COMMUNITY COLLAGE

ART INSTRUCTOR

DANIELLE PRESTON

MATERIALS NEEDED

SCISSORS
GLUE STICK
MAGAZINES & PHOTOS
8"X5" CARD STOCK

INSTRUCTIONS

- Think about what "community" mean to you. Where is your community? Who is in your community? Examples are animals, family, friends, neighbors, food and our environment.
- Flip through magazines and cut out up to ten (10) images that represent your community.
- Cut around edges of images.
- Arrange and paste images onto the 8"x5" card using your glue stick.
- Tell someone about the images of community on your card. Share your superpower and what community means to you. Whether it be sunshine, turtles, mom, or rainbows, these images make us feel comfort, support and inspired as a reminder of who and what our superpower touches.

Congratulations on making your
Superpower Soul Collage Community Card!

Keiki Heroes

Scan for video

SHADOW COLLAGE

ART INSTRUCTOR

DANIELLE PRESTON

MATERIALS NEEDED

SCISSORS
GLUE STICK
MAGAZINES & PHOTOS
8"X5" CARD STOCK

INSTRUCTIONS

- Think about what "shadow" means to you. Shadows provoke a feeling of the unknown... Is it scary to not know what is to come in the future? What does fear feel like? Where do you feel fear in your body? Examples of our fears and worries might be darkness, heights, sharks, being alone, germs, etc.
- Flip through magazines and cut out up to ten (10) images that represent your shadows and fears.
- Cut around edges of images.
- Arrange and paste images onto the 8"x5" card using your glue stick.
- Tell someone about the shadow images on your card. Share your superpower and what your shadows are. By creatively playing with our fears, we become more acquainted with them and are not so scared of them. We learn that fear is something to acknowledge and grow from.

Congratulations on making your Superpower Soul Collage Shadow Card!

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DREAM COLLAGE

ART INSTRUCTOR

DANIELLE PRESTON

MATERIALS NEEDED

SCISSORS
GLUE STICK
MAGAZINES & PHOTOS
8"X5" CARD STOCK

INSTRUCTIONS

- Think about what "dream" means to you. These may be things which we are curious about, places we want to go, goals, big ideas, images which provoke feelings of ambition and enthusiasm. These images are different from the community images in that this card will illustrate potential and what we believe we can achieve.
- Flip through magazines and cut out up to ten (10) images that represent your shadows and fears.
- Cut around edges of images.
- Arrange and paste images onto the 8"x5" card using your glue stick.
- Tell someone about the images on your dream card. Share your superpower and what your dreams are. This card helps us identify the activities and things in our lives which free us and give us a sense of identity, hope and direction.

Congratulations on making your
Superpower Soul Collage Dream Card!

Keiki Heroes

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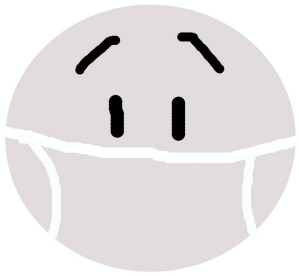
DRAWING EMOJI EYES

ART INSTRUCTOR

BONNIE SOL

MATERIALS NEEDED

PAPER TO DRAW ON
PENCIL
ERASER



INSTRUCTIONS

- Gather your supplies.
- Start by lightly drawing a circle (face).
- **Draw the mask.** Draw a line across the middle of the circle.
- **Draw the eyes.** Draw two elongated dots toward the middle of the circle above the mask line.
- Think about the emotion or information you want to show...surprise, happiness, fear, anger, etc. You may need to add lines for direction.
- **Draw the eyebrows.** The eyebrows will inform you the most. Exaggerating them can help make the expression clearer.
- **Draw the extras.** Hats, hair, ponytails, eyeglasses, bows, etc.
- Tweak the details and change as needed. Erase unnecessary lines. Keep them simple.
- Can you tell what emotion is being relayed?

Congratulations on trying to share emotions in your drawing of emoji eyes! Watch the other tutorial about drawing more realistic, expressive eyes!

Keiki Heroes

Scan for video

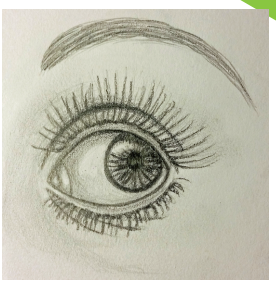
EXPRESSIVE EYES

ART INSTRUCTOR

BONNIE SOL

MATERIALS NEEDED

PAPER TO DRAW ON
PENCIL
ERASER



INSTRUCTIONS

- Gather your supplies.
- Start by lightly drawing a circle (eyeball). Then a smaller circle (iris) inside. Finally, draw an even smaller circle (pupil) inside the iris.
- **Draw the eyelids.** Lightly draw a line from the middle of one side of the largest circle to the middle of the other side, with the line rising slightly in the middle. Draw bottom lid line, too.
- **Darken pupil circle.** Create iris lines radiating out from the pupil, and darken iris outer edge. Darken and define lid edges and lightly shade area below upper lid. Shade upper lid below brow and bottom of lower lid above cheek bone.
- **Draw eyelashes.** Start lightly, and give them a slight swoop and direction.
- **Draw the eyebrow.** Lightly draw the shape of the eyebrow above the eye roughly the width of the eye or more. Fill in with longish lines.
- Tweak the details. Erase unnecessary lines. Darken if needed, and don't forget the shine - a spot of light in the iris!
- Try different shapes of eyes by changing the lids. Watch the other tutorial about drawing emoji eyes to draw eyes with emotions!

Congratulations on drawing a realistic, expressive eye!

Scan for video

SUPERPOWER MASK

ART INSTRUCTOR

THERESE UYETAKE

MATERIALS NEEDED

WHITE PAPER
BLACK SHARPIE
COLORED MARKERS, CRAYONS OR COLORED PENCILS

INSTRUCTIONS

- Get a white paper and fold in half vertically from the bottom to the top of paper
- Fold the bottom half in half again so the bottom of the paper meets the half folded line, and fold the top of the paper down to the half line, too.
- Unfold just the top piece.
- Draw in the middle of the fold two arches for your eyes. Under that draw a straight line.
- Inside the two arches, draw an arch for your iris, then another arch for your pupil.
- Draw eyelashes and eyebrows.
- Above your eyes, draw the top of your head in an arc from one side to the other. Add ears and hair.
- At the bottom of the fold draw a "U" that connects from one side to the other side, then inside draw a curve. That's your mask.
- Draw your superpower on your mask.
- Unfold the paper, and in the middle of the fold draw a "U" to connect your face and draw a nose, mouth, tongue, and teeth.
- Write words around your face describing your superpowers, then color and decorate!

Congratulations on making your own superpower self portait!

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MILKY WAY WATERCOLOR

ART INSTRUCTOR

BRITTINI KUWAHARA

MATERIALS

WATERCOLOR PAINT SET
WATERCOLOR BRUSHES
WHITE ACRYLIC PAINT
WATERCOLOR PAPER OR CARDSTOCK
CONTAINER WITH WATER
PLATE
PAPER TOWELS

INSTRUCTIONS

- Prep your painting space with materials.
- Start with black, to paint the darkest part of the sky on the upper corners. Use lots of water with the paint to help spread the paint over the paper.
- Next, add blue to blend on the sides of the black. Add water to the section where the blue and the black connect to blend the two colors together.
- Add purple to add dimension and color.
- Continue to add colors, mixing and adding water.
- Keep the middle of the milky way as light and white as possible. Dab the paintbrush to remove excess liquid.
- For the mountains, create a very light gray with black and plenty of water. Lightly outline the silhouette of the mountains.
- To build the clouds, take a small amount of white acrylic paint. Using circular strokes, blend the white with the outlines of the clouds.
- To add the stars, load the brush with white acrylic paint and dip it into the water. Tap the white paint brush over another brush handle to create small paint drops.

Congratulations on making your own Milky Way Watercolor Painting!

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MOVEMENT & LISTENING

ART INSTRUCTOR

NOELANI (NOE) ANDERSON

MATERIALS NEEDED

JUST YOUR BODY AND LISTENING EARS

INSTRUCTIONS

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Congratulations on moving your body and listening actively!

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