



Inspiration is Everywhere!

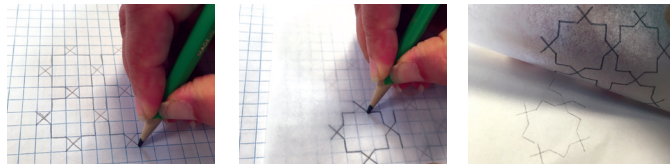
Welcome to Studio PAUSE, where we make time to explore art and stories and celebrate community. Here we share some things that inspired us to create **Thou Art: The Beauty of Identity**, a handmade book of poems on identity written by 25 people from the Studio community, ages 13 to 81. The art is by Afghan artist Sughra Hussainy and the books are designed, printed, and hand-bound by Arlington artist Sushmita Mazumdar. Check out the ideas here and try them out for yourself!



ART + WRITING = A BEAUTIFUL BOOK!



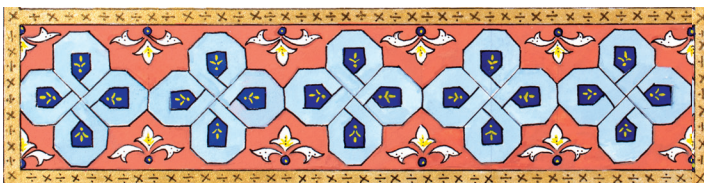
"As you will see in museums, many centuries-old handmade manuscripts with poetry from the Islamic world were decorated with beautiful illumination and painting. I have always loved how beautiful the art made the poems and I just knew that these two kinds of art must make the reader feel so wonderful! When I met Sughra I realised that we could make a book like this and so, we planned this project." ~ Sush



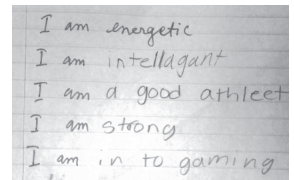
Above: Design, Trace, and Transfer



"The 8-pointed star is the first geometric design I learned to make in art school in Kabul, Afghanistan. I design it first on graph paper and then trace it out on tracing paper using a very pointed pencil. Then I can repeat it as many times as I like by turning the tracing paper over and going over the design on the back. The design is transferred onto the art paper below. Then I use colors to fill in the design, and give it a thin black outline. Lastly, I use gold to add accents and make the design special. This is called illumination." ~ Sughra



WRITE & SHARE YOUR STORIES: As we worked on our identity poems we learned many ways to write them. Try the ones below.



1. *Thou Art* poetry advisor and Studio Pause member, Courtney LeBlanc taught us how to write **Who Are You?** poems. She asked us this question 10 times, giving us 5 seconds to write an answer each time. The list of answers is your poem!
2. At the reception for *Thou Art* at UUCA, congregants shared how they explored writing poems on identity inspired by a poem by Kentucky's Poet Laureate George Ella Lyons - **Where I'm From**. Write a poem of your own using that title.
3. Families in Turning The Page's Summer Program wrote **I Am** poems during an art and writing workshop. Inspired by words we collected from stories of the artists featured in the museum exhibit where Sughra's art is on view, we learned to find words that describe who we are.



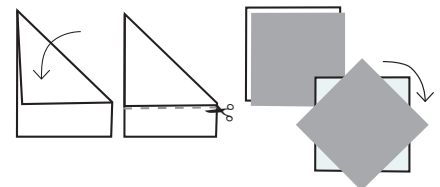
MAKE A FAMILY POETRY BOOK!

Get the family together to write poems on identity. Print them out and bind them into a book! Decorate each page with beautiful borders created from the patterns by Sughra included on this sheet. Or create your own patterns to decorate each poem.

Make just one copy of the book or one copy for each poet!

MAKE THE 8-POINTED STAR! You will need 2 pieces of paper that are identical, and a pair of scissors.

1. Paper usually comes in rectangular sheets so we need to make the rectangles into squares. Fold top right corner down so it meets the left edge of the sheet while lining up the edges neatly. Crease. **2.** Cut away the extra at the bottom. Open. Flatten. **3.** Repeat with the other piece of paper. **4.** Stack the 2 pieces so they line up perfectly. Now rotate one so its corners are in the middle of the sides of the other. You have an 8 pointed star!



LOOK for other **geometric** patterns or create your own. Try using triangles and circles too. **Repeat! Rotate! Alternate!**