

SUMA HAPPENINGS

What does it mean to be you, right here, right now? These activities will give you a chance to take guidance from some of the artists on display and create your own version.

Writing Lines Oragami

In Jean Richardson's pieces *Amidst*, *Between* and *Linear* she explores how repetitive action can bring comfort and calm anxiety. The paper art form of origami has also been connected with helping create peace. In this activity we combine the peace-bringing practices of mantras and folding origami cranes. By writing your personal mantra on the paper before you fold it, you can gain personal focus that will carry through as you fold your crane. You can follow the video for instructions on how to make a crane, or if you like, find your own origami pattern to follow!



Friendship Bracelet

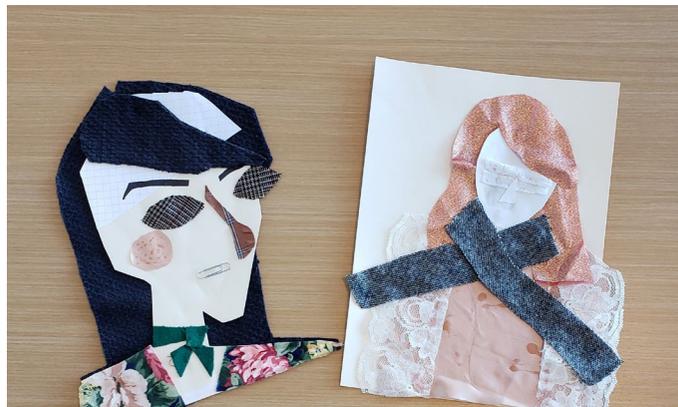
Pam Bowman has two pieces in the *Right Here, Right Now* exhibit that both feature friendship bracelets. She chose this medium because of the way that our experiences overlap and intertwine to form a connection that is greater; both with other people and within ourselves. We have included 4 colors of thread for you to make your own friendship bracelet with! You can replicate Bowman's style and use the jellyfish braiding method, or choose your own. This website has several options for you to try:

<https://www.thesprucecrafts.com/friendship-bracelet-patterns-4780552>

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Self Portrait

Jann Haworth talks about seeing her own body as a source of truth. She used mixed materials to express the truths she found in her own body, and now it's your turn! Using the materials in this kit, (along with anything else you can find,) create a self-portrait that reflects the many different facets of who you are, inside and out.



SHARE!

Make sure you share your finished works with us by using the hashtag #sumasuu, tagging us on Instagram at @suma_museum or by sending photos of your piece to experiencesuma@suu.edu Have fun!

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