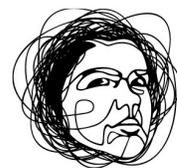


May 2020, Vol. 1

Creative Care Package

The Mini Version

A package of creative materials for you to enjoy!



OHIO
Prison
Arts
Connection



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Prison
Arts
Connection

Hello!

Ohio Prison Arts Connection is a coalition of people who are dedicated to promoting arts access for people who are justice-involved, and to creating platforms to share stories, artwork, and learning resources both inside and outside prisons.

We've put together this creative care package with the support of artists, teachers, museums, and schools both inside Ohio and also around the country who want to find a way to support opportunities for people who are incarcerated during the COVID-19 quarantine to connect with their creative selves.

People in prisons around Ohio and elsewhere will receive these prompts too. We're making it available online for loved ones of incarcerated people to use or distribute however they wish. We hope to keep them coming as long as the quarantine goes on.

We hope you enjoy it!

#creativityinprison

Here are some of the groups who have contributed!

Justice Arts Coalition

Returning Artists Guild

Columbus Museum of Art

Wexner Center for the Arts

Otterbein University

Fresh A.I.R Gallery

Underground Writing

Music and Theatre Arts

WARM-UPS:

Take 5 or 10 minutes to write about some, or all of the following, using as many of our five senses as possible (smell, touch, sight, hearing and taste):

1. Think about your favorite color - what memories are connected to that color?
 2. What can you remember about the smell of breads or cakes baking?
 3. How about the smell of dill pickles or the taste of pumpkin pie. What do you remember?
 4. What do you think when you remember ringing bells, or your mother's voice?
 5. Write about the touch of velvet or silk on your hands.
 6. Write about your father's hands.
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Acrostic Poems

An acrostic poem is a poem where the first letters of each line spell out a word or phrase vertically that acts as the theme or message of the poem. Sometimes a word or phrase can also be found down the middle or end of the poem, but the most common is at the beginning. A lot of people use these poems to describe people or holidays, and lines can be made up of single words or phrases. Acrostic poems do not follow a specific rhyme scheme, so they are easier to write.

3 Different Types Of Acrostic Poems

1. The first letter of each line
Follow
One
Course
Until
Successful
2. Using letters in the middle of the line
Poetry makes me hap**P**y
 And brings j**O**y to my soul.
 I can see mys**E**lf in the words,
 And it makes **M**e feel whole.
3. The last letter of each line
 When I'm feeling down and need a pick-me-u**P**
 No other thing than write will d**O**.
It releases my emotions and makes me feel like m**E**.
 There's nothing like writing to make me cal**M**.

Try it! Use your name or a word that is important to you. Write several of them. Consider giving them as gifts to friends or family.

Inner strength

“How wonderful it is that nobody need wait a single moment before starting to improve the world.” Anne Frank (1920-1945)

Annelies Marie "Anne" Frank was a German-Dutch diarist of Jewish origin. She gained fame posthumously with the publication of *The Diary of a Young Girl*, in which she documents her life in hiding from 1942 to 1944, during the German occupation in World War II. [Notice that she lived in hiding - in a storeroom, with 7 other people - for over two years. From there she went to a concentration camp, where she died at age 15. Her diary was found and published 2 years later.]

Writing options:

- Considering Anne’s “world” was limited to a “secret annex,” what do you think about this quote?
 - Where do you draw strength from to survive? • What can you do to improve the world?
 - Write a poem as a diary entry – in keeping with Anne’s main form of writing.
-

A Helping Hand

“When you cease to make a contribution, you begin to die.” -Eleanor Roosevelt

Writing options:

- Do you agree with this quote? Disagree? Why?
 - Write about someone who has contributed to you that made your life better.
 - Write about a specific way you have contributed something – but not in a way that “toots your own horn.” Put your “gift” into a character in a short story or play. • Write a poem about giving,
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Hope

“If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today, I still have a dream.” Dr. Martin Luther King Jr.

Martin Luther King Jr. (1929-1968) was an American Christian minister and activist who became a visible spokesperson and leader in the Civil Rights Movement from 1955 until his assassination in 1968. King advanced the civil rights through nonviolence and civil disobedience. King led the 1955 Montgomery bus boycott, and helped organize the nonviolent 1963 protests in Birmingham, Alabama. He helped organize the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech on the steps of the Lincoln Memorial. On October 14, 1964, King won the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In 1965, he helped organize the Selma to Montgomery marches.

Writing options:

- What is your definition of hope? • What do you do to maintain hope?
- What do you think of Dr. King? How is his life similar/different to yours? What do you admire about him? What do you dislike?
- How could Dr. King/his words influence your life today?

Decorate these mandalas and draw your own in the blank space!

