

**The artists featured in Art as Salve channel their feelings, past memories, and history to create objects that demonstrate care for themselves, their community, and their ancestors. This guide introduces strategies for engaging with selected objects from the exhibition.**



Erin Palazzolo Loparo  
pouring and porous (a novena to my family), 2022  
acrylic ink and gouache on Arches watercolor paper  
21.5 x 21.5"

- What do you see?
- How do you feel?
- What do you think about that?
- What does it make you wonder?



Jasmine Lee  
Just Fly Mask Collection 2, 2020  
Fabric  
16 x 12"

Look and compare these two photographs. Respond to the following questions:

- What is depicted in this work and what does this make you think about?
- Who do you think created this work and what does this make you think about?
- Who might be the audience for this work?



Monica Midha  
Reused, 2022  
Assemblage  
31 x 25"

## Mask Activity (30 minutes)

### Materials needed:

- Paper and pencil or other journaling supplies
- Disposable face masks
- Markers (fabric markers work best, but any marker can be used)
- Meditative sounds or music (optional)

### Objective:

Students will reflect on their experiences of the past two years and decorate a mask with phrases that represent interior and exterior-facing meditations.

### 5 minutes - Free writing in journal or on paper

Imagine that you are able to travel back in time to March 2020 and have a conversation with your past self.

- What will you need to get through the next two years?
- What advice would you give to your younger self?
- What words of comfort does your past self need to hear?

### 4 minutes - Mantra or Phrase

Think about a mantra or short phrase that could provide healing to your past self during 2020. This mantra could speak to racial injustice, the pandemic, political upheaval, or all of the above.

### 10 minutes - Mask decoration

Write the mantra for your past self on the inside of your mask. Write the mantra for your community on the outside of your mask.

Think about the colors you want to use.

- Is your message hopeful? Passionate? Peaceful?
- How can you communicate these ideas using color?
- How do color combinations create visual harmony or discord?
- Do you want to add illustrations or embellishments to your phrases?
- Is your message stark and simple or more nuanced?

Think about the folds of the mask and how much will be revealed or concealed when it is worn.

- How do you want to incorporate the folds into your design?
- Is there anything you want to keep hidden?
- How do the interior and exterior messages relate to each other?
- Can you connect them graphically or stylistically?

### 1 minute - Guided meditation

Invite the participants to do a 1-minute meditation using one or both of their mantras. You can play relaxing sounds or music if you wish. Close your eyes. Breathe in and out. Repeat your mantra to yourself as you inhale and exhale. Imagine yourself providing healing as you inhale and exhale.

### 10 minutes - Sharing

Invite those who feel comfortable to share their masks and talk about the choices they made.

- Are there any common themes or emotions that several of the masks have in common?
- Are the messages on the inside and outside of the masks different? Why do you think that is?
- Did you feel different after the guided meditation?
- Do you plan on using this mantra again?

