

### Art Matters Mission Statement

The Art Matters Youth Arts Project is a group of teaching artists who bring authentic, engaging arts experiences to Albuquerque youth. Our content is designed to engage participants in art making, with a focus on social justice, whole-person health, community, joy, and creative engagement at the core of our process.

### Art Matters Land Acknowledgement

Art Matters is a collective of teaching artists based on Tiwa land, otherwise known as Albuquerque, New Mexico. New Mexico has been, and always will be, the ancestral homelands of the Navajo Nation, the 20 Pueblos, three Apache nations, and the Ute tribe.

### Art Matters Alignments

As we prepare to make art, individually or in a group, we encourage everyone to consider these guidelines for keeping the process genuine, respectful, and engaging.

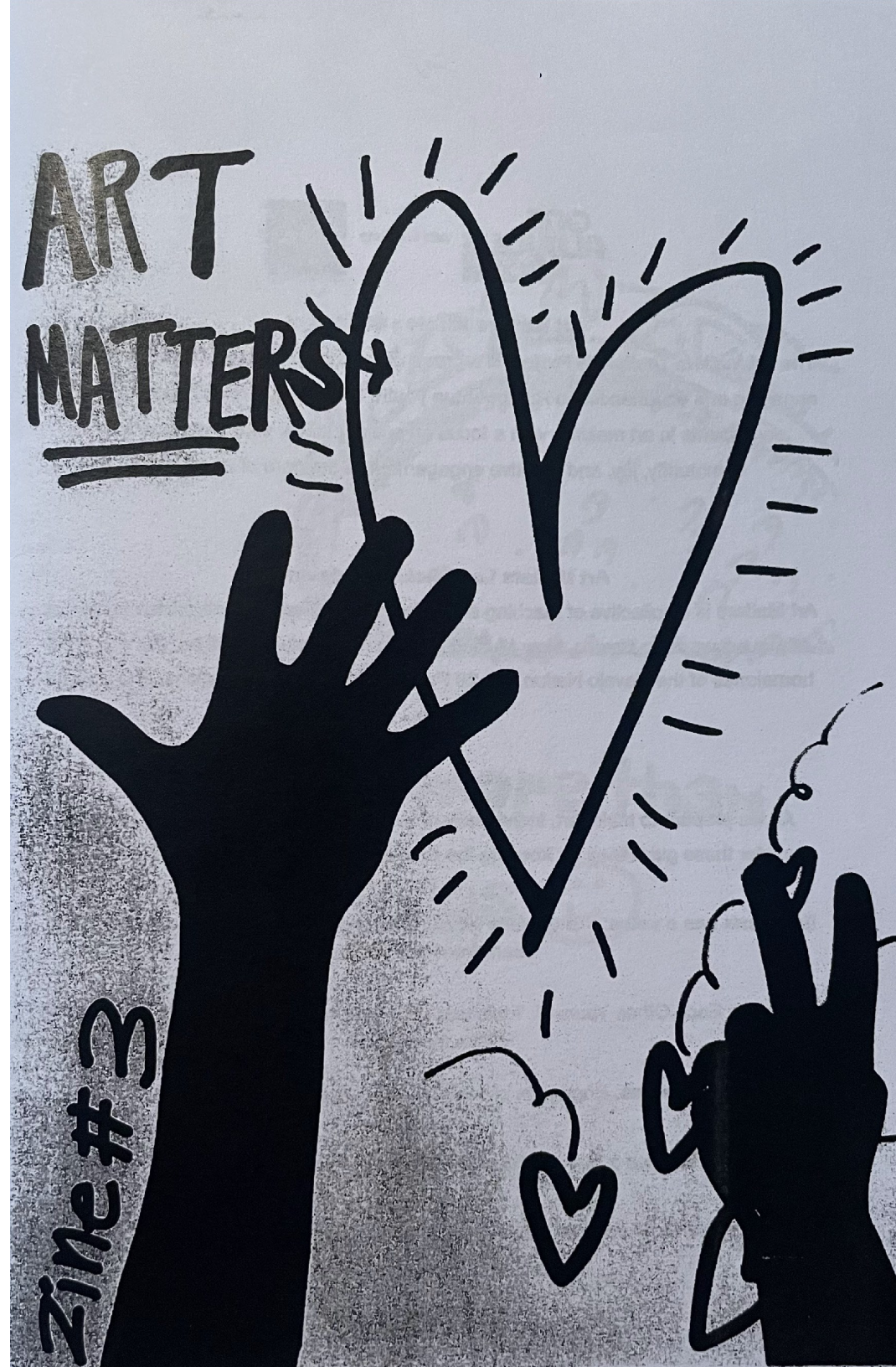
**Everyone has a voice:** make space for all respectful questions, concerns and ideas. Learn from each other.

**Respect:** Each Other. Yourself. Tools and Materials. Ideas. The Environment. Throw Glitter, Not Shade

**Process.** Engage in process. Hold space for Joy. Have Fun

**Be an Artist and a Maker:** Take Creative Risks. Try Something New. Create.

**Lift Each Other & Share:** Ask Questions. Listen. Give thoughtful, productive feedback. Collaborate. Move Up, Move Up



# Silly Drawing Prompts

1. Draw a fruit in outerspace.
2. Combine 2 animals to create one.
3. A roadrunner on a skateboard.
4. Draw an alien driving a lowerider.
5. A cactus as a zombie
6. What else can you come up with?

## *Castilleja*



Castilleja, FKA Indian paintbrush, is a wildflower that can be found through out new mexico

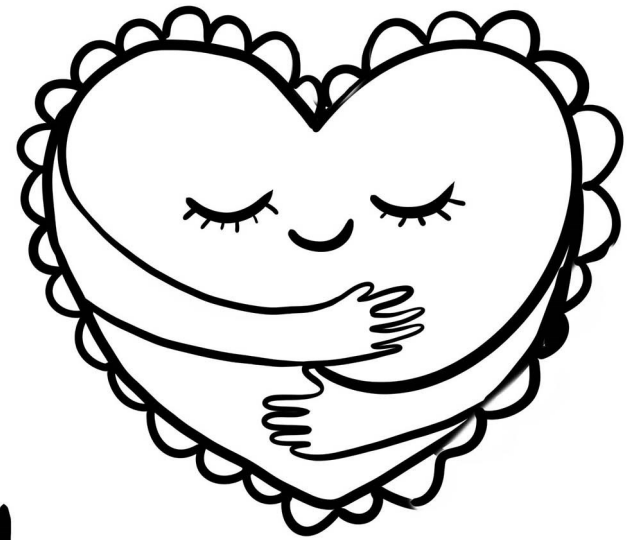
yerba buena  
spearmint



Yerba Buena may be used to treat:

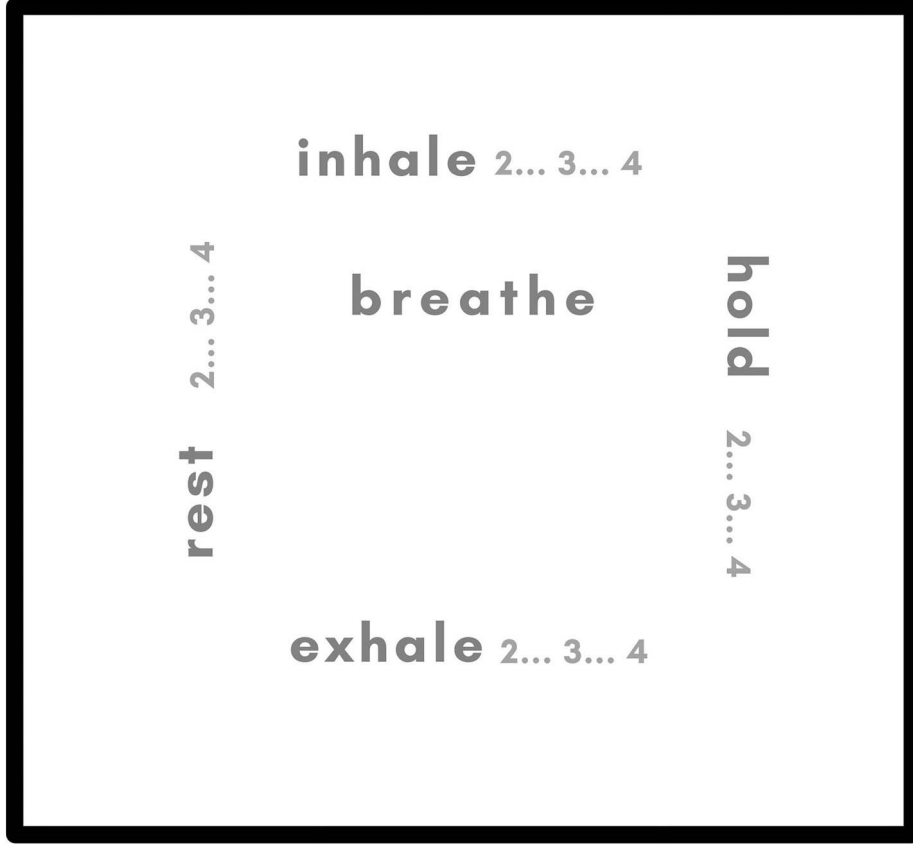
- Arthritis
- Head aches
- Tooth aches
- Mouth wash
- Relief of intestinal gas
- Stomach aches
- Indigestion
- Drink as tea for general good health.

STOP what you  
are doing



and give yourself  
a HUG!

# SQUARE BREATHING



Square breathing is a deep breathing technique that can help you slow down your breathing. It works by distracting your mind as you count to four, helping with anxiety, calming your nervous system, and lowering stress in your body. Try this next time you feel stress or any elevated emotion.

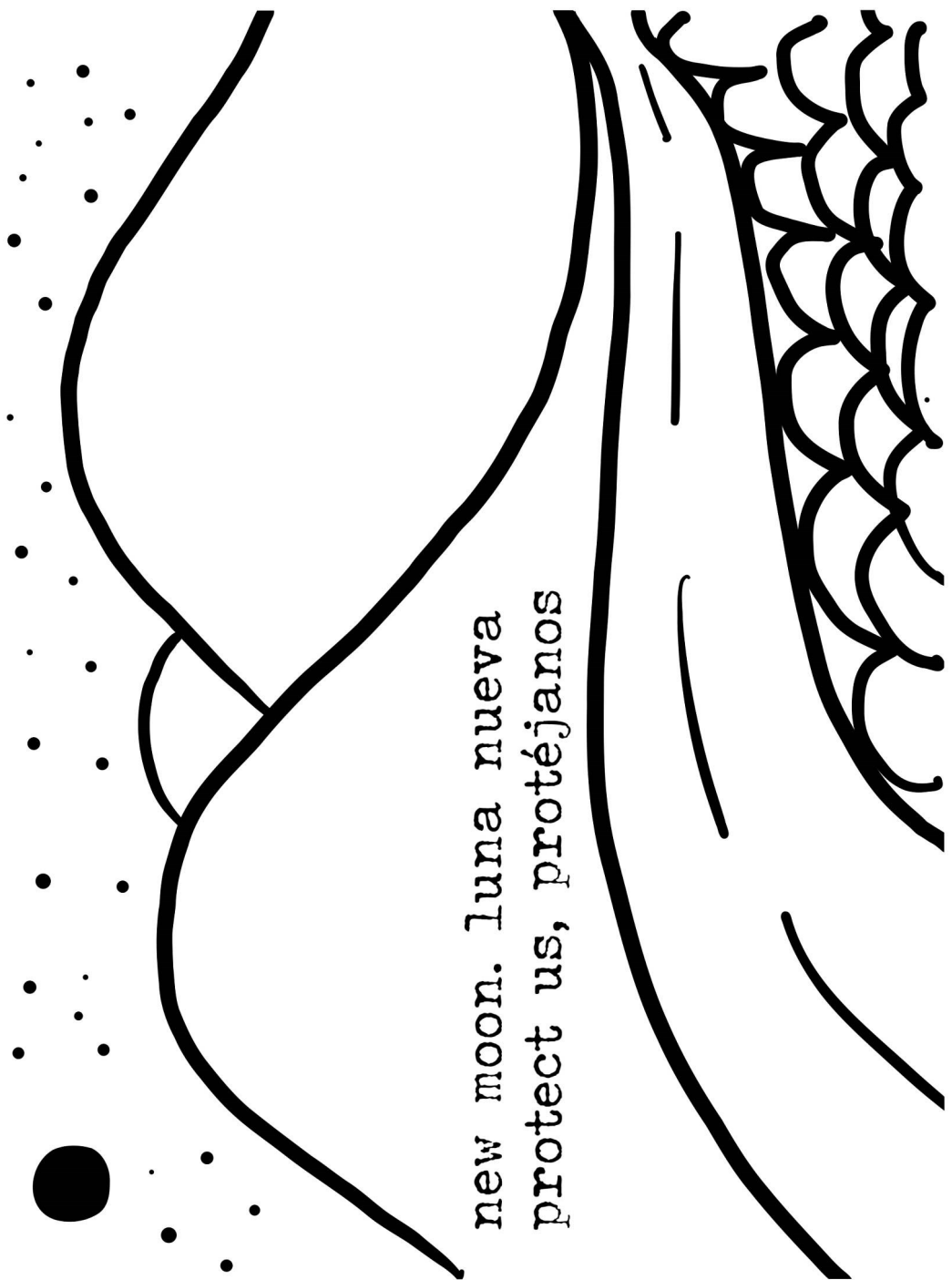
*For the right hand, illustrate things that you want to let go of that no longer serve a purpose in your life.*

What to hold on to  
&  
What to let go of

*For the left hand, think about what you need to keep or hold on to in your life. Think of words or images that can represent this.*

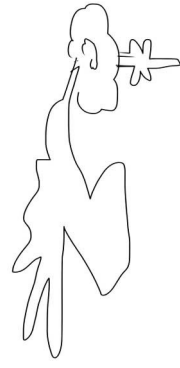


*get as creative as you want with this activity!*



Share your story

ONLY IN ALBUQUERQUE



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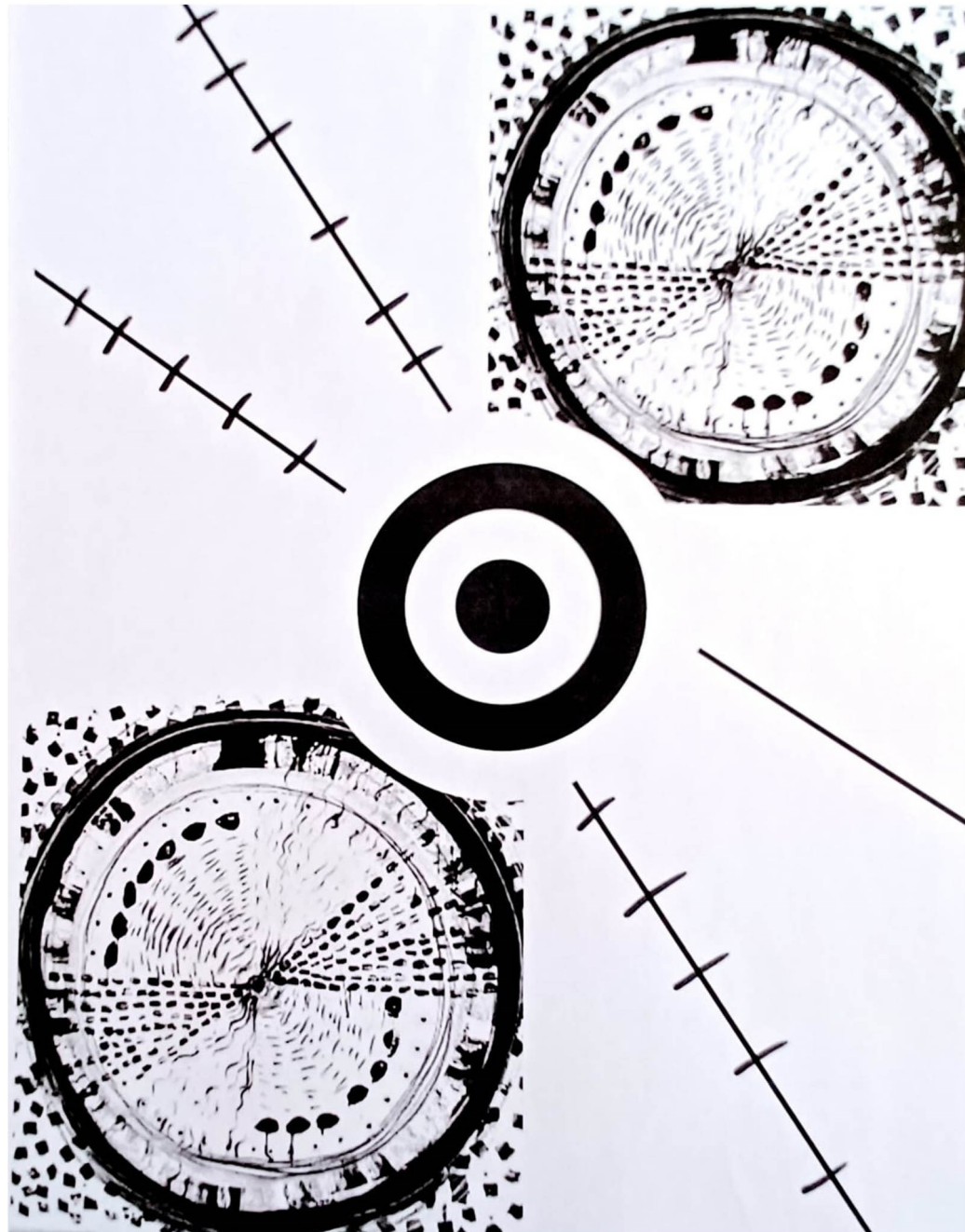
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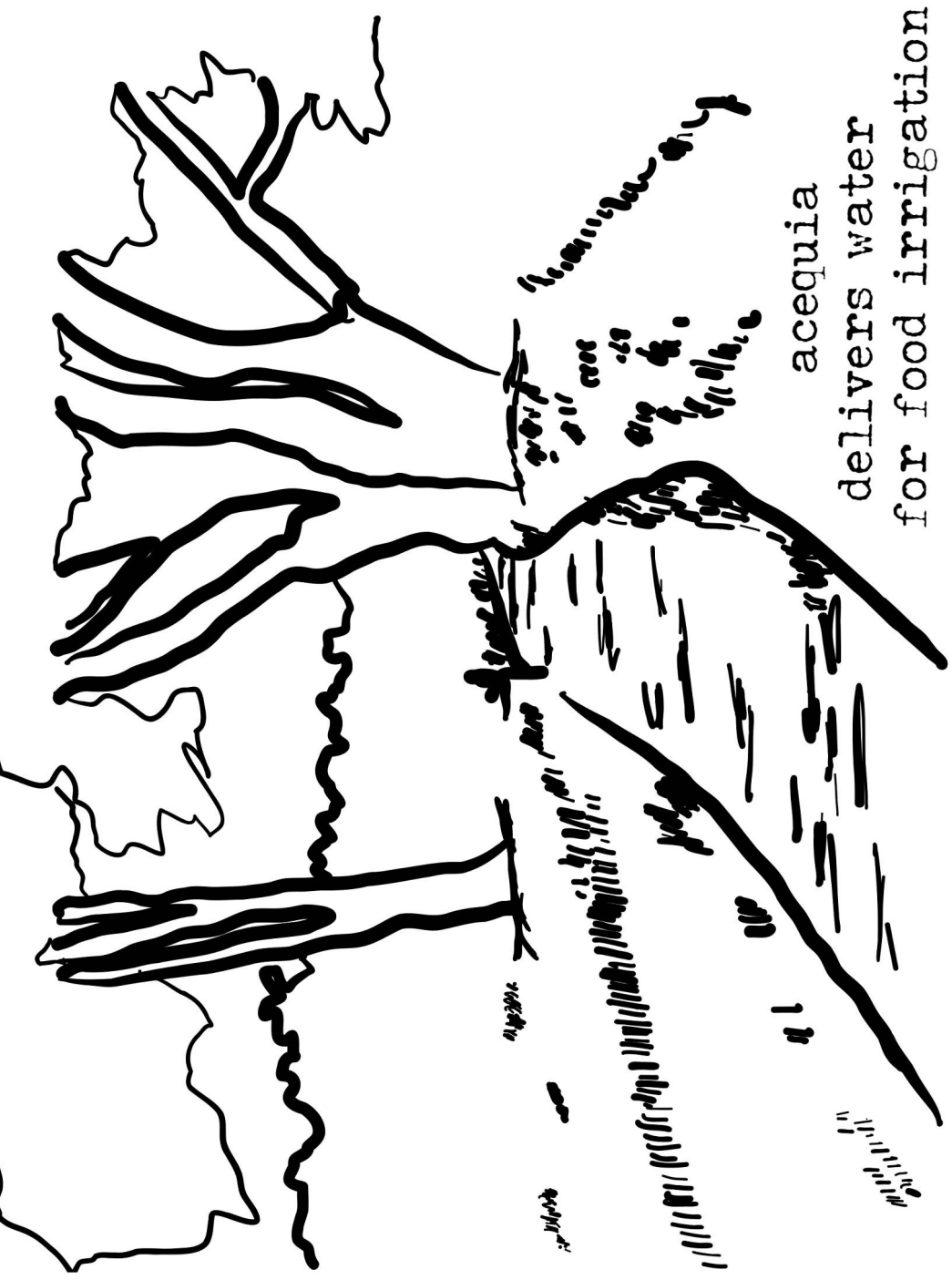
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SOLO EN ALBUQUERQUE

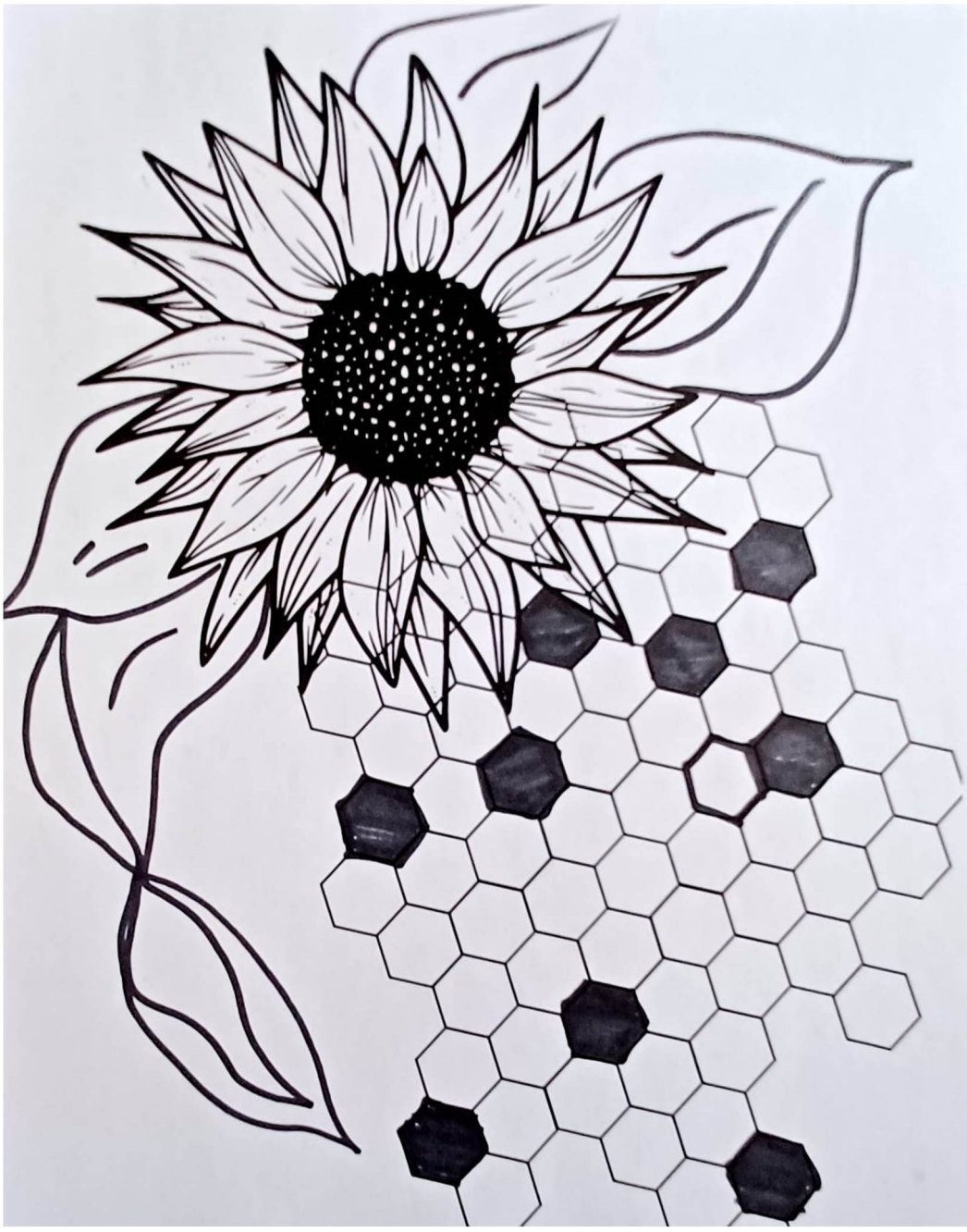
Comparte tu historia







acequia  
delivers water  
for food irrigation





la mariposa  
the butterfly



toma tu tiempo  
con las flores  
con tu espíritu

take the time to be with  
the flowers  
your spirit

marigold  
empasúehil



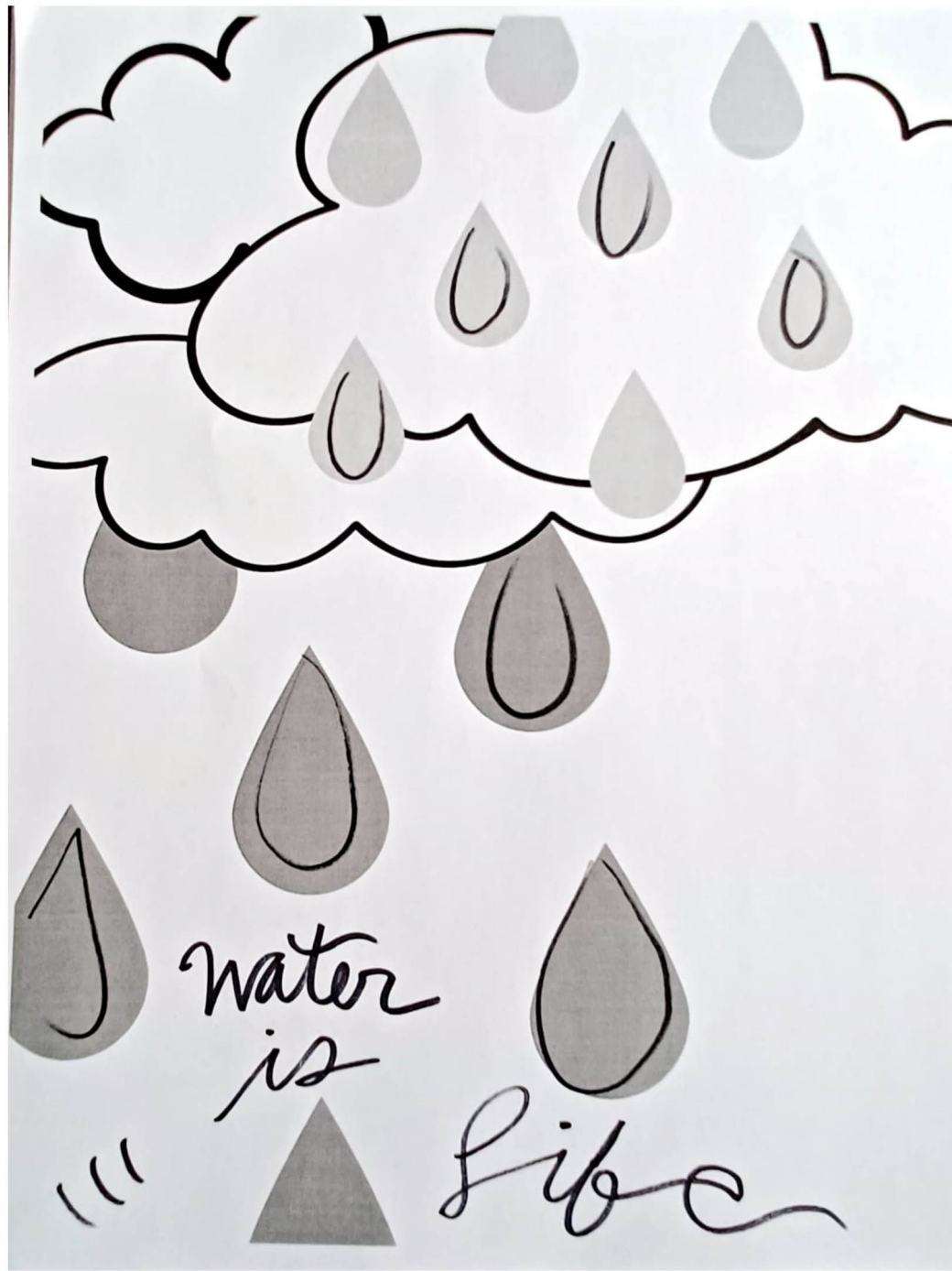
rise

UP



Movement

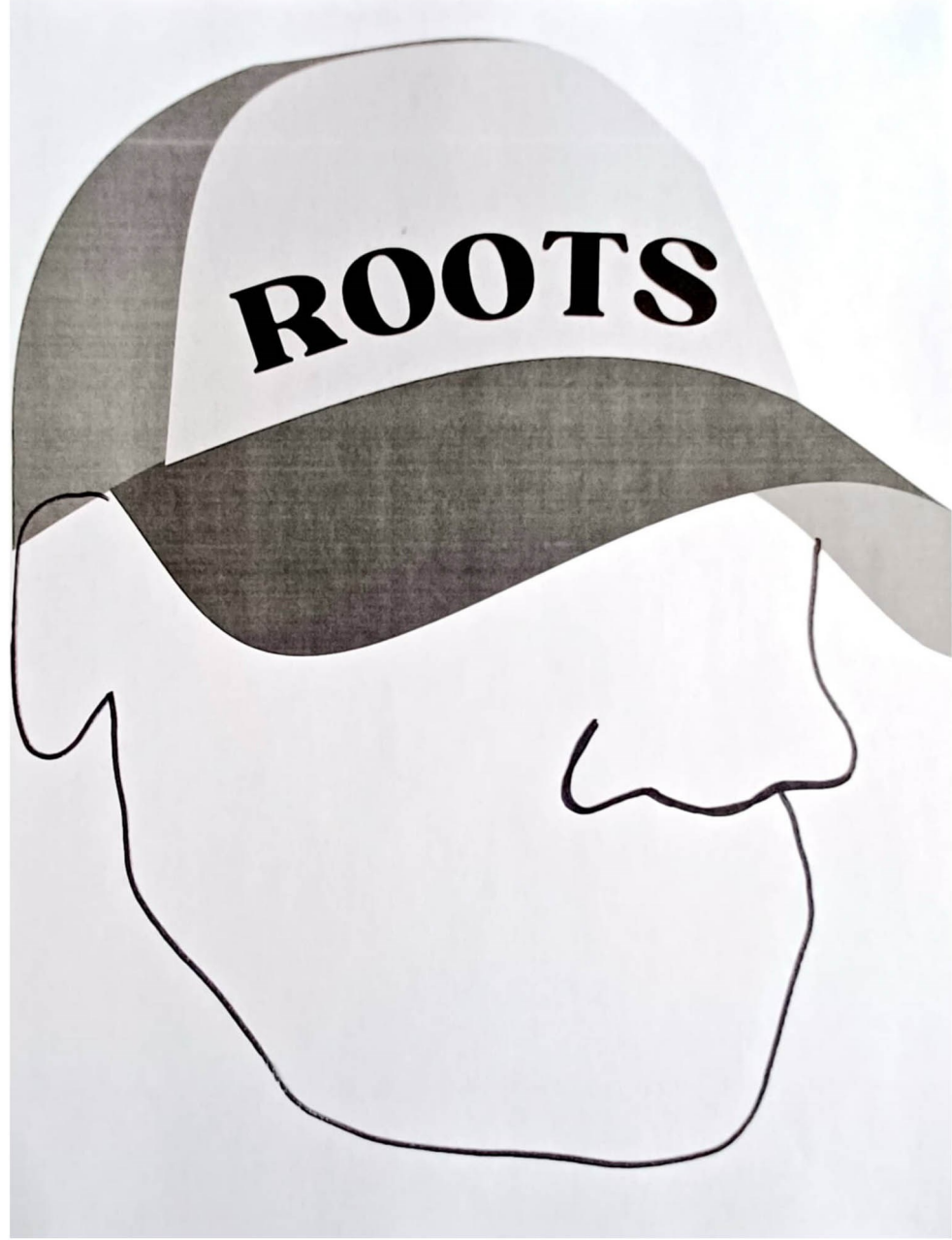
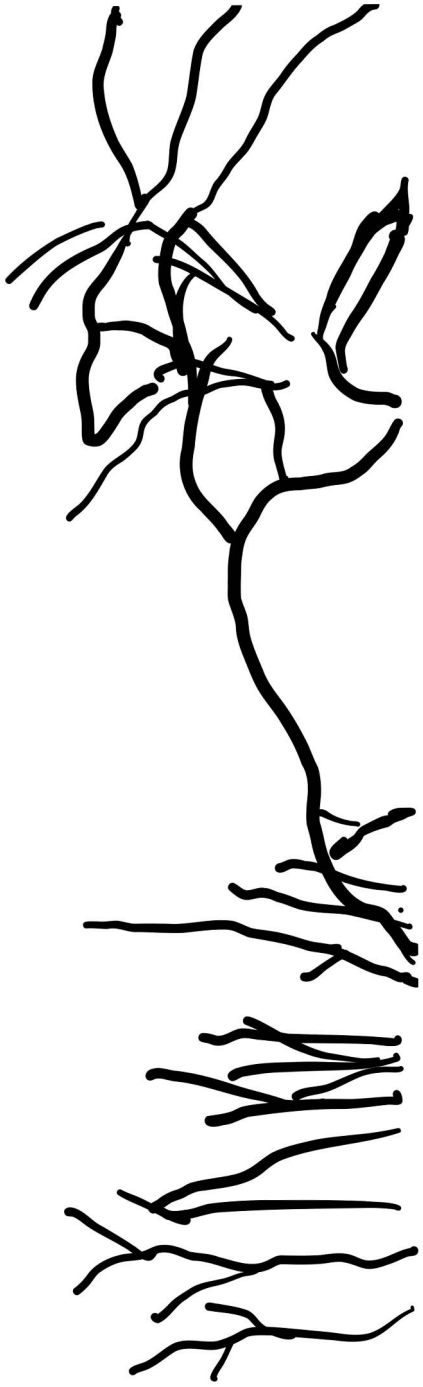
Movimiento



water  
is

life

RIO GRANDE



# Art Matters Teaching Artists and Zine Contributors

**Ade Cruz** (they/them) is a queer, non binary Chicana visual artist from Albuquerque, New Mexico. They primarily work with painting, digital illustration and murals. Their work delves into a range of themes that are informed by their personal life experiences, their communities, relationship to animals and the natural world.

Their works aims to depict the beauty and complexities of their culture, sexuality, gender, spirituality, nature and the psyche. As a painter, muralist, art educator and youth worker, they believe art can be used to connect, educate, activate, disrupt, heal pasts and envision futures together.



**Landis Pulido** is an artist, educator, and healing justice practitioner who believes in co-creating a learning environment which strives to meet each community member where they are. Through the lens of Popular Education, she works towards co-creating an inclusive and safe environment. She believes in bringing in the breath, movement and healing into the arts and creative space to invite wholeness and imagination.



**Michelle (SHELLY) Korte** loves making art! Painting, drawing, sculpting, collage, writing, printmaking...all of it! She's been teaching and showing her work in places around the world for over 20 years. She moved to Tijeras, NM in 2014 and has been growing symbolic roots and branches at her home and in the community ever since.

