



Interested in self-expression through Art?

Here are some Art activities you can do as a group or individually. This book titled “Hope” is inspired by a Gold Award project created by Karissa Baca 2018 recipient. Karissa stated:

Creating Hope is a project that has been created to spread creativity and self-confidence through artistic exploration. It is catered towards children who are struggling with their own self-image or who cannot see the value in their own individuality. However, this project is meant to be accessible to everyone. Thus, the project book “Hope” is now a free downloadable document, and the funds behind this project are going directly towards kids who cannot afford to buy their own supplies. So far, Project Hope has been able to donate supplies to two locations; one in Tamale, Ghana, and the other in Mityana, Uganda. As a sustainable project it is my goal that “Hope” will reach even more locations all over the world.

This project was focused on empowerment of self through art. The goal was to teach young children that individuality is important and valuable. Too often, children are bullied or teased for having unique ideas and concepts. Perhaps this is because it is easier to be “normal” and plain. Because of this mindset, many children come into adolescence believing if they don’t look, talk, or act like the other kids, then something must be wrong with them. In serious cases this can lead to self-harm and depression. After my experiences in high school, I realized that too many individuals dislike their own unique abilities. In order to help stop this cycle, my project sought out young individuals who needed to learn more about self-recognition and self-admiration. For more details about this Gold Award project click on the following link.

<https://projectgoldhope.wixsite.com/mysite/hope-the-book>

For more information on the Gold Award go to <https://www.nmgirlscouts.org/en/events/highest-awards/gold-award.html> or contact the Gold Award liaison Vanessa Wheeler at vwheeler@nmgirlscouts.org.

