociones al expresarlas a través de tu arte?

El arte que estas creando también te puede ayudar a comunicar tus sentimientos. Tal vez quieras guardar tus dibujos solo para ti, o compartirlos con tu familia y tus amigos. El arte es una manera muy buena de establecer conversación.

Durante estos tiempos cuando es tan difícil ver a tu gente en persona, tu arte puede ser una manera maravillosa de comunicar tus sentimientos positivos. Puedes crear tarjetas postales para mandar a tus abuelos o a tus amigos. O puedes poner tus dibujos en la ventana, para dar un mensaje de gratitud a las personas que están trabajando para lo que todos necesitamos.

Y lo mejor es que una vez que aprendes a usar el arte como una forma de expresión y comunicación, vas a descubrir otros estilos de arte. ¡Y maneras infinitas de usar tu creatividad!



We inspire and nurture a love of theatre and the arts.

Lakewood Theatre Company/Lakewood Center for the Arts is a 501(c) (3) non-profit arts institution dedicated to providing arts education, performance and exhibition opportunities to the region.

We strive to bring opportunities to the underserved youth in the region, whom, because of geographic, socio-economic or language barriers have limited access to arts education.

We're located in Lake Oswego, Oregon, and we hope you will come visit us soon!

lakewood-center.org



Inspiramos y fomentamos el amor por el teatro y las artes.

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Nos esforzamos por brindar oportunidades a los jóvenes desatendidos de la región, quienes, debido a barreras geográficas, socioeconómicas o idiomáticas, tienen acceso limitado a la educación artística.

Estamos ubicados en Lake Oswego, Oregon, ¡y esperamos que venga a visitarnos pronto!

lakewood-center.org

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