

SELF-GUIDED REFLECTION

Since the pandemic began, many of us have had some hard days. Much of what we always knew about going out with friends, going to school/work and staying safe, changed.

What comes to mind when you reflect on the past year?

Try to name what were the hardest aspects of the past 20 months that you had to manage.

Some of us managed better at times than others.

Truthfully, we all struggled at some point of this period.



When we get stressed, we can become really cranky. We might have more outbursts or become really upset over small things. When we get stressed, we can become depressed. When we get depressed, our sleeping changes - wanting to sleep way more or even way less.

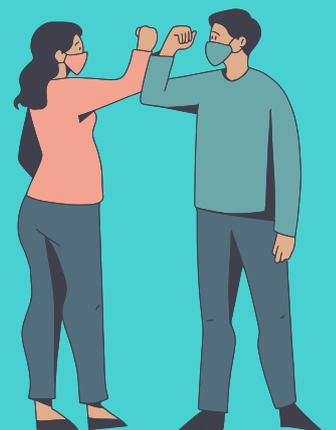
Our eating changes. We might want to eat way more or even way less. The things that brought us pleasure in the past are no longer so enjoyable. What we do know is that stress can fester in our bodies. Some of us felt achy and really depleted of energy.



This pandemic is considered a communal trauma as it has affected so many people around the world through such widespread consequences. At some point in the future, you will tell your next generation stories about living during the COVID-19 pandemic. This is one of those times in human history.



This pandemic is also going to be another event in our human history of people RISING ABOVE. The pandemic hit us hard. We are all NOW different PEOPLE. STRONGER PEOPLE.





Like many other times we have been knocked back a bit by natural and human-made disasters, we can find gratitude in those who are able to rally. Healthcare workers worked round the clock to treat this virus and save lives.

While we were stuck in our house, we created new recipes. We developed delicious food with the groceries we found in our kitchens.



We spent more time with our loved ones. People even began singing outside their windows. And the windows became covered with rainbows!!



How did you cope with your time in quarantine?

We have been wearing masks as our protection. We are now going to use these masks to take back the vulnerability that has been imposed. **Create a design or drawing on your mask that shows how you are RISING ABOVE. Think about how you have grown from this experience. Think about how you would answer this...**

The pandemic came. It was hard. But I am NOW _____.

Take a picture of yourself modeling your mask to affirm your commitment to moving past these tough days with determination. Upload your mask to the NYU site and check out all the other people joining in the movement to RISE ABOVE.

Mail your mask into NYU. We are then going to join all our masks together. When you look at it, the mask looks like a parachute. We use parachutes when we want to land safely. We are going to put all the masks together to make a communal parachute. The parachute will be displayed publicly.

Are you ready to get started?



TIPS FOR ARTMAKING

- It is best to use the loophole disposable face masks as shown below



- Use a piece of newspaper or scrap paper underneath the mask so avoid any leakage on the surface.



- Try to avoid using permanent markers as these will emit a strong odor. You can use watercolor paint, water-based markers, stamps, collage materials. Allow the masks to dry or air out depending on the art media used.



- Use your mask to showcase what helped you rise above this time. What can you communicate about your experience? Use symbols, lines and colors to represent your expression.



- Take your headshot wearing your mask as shown below in the example below:



- Fill out some basic information on this link:
https://nyu.qualtrics.com/jfe/form/SV_03ziv5lpavfNrWm

- All images with consent will be showcased on the Parachute Project website.

You are all set.



PARACHUTE PROJECT

