

ART YOU READY?

connect, create, prepare

Activity Guides

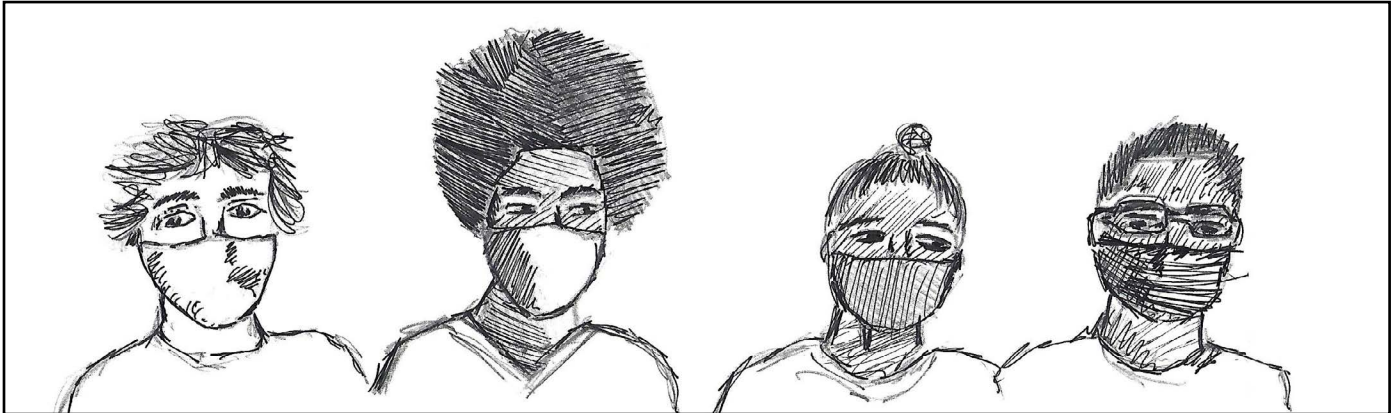
For students, families, & households

Create masks, a book, postcards, and a map as you **connect** with your community and **prepare** to stay safe in the event of an earthquake, fire, or other emergency.

This guide was created to accompany the emergency preparedness resources offered by listoscalifornia.org. Sign up [here](#) to take their online course as you make art with this guide.

No-Sew Mask

We can choose and direct ourselves to be peaceful on the inside, regardless of what is happening on the outside



Overview

A mask is now a very important emergency supply item. We have designed a way to create a mask if they are in short supply. It is the simplest, most durable, and comfortable hand-made mask design you will ever meet, cut from a clean T-shirt you no longer wear. Just trace the pattern, cut the mask out, and wear it! It has two layers of cotton knit fabric for added protection.*

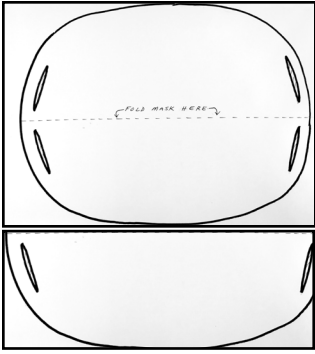
*Disclaimer

The use of this face mask is not intended to replace N95 or KN95 masks, as it will not filter smoke or other dangerous small particulates. It should not be used as a substitute for other recommended measures to stop the community spread of COVID-19, such as social distancing, washing your hands, and refraining from shaking hands or touching your face.

Materials & supplies

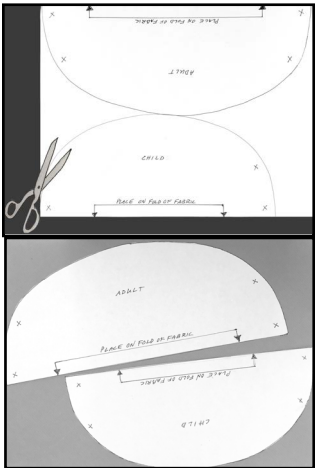
- ⦿ Paper pattern (art kit includes one adult and one child pattern on a single sheet of paper)
- ⦿ Mask
- ⦿ Sharp pencil or colored pencil
- ⦿ Pencil sharpener
- ⦿ Sharp scissors from your home. (Young children should be supervised when around sharp tools.)
- ⦿ Ruler
- ⦿ Clean T-shirt from your home

Step by step instructions



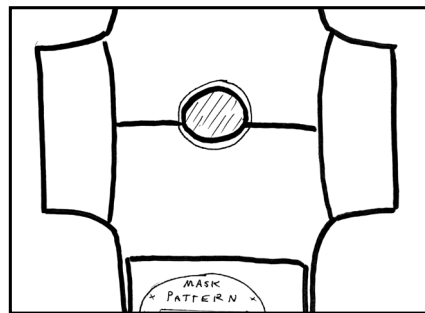
Step 1

- 1 Examine the cloth mask so you have an idea what you will be making. The mask looks like a flat circle when it is open. To wear it, you double it and it looks like a half circle (as shown on the top left). The folded edge is the top edge, which goes over your nose. The side slits line up to create ear straps.
- 2 Using scissors, carefully cut out the adult and child paper patterns along the printed half-circle lines, as shown on the center left. Choose which mask size you want to cut, either an adult or a child.



Step 2

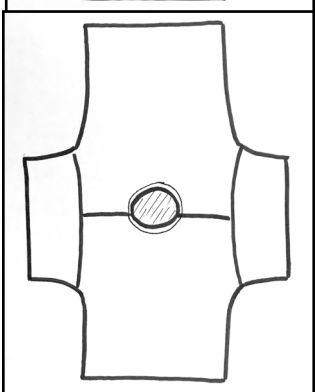
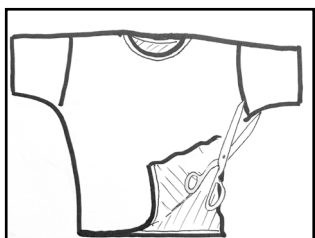
- 3 Cut your T-shirt along both sides and through the sleeves, then lay it flat on the table to look like the T-shaped image shown on the bottom left.



- 4 Fold up the bottom of one end of your t-shirt and place the pattern on the fold of the fabric, lining up the arrows with the folded edge of the T-shirt as shown. Using a pencil for light colored T-shirts, a white colored pencil for dark T-shirts, or a contrasting color for colorful

T-shirts, trace around the curved edge of the pattern only, not the straight edge. Now mark the X's by pressing your pencil through each X. It's OK to poke a hole all the way through to mark the fabric. These marks are for cutting the two slits that will be the ear straps.

Tip: If you dip a colored pencil into a drop of water, you can get a better mark.

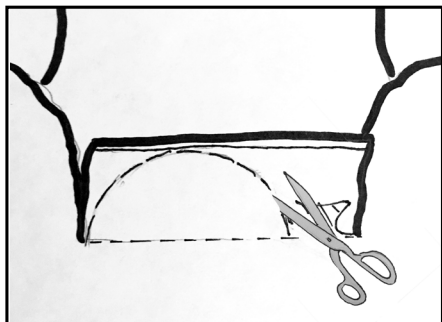


Step 3

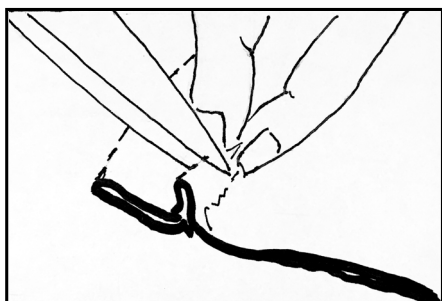
- 5 Lift the pattern off the fabric and check to see that all of your lines and marks are visible. If not, draw them again, pressing firmly as you go. Set the pattern aside.



- 6 Put the ruler next to a pair of the ear slit marks as shown. With your pencil or colored pencil, draw a line along the ruler edge to connect the two marks. Do the same for the other pair of marks. Lift the ruler. Can you clearly see your line? If not, draw the line again pressing firmly.

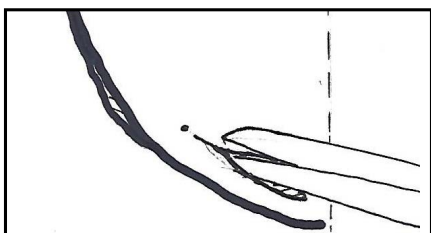


7 With the fabric still folded, use your scissors to carefully cut through the two layers of fabric along the curved edge you drew as shown. Do not cut the folded edge! If it is too hard to cut through both layers at once, cut the top layer first then lay it back down on the bottom layer. Cut the bottom layer using the top edge as your guide.



8 Cutting the slits for the ears is tricky, so follow the instructions carefully. You will first make a small hole to get the slit started. To do this, pinch the fabric along one of the ear slit lines you drew in step 6 above. With your scissors, make a small cut (about ¼") through the fold through both layers as shown. Repeat on the other ear slit line. Be careful that you don't cut through the edges of the mask. If you do, you will cut the ear straps and the mask won't stay on your face!

Tip: If you accidentally cut your ear straps, and you have a needle and thread, you can sew the strap back together!



9 Finish cutting the ear slits by inserting the point of your scissors into the small hole you just made through both layers. Snip to extend your cut all the way to your marks, but not beyond them.

10 Try it on! With the folded edge up, stretch the ear slits over your ears and fit it onto your nose. If the slits are too small, you can make them a little bit longer by

snipping a bit more at the lower end of the ear slit. The ear straps will stretch out as you wear your mask, so be careful not to make the slits too big.

Tip: T-shirt fabric often curls on one side along the cut edge. Look to see if this is happening. If it is, fold your mask with the curls folded to the inside for a better looking mask.

Go further

Add some flair by decorating your mask. You can applique on it by cutting out a shape or symbol from scrap fabric and patching it on. You might try embroidering on your mask with colorful embroidery floss, or any bright thread. If you need help, ask your family members if anyone has sewing skills, or find a good tutorial online.

Tip: Be aware that anything you add may affect the fit and stretch of the fabric.

Share

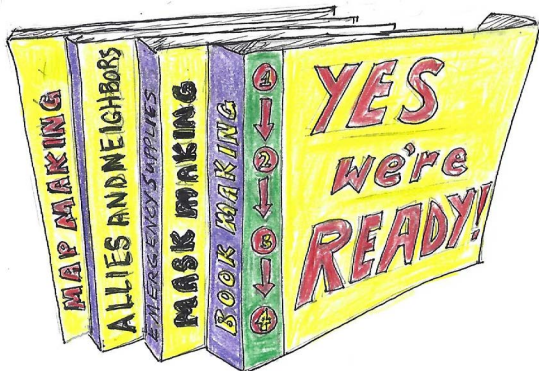
Share your mask on social media using #ArtYOUReadyOakland

Art YOU Ready Book

Since love is eternal, change need not be viewed as fearful

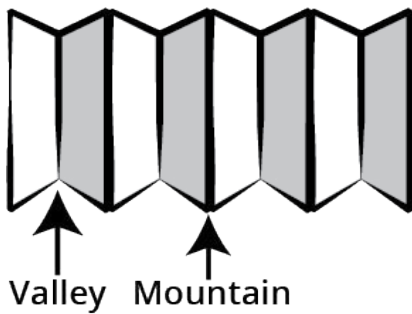
Overview

Being prepared for the event of an emergency helps people feel empowered rather than afraid and overwhelmed. In a step-by-step process, you and your family can make an artistic and practical book as you build an emergency preparedness plan. This book has large envelopes for covers, and pages on the inside to contain important documents, lists, and maps that you make and collect as you plan.



Materials & Supplies

- ⊙ Four sheets of 8.5" x 11" cardstock (heavy paper for the spine and inside pages)
- ⊙ Two large envelopes
- ⊙ Glue
- ⊙ Pencil sharpener
- ⊙ Pencil
- ⊙ Colored pencils



Vocabulary

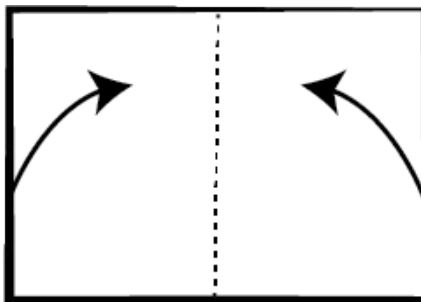
Spine: The part of a book that holds the pages together.

Accordion: A structure made up of a series of folds.

Mountain: A fold that goes upwards.

Valley: A fold that goes downwards or inwards.

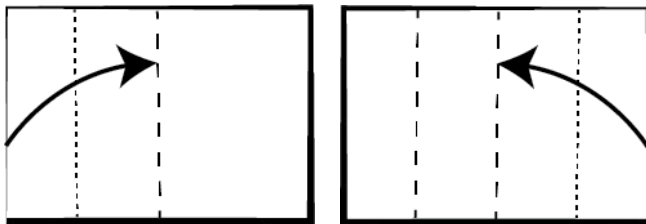
Step by Step Instructions



Spine

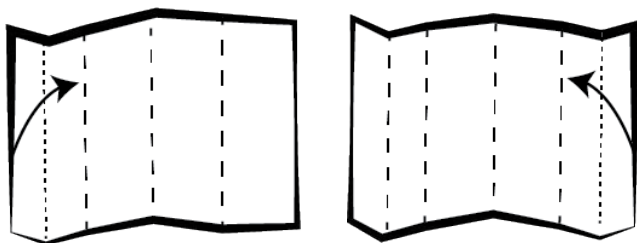
1 Place a sheet of card stock paper in front of you on a desk or table. Fold the page in half, carefully matching the corners. Press the center fold to make a valley crease. When you open it up, it should look like the illustration shown on the left.

- 2** Fold the paper from the left edge to the center crease. Fold from the right edge to the center crease, as shown below.

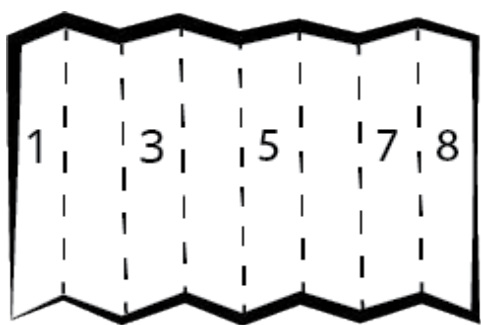
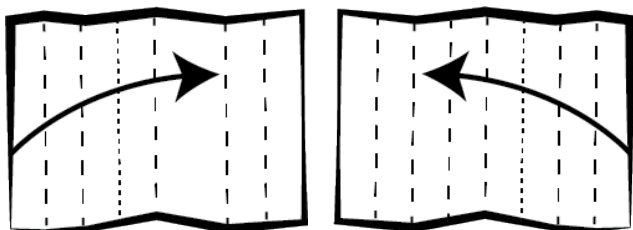


- 3** Open the paper up and flip it over so that your creases are mountain creases.

- 4** Fold the paper from the left edge to the first crease to create a valley crease as shown below. Fold from the right edge to the crease closest to it to create another valley crease. Then open your page.



- 5** Fold from the left edge of the paper to the mountain crease on the opposite side as shown. Then do the same in the other direction.

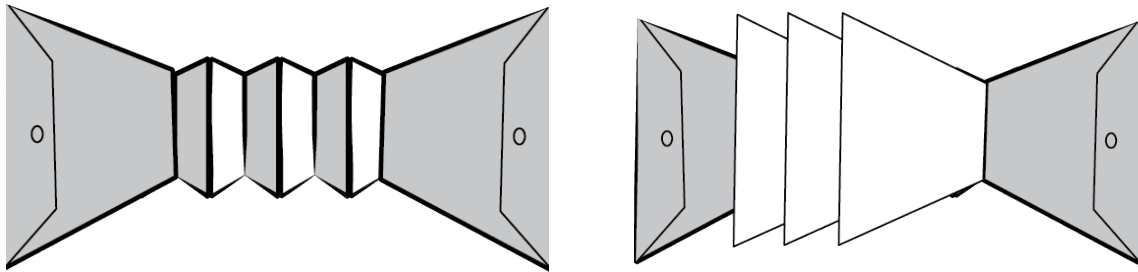


- 6** You now have an accordion folded page for your spine that should look like the picture on the left. Number sections 1, 3, 5, 7, and 8, which you will need to glue in the following steps.

Assemble your book

- 7** Gather the two envelopes for your front and back covers, and the remaining three pieces of card stock for the pages.
- 8** Apply glue to section 1. Center one of the envelopes over the glue with the clasp facing up. Press and hold firmly for 30 seconds. Do the same to glue the other envelope to section 8. Now your book has your front and back covers.

- 9** Your book covers and spine should look like the image below left. Work from the left to create your 3 inside pages. Apply glue to section 3 and position a piece of card stock over the glued area. Press firmly for 30 seconds to set. Remove excess glue as you go. Follow the same steps to glue pages to section 5, then finally to section 7. Let the glue dry for at least one hour.



- 10** Open your book. Your front and back covers and 3 pages should look like the image above right.

Add book contents

This booklet, combined with Listos California's [online course](#), will get you and your household well on your way to preparedness. As you learn and create, any images, lists, symbols, and messages you create can add art to the envelopes and pages of your book to make it both beautiful and easy to use.

The envelopes on the back and front covers are for storing important documents like maps and copies of birth certificates, insurance cards, drivers licenses and passports. You can also store the pattern for the No-Sew Mask that came with your kit.

Cover: Write a title in bold lettering using colored pencils, and add symbols and messages.

Inside cover: Add your name, email, and phone number so someone can return the book if it is lost.

Contacts page: On one of your pages, add a list of your 5 most important contacts.

Health and Wellness page: Do you or anyone in your household have special needs like medicines, a walker, or hearing aids? Prioritize these health needs by listing them on this important page.

Emergency Supplies page: Create your emergency supplies kit checklist of things that you will bring with you, like pets, toys, or your favorite foods. Color them with markers or colored pencils.

Spine: The spine has folds where you can write special messages. Consider writing words in the spine that remind you to stay calm in an emergency. You can use words or phrases from the Principles of Attitudinal Healing found on page 2 and at the beginning of each Activity Guide for inspiration.

Share

Inspire others to get ready for an emergency by posting your book to social media with #ArtYouReadyOakland.

Postcards for Emergency Contacts and Neighbors

Now is the only time there is and each instant is for giving

Overview

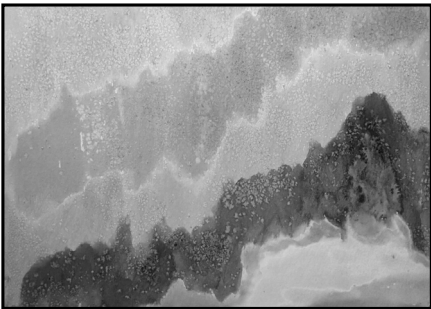
Emergencies often bring out the generosity in people. Because we depend upon each other in difficult times, we can prepare by making connections. In this activity you will create beautiful, handcrafted watercolor postcards for trusted allies and neighbors to share your contact information, and to let them know that your household is prepared to both give and receive help.



Materials & Supplies

- ◎ 9" x 12" multi-purpose paper
- ◎ Watercolor paint and brush
- ◎ 2 disposable containers for water
- ◎ Paper towels to wipe brushes
- ◎ Salt! (any kind of table salt will work)

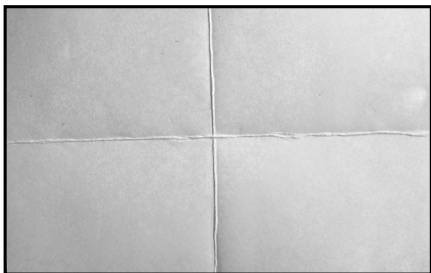
Step by Step Instructions



1 Paint a background with watercolors on your multi-purpose paper with your choice of colors. Paint one small section at a time.

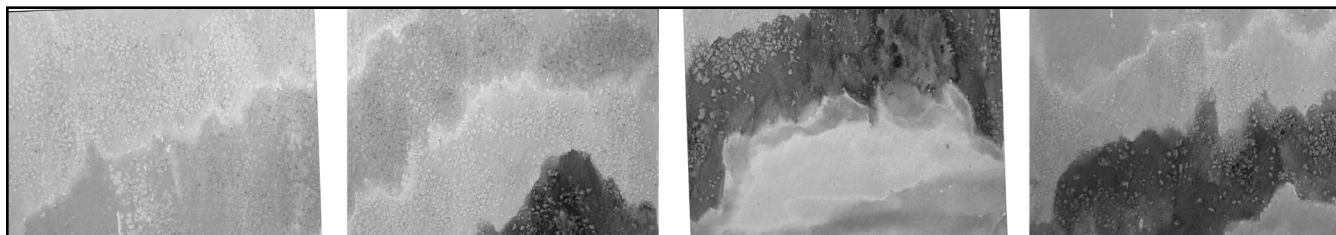
2 While you are painting, pause to sprinkle salt over the paint while it is still wet. What looks like tiny stars or snowflakes will appear on the surface when the paper is dry. When the paper is completely dry, gently brush off the salt grains.

Tip: The paper has to be wet enough to dissolve the grains of salt. If the salt is just sitting on the page, feel free to add more water/paint to the area.



3 Create folds to divide the paper into 4 parts as shown. To do this, fold your paper in half and make a good crease. Open up the paper, flip it over, fold and crease it again along the same line. Now turn it a quarter turn and repeat the same process to make another crease across the first one.

- 4** Lay your paper flat and cut along the crease lines with scissors. Now you have four watercolor postcards!

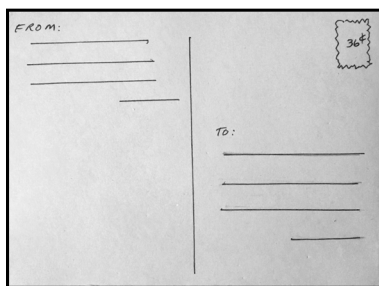


- 5** Draw over the watercolor with a pen or marker as in the image at the top of page 9. You can add a picture, design, symbol, or words of action, appreciation, and encouragement.

YOUR TRUSTED ALLIES AND NEIGHBORS

- 6** With the members of your household, make a list of five trusted contacts. Choose three allies and one neighbor that you want to send a postcard to. You can either add a \$0.36 stamp and mail it, or take a picture of the front and back of the postcard and text the image!

Tip: Follow the directions given by Listos California to ensure you gather detailed information on all of your contacts, and share your list with all of them.



- 7** Create address fields on the back of each postcard (the blank side). Draw a line down the center and write the word "To" just to the right side of the line. Now write the word "From" on the top left. Add four lines under the "To" and "From" fields as shown. Do this on the remaining three cards. Now you have four postcards!

- 8** Fill in your household addresses in the "From" and "To" fields.

- 9** Add the addresses for your trusted allies to the "To" fields of their postcards. In your own words, write a note to inform each of them that your household has added their name and contact information to your emergency plan. You might offer to be one of their emergency contacts.

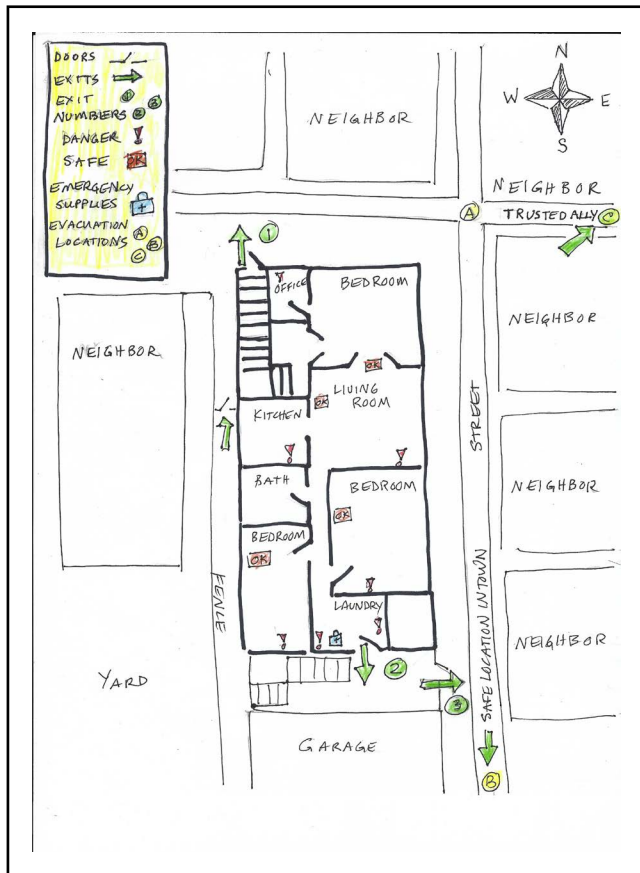
- 10** Add your neighbor's address to the "To" field of their postcard. In your own words, write a short note to inform them that you are working on an emergency preparedness plan and are available to help in the event of an emergency.

MAKE MORE POSTCARDS FOR ALLIES AND NEIGHBORS

You can make four more cards for other trusted allies and neighbors using one more piece of multi-purpose paper and the art supplies in your kit. Repeat the watercolor instructions or make a colored pencil design.

Map your surroundings

We can focus on the whole of life rather than the fragments



Overview

A map is a story told from above. This story is about where you are in your home, your neighborhood, and on planet Earth, and how you will get where you need to go if you have to evacuate in the event of a fire, earthquake, or flood. You do not have to evacuate in all disasters, but in case you do, your map will help guide you to safety.*

It doesn't matter how big or small a place is, the process of mapping it is the same. This Activity Guide takes you through creating a map of your home, then expanding the map out to include the area around you.

*Register for emergency alerts at www.calalerts.org so you will be informed about evacuations and other important information.

Materials & Supplies

- ⊙ 1 sheet of 9" x 12" multi-purpose paper
- ⊙ Pencil
- ⊙ Pencil sharpener
- ⊙ Ruler
- ⊙ Colored pencils

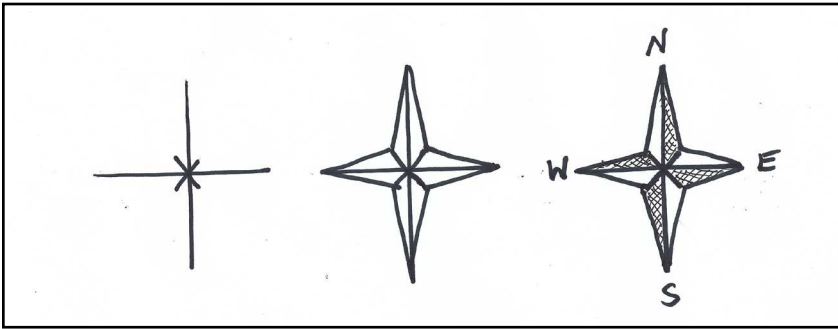
Vocabulary

Legend: A visual explanation of the symbols used on maps to mark important places and objects

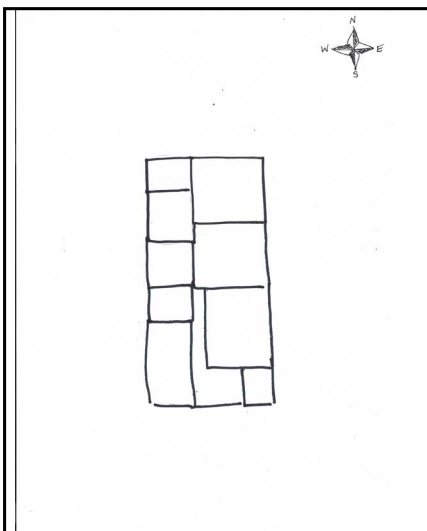
Compass rose: Symbolizes the four directions on a map

Step by Step Instructions

Draw a compass rose



- 1** You will use one of the pieces of 9" x 12" paper for your map. Use a pencil to draw a compass rose (about 1½ inches tall) on one of the corners. You can draw freehand or use a ruler.
 - a** Make a large cross (+), then make a small **x** at the center of the cross.
 - b** Join the points of the cross to the points of the **x** to make triangles.
 - c** Shade in every other triangle and label the four directions with north at the top.
- 2** Practice using your compass rose by identifying one of the four directions in your environment. Because the sun rises in the east and sets in the west, those directions are the easiest to figure out. Put your right shoulder to the east and your left shoulder to the west. You are facing north. Set your paper on the table and rotate it until your compass rose points north, the way you were just facing. Tape it down or put a weight on it to keep it stable. Keep your page pointed this way as you make your map.

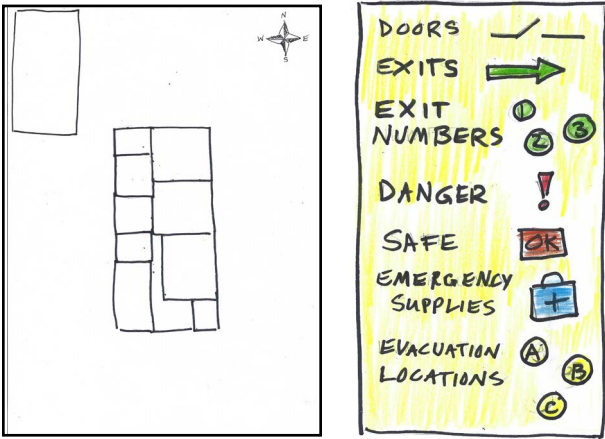


Map your home

Tip: Plan ahead as you draw your home to leave enough space on the page around it to map your neighborhood. Your home should not take up more than ¼ of the page.

- 3** Facing north with your paper still on the table in front of you, draw the wall in front of you by making a short horizontal line (1-2 inches) across the center of the paper from left to right. Draw the other walls to finish the room. It should be a rectangle or square, depending on the shape of the room you are in.
- 4** Create more squares and rectangles around you to represent the rest of the rooms in your house, remembering that it should take up no more than ¼ of the page as shown on the left.

Create a legend



- 5** With a pencil, draw a tall rectangle for your legend on a corner of the page about the size shown above left. Copy the legend shown above right into the rectangle. Each symbol will help you use your map to find emergency supplies, exit quickly, or stay at home safely in an emergency.

Mark your map using the legend



- 6** Mark all doors inside your home and the ones that lead outside by erasing a bit of the wall where the door goes and drawing a slanted line as shown above left.
- 7** Label the rooms as shown above right.
- 8** Number all of the safe exits from your home. A window can be an exit in an emergency if it opens and you are on the first floor. Mark these exits with an arrow as shown above right.
- 9** Walk around your home with your map looking for heavy or sharp objects that could cause harm by falling on someone during an earthquake. Objects to be aware of include the refrigerator, bookshelves, tall cabinets, mirrors, framed pictures, and hanging plants. Also locate harsh chemicals and gas appliances that are unsafe during a fire. Mark all of the items you identified as dangerous with an exclamation point as shown above right.
- 11** Take another tour of your home to find places of safety such as sturdy pieces of furniture or doorways that you could take refuge under in an earthquake. Mark these places with an "OK."

- 12** Finally, add the emergency supply symbol to the places that you will store things like go bags, a supply box, or a first aid kit. Follow the Listos [online course](#) to create emergency supply kits.

Map the surrounding area

- 13** Expand the map of your home to the outside by adding things around you, such as stairs, yards, fences, gates, fire escapes, garages, and parking lots.
- 14** Mark all the exits from this area to the street if the area is gated with numbers and an arrow.
- 15** Draw the street that you live on and at least one cross street. Label with the street names.
- 16** Add next door neighbors to your map by drawing a square to represent their homes and write their names in the square. If they live next to you, include the neighbor you created a postcard for in the Postcards Activity Guide. Neighbors are the people that you are likely to help and be helped by in an emergency!

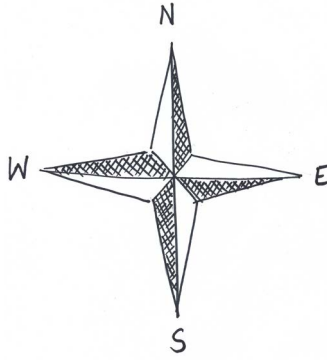
Mark evacuation locations

Together as a household, and following the Listos California [online course](#), choose three meeting locations where you can go in an emergency. Everyone in the family should know these locations. Memorize them and record the information in your phone, on a card you carry in your wallet, backpack, or purse, and in the emergency plan book.

- 17** The first location should be just outside of your home. Mark it with an A.
- 18** The second should be a safe place in town, but outside of the immediate area. Figure out what direction this is from your home. Draw an arrow in that direction near the edge of your map. Write the name of the place and mark it with a B.
- 19** The third location is the home of a trusted ally that lives out of town that you chose in the Postcards Activity Guide. This will be off your map, but you can show the way to begin your trip there. Figure out what direction they live from your home. Draw an arrow in that direction near the edge of your map. Write the name of the trusted ally and mark it with a C.

Go further

- ☉ Add color! Go over your legend and choose a color for each item. Red is always a good color for danger. Exit signs are usually green. Now match the color to those items on your map to make them pop out!
- ☉ Create an evacuation plan with your household with your household working with the Listos [online course](#).
- ☉ Store your map in an envelope of the accordion book that you made at the beginning of this booklet.



Fires, earthquakes, the COVID public health pandemic, and political unrest cannot be ignored. Preparedness has been on our hearts and minds.

Our AHC team of artists and educators knows that it takes imagination to change the world, and that art is a powerful tool to help create awareness, insight and solutions.

Thank you for making art with us. Art YOU ready?