Riding Waves, 2023 Public Art Activity Guide



Created by the Madison Public Art Project Art by Audifax



Table of Contents

A Guide to Riding Waves, 2023 Created by the Madison Public Art Project.

MISSION STATEMENT OF MPAP	4
ABOUT THE PROJECT	
THE GREAT WAVE OFF KANAGAWA	5
MURAL PHOTO	6
RIDING WAVES, 2023	7
FEELINGS ARE LIKE WAVES	8
MENTAL HEALTH IS HEALTH	9
DON'T FORGET	10
MENTAL HEALTH SELF CHECK-IN	11
WHAT IS MORE IMPORTANT?	12
MENTAL HEALTH AWARENESS CHECKLIST	13
HOW ARE YOU TODAY?	14
BINGO	15
JOURNAL PAGES	16
COLORING BOOK PAGES	
WAVE DRAWINGS	17-27
MAZES	
FISH MAZE	28
STAR MAZE	29



Table of Contents

PUZZLES	
WORD SEARCH	30
WORD SEARCH LIST	31
CROSSWORD	32
CROSSWORD QUESTIONS	33-34
ANSWER KEY	35
LEARNING ACTIVITIES	
ACTIVITES FOR ALL AGES	36-37
FEELINGS MOBILE	38
TAKE WHAT YOU NEED POSTER	39
REFLECTIONS	
REFLECTION QUESTIONS	40
MY WAVE	41
SELF REFLECTIONS	42
MENTAL HEALTH DAILY TRACKER	43
GLOSSARY OF ART TERMS	44-47
MENTAL HEALTH INFORMATION LINKS	48
CTAY CONNECTED	40
STAY CONNECTED	49
THANKS SPONSORS	50
	30
DONATE TODAY	51
	91



Mission Statement of the Madison Public Art Project

The Madison Public Art Project (MPAP) is a 501(c)(3) non-profit arts organization. We present innovative contemporary art in the public realm to a diverse audience throughout Wisconsin. The MPAP's exciting free public art exhibitions strengthen and educate communities while supporting social justice and fostering local arts and culture. Collaborating with both emerging and established artists, the MPAP relies on grants, individual contributions, corporations, and foundations to support our exhibitions. Our art installations inspire civic participation and inspire artistic imagination.

For further information please visit: www.MadisonPublicArtProject.com

Instagram:
@madisonpublicartproject



The Great Wave off Kanagawa



The Great Wave off Kanagawa 神奈川沖浪裏,

"Under the Wave off Kanagawa, also known as **The Great Wave** or **The Wave**, is a woodblock print by the
Japanese artist Katsushika Hokusai. It was published in
1831 as the first print in Hokusai's series Thirty-six Views
of Mount Fuji. The image depicts an enormous wave
threatening three boats off the coast in the Sagami Bay
(Kanagawa) while Mount Fuji rises in the background. It is
Hokusai's most famous work and is often considered the
most recognizable work of Japanese art in the world."



Riding Waves Mural



© Audifax | Madison Public Art Project Art by Audifax

This site-specific mural project adds vibrancy, life, and color to an underutilized area. The *Riding Waves* mural seeks to destignatize mental illness, open a dialogue for change, and demonstrate the power of the art in an urban landscape.



Riding Waves, 2023

By Audifax

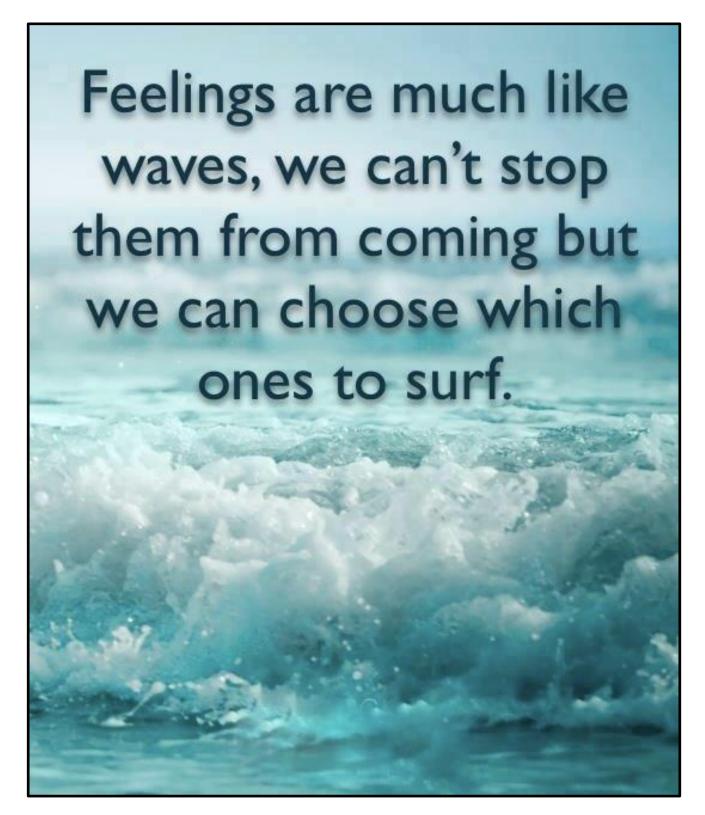
Acrylic Paint on Concrete Mural Installed May 18, 2023 #RidingWaves

Audifax was inspired by the work of Hokusai who created the iconic "Great Wave." For the *Riding Waves* mural, Audifax connects six individual pillars which provide her most unique "canvas" to date. She uses her artistic expression to reinterpret the nearby waves of Lake Monona and Lake Waubesa in her creative aesthetic.

This accomplished hand-painted mural depicts the everchanging waters as a metaphor to draw attention to the need for greater mental health awareness in our society. The piece seeks to break down the stigma that exists regarding mental illness by integrating art directly into the built environment.

Surges of our daily emotions are depicted in the waves of this mural, which serve as a greater metaphor for our collective mental health and the interconnectedness of our society. This mural gives people the opportunity to engage and reflect on their own mental health journey as they *ride* by.







Mental health is an important part of overall health and overall well-being. Pick three things you can do this week for yourself.

- Find healthy coping mechanisms when feeling stressed. What works best is...
- Practice gratitude. Note three things that you are grateful for today.
- Talk to someone about your feelings.
- Prioritize self-compassion and set healthy boundaries.
- Limit exposure to negative news and social media.
- Make it a priority to move your body.
- Practice meditation and deep breathing.
- Enjoy a healthy delicious meal.

don't forget..

Some days are harder than others

Everything isn't perfect

You are stronger than you think

A small step is still a step forward

Making mistakes isn't a problem

Getting back on track is not failure

Take a break if you need to

Kindness is free.

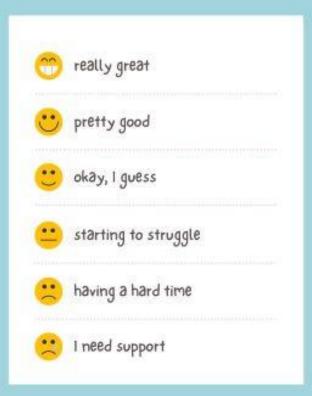
The past cannot be changed

Everything you have to be grateful for



MENTAL HEALTH SELF CHECK-IN

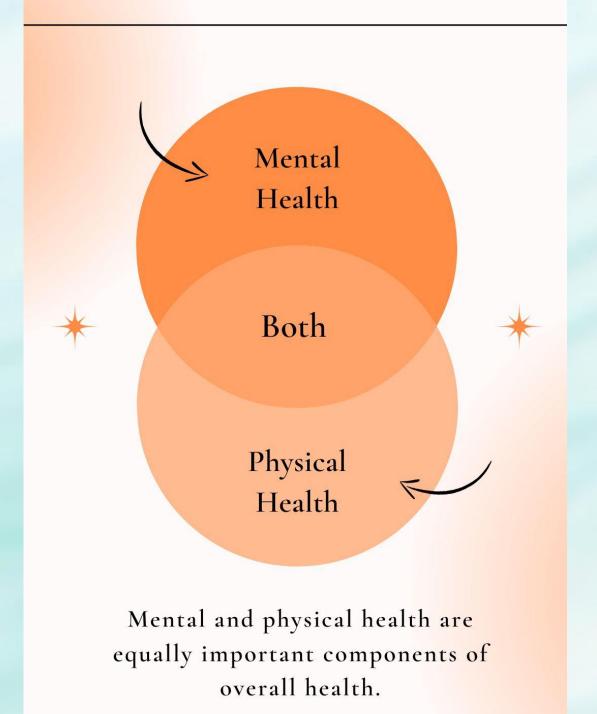
Share how you're feeling today with an emoji that best describes your mood



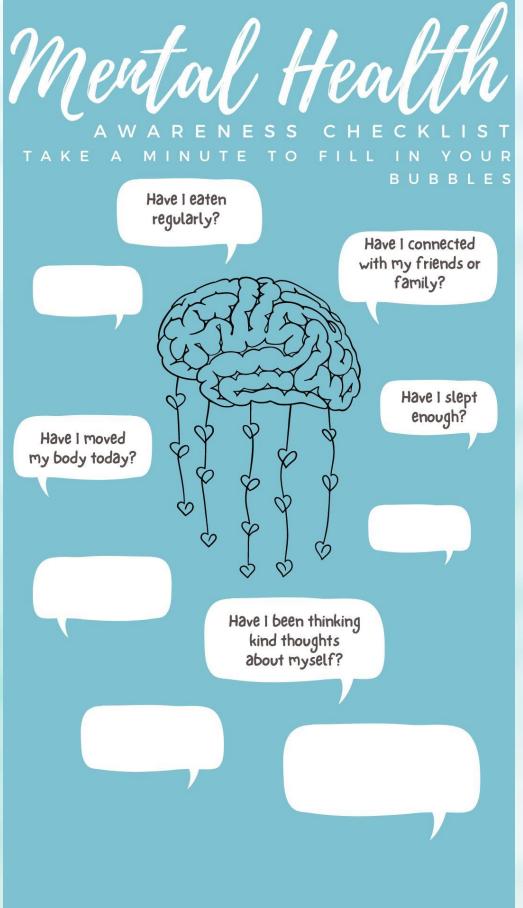
I am feeling this way because...

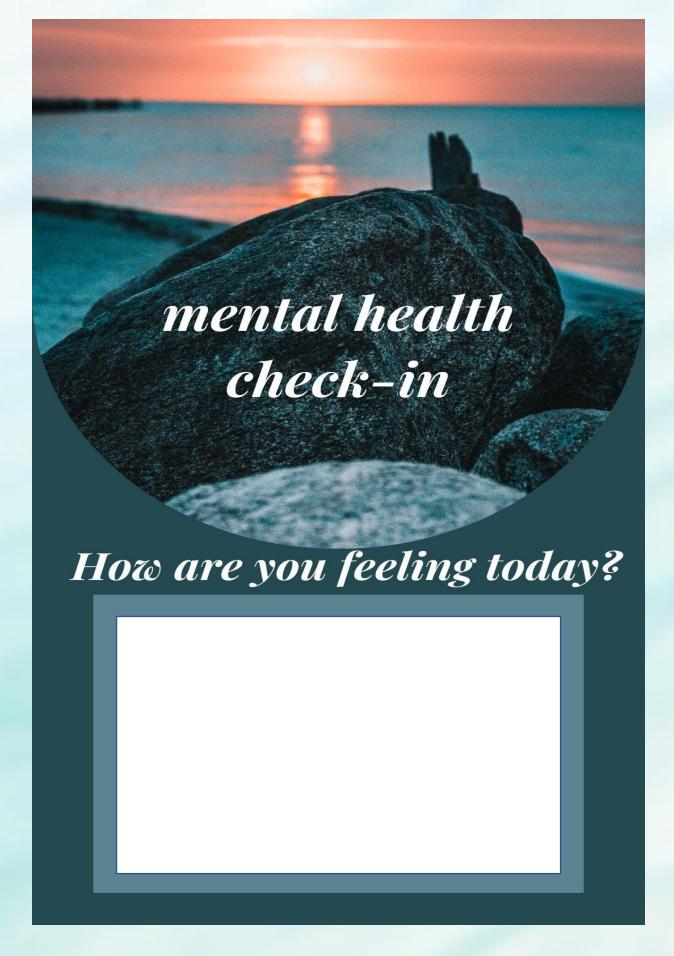


What Is More Important?













Self Care Bingo

Did A Creative Project	Read A Book	Exercised Or Moved My Body	Connected With Family Or Friends
Ate A Healthy Meal	Took A Shower	Had Fun	Meditated
Rested	Practiced Self Compassion	Took A Social Media Break	Got 8 Hours Of Sleep
Spent Time In Nature Outside	Took A Mental Health Day	Dropped A Habit That Is Not For Me	Wrote In My Journal
Treated Myself	Hugged A Friend Or Loved One	Listened To My Body	Drank Water
A			ET





Today's Thoughts



Coloring Book Pages

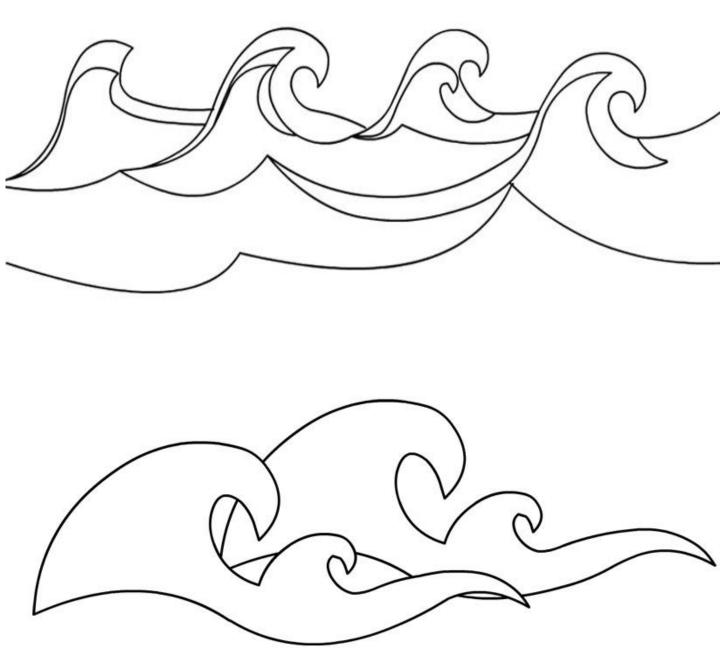
Use these *Riding Waves Coloring Book* pages to inspire your inner artist! The pages offer a range of designs based off conceptual sketches from creating the *Riding Waves* large-scale public art mural.

These coloring book pages are the perfect inspiration for all ages. Just grab your favorite marker, colored pencil, or brush and enjoy the process of making your own art. Try experimenting with different mediums like watercolor, finger paints, graphite, or crayons to create many versatile drawings.

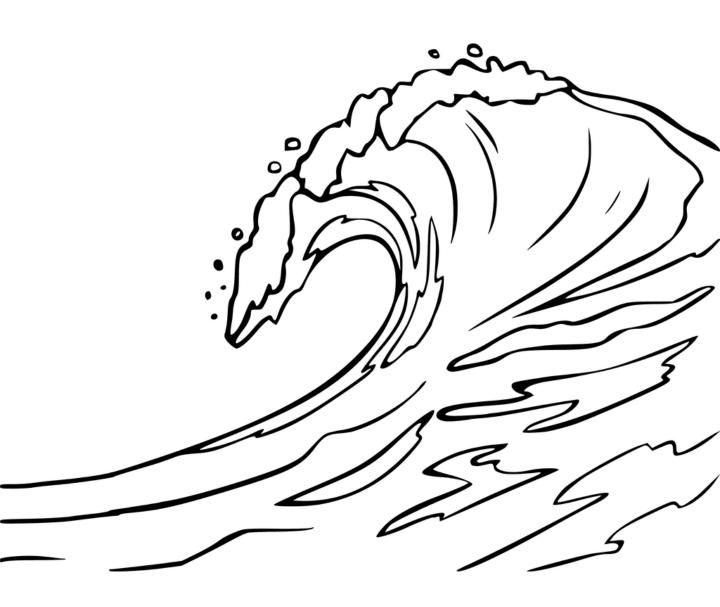
You can print as many pages as you like! We would love to see your creations. You can post them with the hashtag #RidingWaves and tag us @madisonpublicartproject

WAVE DRAWINGS

Your turn to be the artist!
Use crayons, markers, or colored pencils to create your own wave drawings.



We would love to see your work! Please share. Send them to us at info@madisonpublicartproject.com or tag @madisonpublicartproject.

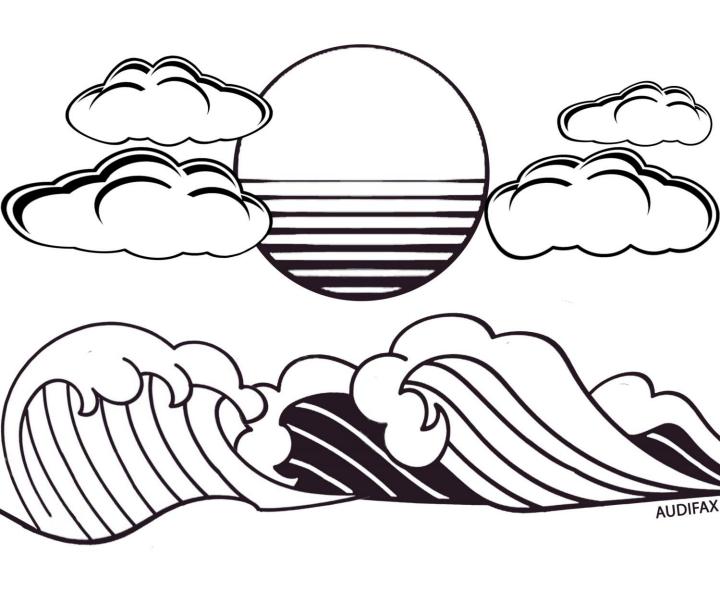




Hokusai



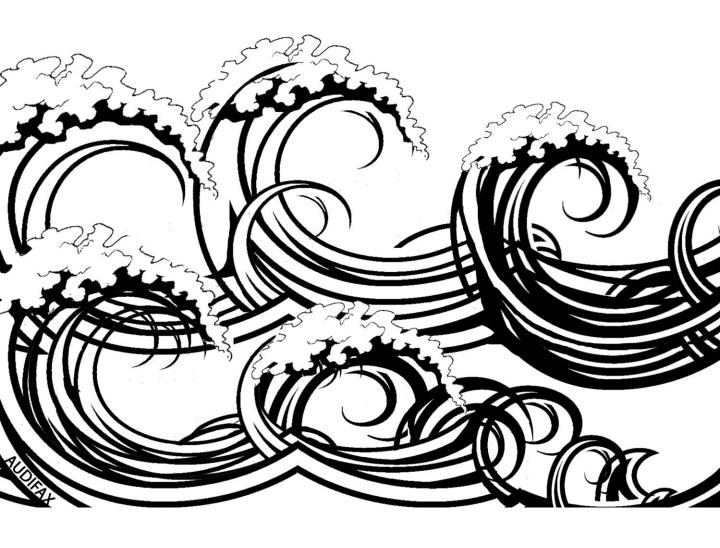




We would love to see your work! Please share. Send them to us at info@madisonpublicartproject.com or tag @madisonpublicartproject

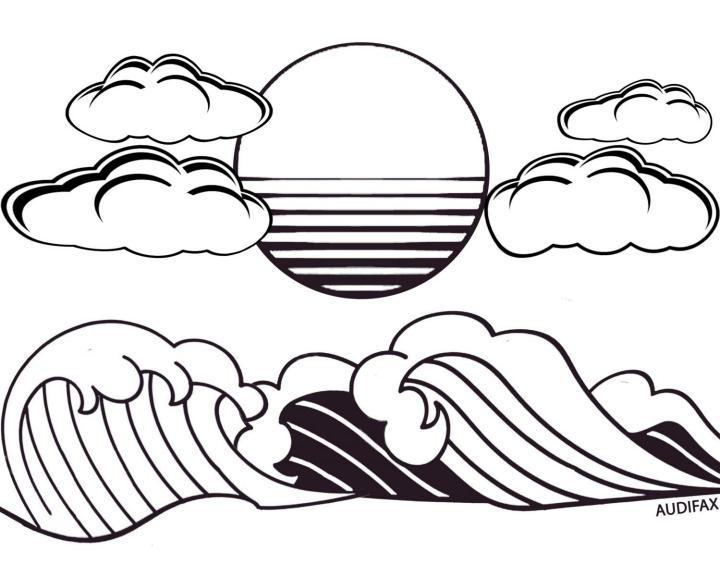


We would love to see your work! Please share. Send them to us at info@madisonpublicartproject.com or tag @madisonpublicartproject.



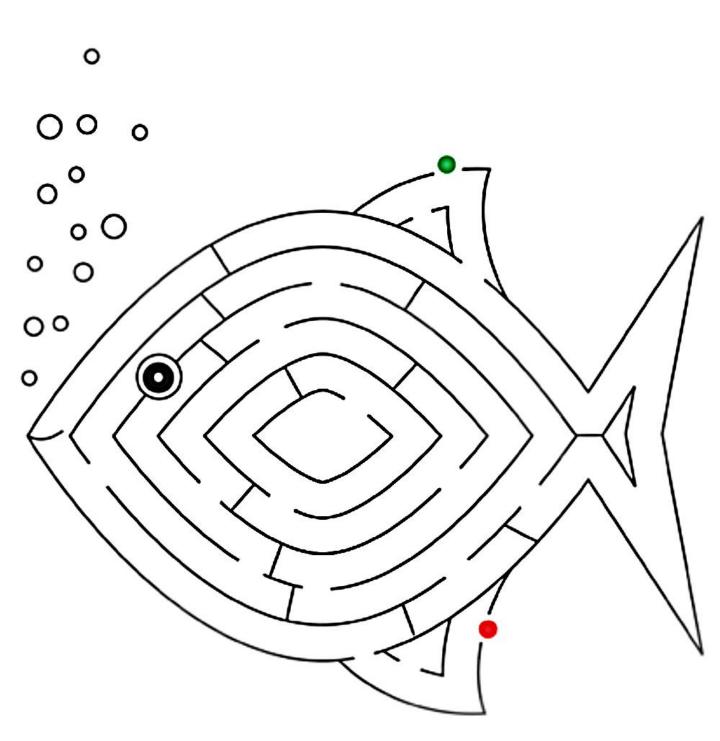
We would love to see your work! Please share. Send them to us at $\underline{info@madisonpublicartproject.com}$ or tag @madisonpublicartproject



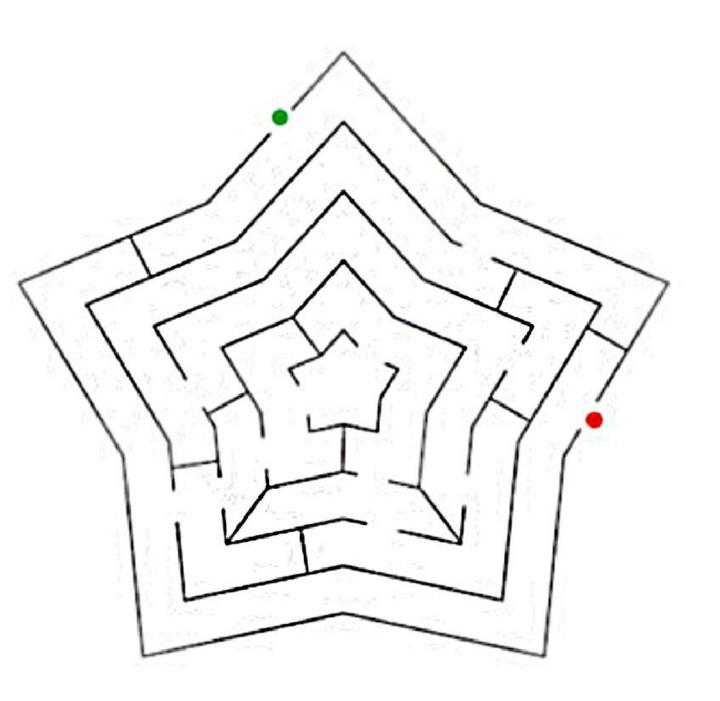


We would love to see your work! Please share. Send them to us at $\underline{info@madisonpublicartproject.com}$ or tag @madisonpublicartproject

Follow the fish maze from the green to the red dot



Follow the star maze from the green to the red dot



Riding Waves Word Search

S	G	Ν	I	L	Ε	Ε	F	W	S	Ε
S	N	0	I	Т	0	М	Ε	Т	S	Н
N	M	Т	Υ	U	Ε	L	R	I	Ε	Т
S	R	0	Q	N	L	E	Ε	А	Ν	Α
J	G	G	Т	В	Т	Т	L	C	L	Ε
А	Ε	А	Ε	\subset	N	Т	А	S	U	R
W	L	I	Н	Ε	Н	G	Χ	D	F	В
Υ	N	Р	S	\subset	U	L	F	0	D	R
G	Н	Ε	А	L	Т	Н	Υ	0	Ν	Α
Ε	R	Н	А	В	I	Т	S	М	I	I
Ρ	В	Ε	Н	А	٧	I	0	R	М	N

Riding Waves Word Search List

Behavior Healthy

Emotions Mood

Health Stretch

Mindfulness Breathe

Relax Habits

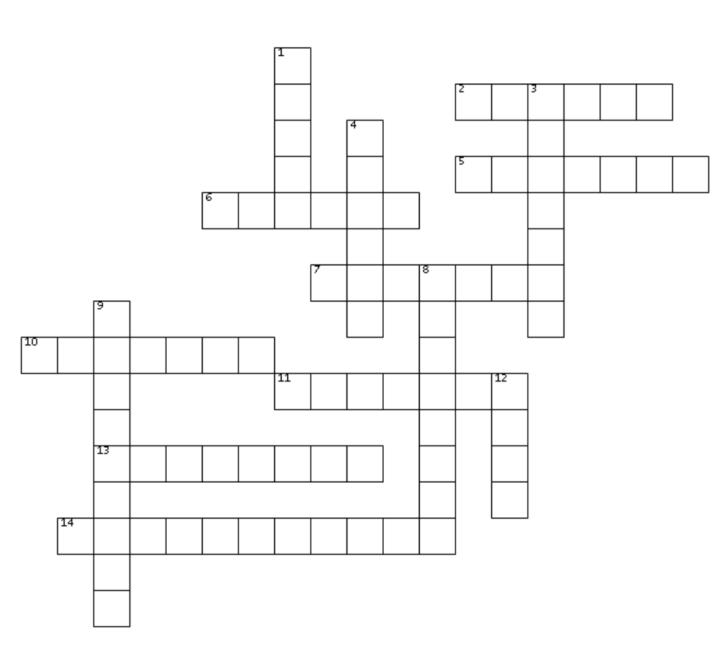
Yoga Mental

Brain Present

Feelings Wellbeing



Riding Waves Crossword Puzzle





Riding Waves Crossword Clues

Use the clues to fill in the words. Words can go across or down. Letters are shared when the words intersect.

ACROSS-

- 2. a settled or regular tendency or practice, especially one that is hard to give up.
- 5. existing or occurring now.
- 6. relating to disorders of the mind.
- (of something soft or elastic) be made or be capable of being made longer or wider without tearing or breaking.
- 10. an emotional state or reaction.
- 11. indicative of, conducive to, or promoting good health.
- 13. the way in which one acts or conducts oneself, especially toward others.
- 14. the quality or state of being conscious or aware of something.



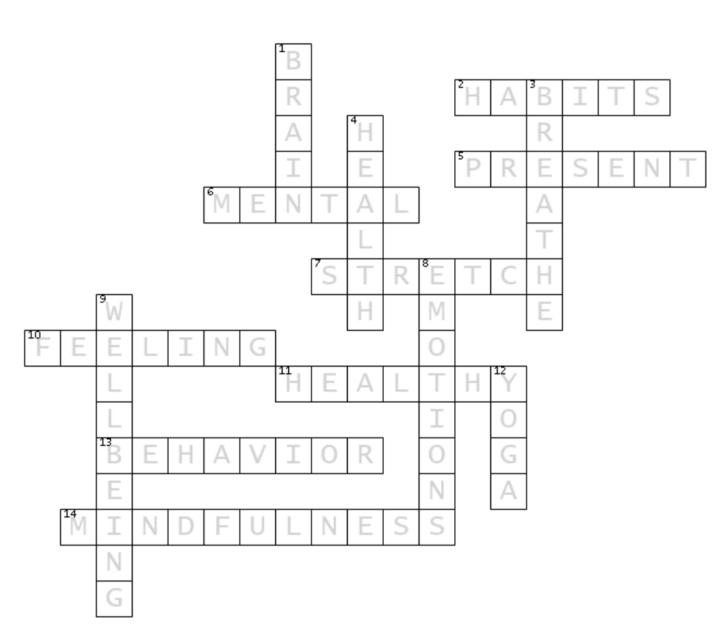
Riding Waves Crossword Clues

DOWN

- 1. an organ of soft nervous tissue contained in the skull of vertebrates, functioning as the coordinating center of sensation and intellectual and nervous activity.
- 3. take air into the lungs and then expel it, especially as a regular physiological process.
- 4. the state of being free from illness or injury, a person's mental or physical condition.
- 8. a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.
- 9. the state of being comfortable, healthy, or happy.
- 12. a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.



Canopy Understories Crossword Answers





Riding Waves Learning Activities

These exercises were created to be a resource for teachers, students, and parents. For educators, they are ideas to incorporate into your lesson plans before, during, or after driving by the *Riding Waves* mural. Teachers are encouraged to review the activities and select any that look age appropriate and fun!

- Play sounds of waves in the background for a soothing soundscape while painting & drawing the coloring book pages. How does the mood change when the same image is portrayed in a new medium? What do you like/dislike?
- This mural is named Riding Waves. Why do you think that name is appropriate? If you were an artist, what would you name your mural? Write a brief paragraph of what you would name your mural and why?



Riding Waves Learning Activities

- Complete the *Riding Waves* crossword puzzle and glossary of art terms. Discuss new words that are unfamiliar to the students.
- Have students make a poem about their experience visiting the *Riding Waves* mural. You can use terms from the glossary of art terms.
- Use a camera to capture photos of the mural. Use those photos as a photography exhibit your classroom. What inspired your students to capture this image? What is interesting, special, unique about this image? How do the images of the classroom work together to convey a larger narrative?



Art Activity Feelings Mobile

- Make your own feelings mobile. You can do this at home virtually, or together in the classroom.
- 1. Gather supplies (cardboard, wood, paper, scissors, hanger, string, or fishing wire) and begin the 3D construction. Use glue or tape to attach the pieces together in an abstract composition.
- 2. Add details with markers or paints to add color and dimension. Select five words from the glossary of art terms when describing your finished mobile. How does it relate to your feelings as an artistic expression?





Art Activity Take What You Need

- Make your own Take What You Need poster
- 1. Gather supplies (cardboard, paper, scissors, markers) and begin to think about what you need to feel sustained, happy and healthy. Share your poster with friends or family and encourage them to take what they need for today.





Reflection Questions

Why is Public Art important?
What did you enjoy most about the <i>Riding Waves</i> mural? Why? What did you learn?
What is significant about this public art project to you?



My Wave

Name:
Age:
Wave Title:
What this wave represents for me is

SELF REFLECTIONS

THINGS I DO TO PROCESS MY FEELINGS

THINGS THAT KEEP ME BUSY

THINGS THAT MAKE ME FEEL CONFIDENT





Date						
Мо	Tu	We	Th	Fr	Sa	Su

focused worthy thrilled self-respecting kind

					My sleep last night was		
					🖰 🙂 🖫 😩		
How am I fee	ling this mor	ning?			Approx. hours		
Great	∵ Good	· Okay	Not go	od Awful	Get up time		
Day to do list	:						
Brush teeth and wash face Get important tasks d				sks done	Eat breakfast and lunch		
Open a window and get fresh air Time off screens					Move my body or take a walk		
Today I intend to				Exercise	Cups of water		
				1 2 3	3 4 5 6 7		
Evening to do	o list						
Read 20 pages of a book Meditate for 10 minu			Meditate for 10 n	ninutes	Brush teeth and wash face		
Write in my journal Workout for 30 m			Workout for 30 m	ninutes	Take a shower		
How am I fee	eling this ever	ning?			Am I satisfied with this day?		
Great	∵ Good	• Okay	Not go	od Awful	🖰 🙃 🙃 🙁		
I am grateful today for				What I like most about myself today is			
What I accomplished today was				What I would lik	re to tell myself for tomorrow is		
Notes				How and what would I like to feel tomorrow joy appreciation empowered enthusiasm fun proud strong active love passion freedom happiness optimism belief hope inspired courage interest amusement gratitude delight relaxed calm confident			

curious



Review the Glossary of Art Terms. Acquaint students with any unfamiliar terms associated with art and murals.

Abstract Style

Letters are generally not a part of the Abstract style, but the painterly skill and harmony an artist demonstrates in a piece. The goal is similar to abstract painting — to make a harmonious piece with specific dynamics and balance by the use of basic artistic elements — line, shape, geometry, color and composition.

Brushwork

The manner in which a painter applies paint with a brush.

Built Environment

Human-made surroundings that provide the setting for activity.

Canvas

A closely woven, sturdy cloth of hemp, cotton, linen, or a similar fiber, frequently stretched over a frame and used as a surface for painting.

Commission

To request, or the request for, the production of a work of art.

Culture

The customs, arts, social institutions, and achievements of a particular nation, people, or other social group.

Curator

A person whose job it is to research and manage a collection and organize exhibitions.



Diptych

A work of art consisting of two sections or panels, usually hinged together.

Ephemera

Transitory written and printed matter (receipts, notes, tickets, clippings, etc.) not originally intended to be kept or preserved.

Expression

The means by which an artist communicates ideas and emotions.

Hip- hop

Late 70s and early 70s culture marked by early rap music, breakdancing and visual style that gave birth to the graffiticulture.

Installation

An art genre of three-dimensional, site-specific works that are usually created having that particular locale in mind. They can be executed in the interior or in the exterior. Exterior installations fall into the domain of public art, land art, public interventions or street art, although these art forms often overlap.

Juxtaposition

An act of placing things close together or side by side for comparison or contrast.

Landscape

The natural landforms of a region; also, an image that has natural scenery as its primary focus.

Legal Wall

Apiece that is made legally, with permission from the walls owner or the authorities.



Medium

The materials used to create a work of art, and the categorization of art based on the materials used (for example, painting [or more specifically, watercolor], drawing, sculpture.

Mixed media

A technique involving the use of two or more artistic media, such as ink and pastel or painting and collage, that are combined in a single composition; 2. A designation for an artist who works with a number of different artistic media.

Moniker

A street name of an artist, their nickname and label.

Mural

A wall painting applied on either outside or an inside surface, or a ceiling. In street art, it refers to a large, elaborate wall piece that requires significant skill to paint. Unlike graffiti, murals normally respect the architecture of the wall and the building, sometimes even the surroundings. They are often legal.

Outlining

Making a sketch or a preparatory drawing, done on paper or in a black book while planning a piece. An outline can also refer to a wall sketch, or to the contour of a throw-up or similar graffiti work, a boundary that can be filled.

Painter

One who applies paint to canvas, wood, paper, or another support to produce a picture.

Rendering

A representation, executed in perspective, of a proposed structure.



Site-specific

Describes a work of art designed for a particular location.

Tag

A signature of a writer, very stylized, written quickly, usually in one color that contrasts the background. Denotes the artist's moniker. The simplest and the most common type of graffiti. Used as a verb, "to tag" means "to sign", which derives from a classical practice of artists signing their works.

Triptych

A work of art consisting of three sections or panels, usually hinged together.

Woodblock Print

A work of art consisting of three sections or panels, usually hinged together Woodblock printing is a technique of printing text, images or patterns on paper or fabric. It is one of the oldest techniques known and practiced to date. It was originated in China. Later the Japanese adopted the technique and within a short period, it got spread and flourished into a fine way of artistic expression. The Great Wave of Hokusai was completed in the Edo period in Japan ca. 1830-32.

Writer

A graffiti artist.



MENTAL HEALTH INFORMATION LINKS

If you are experiencing an emergency, call 911 and request a trained CIT officer or call 988 (Suicide and Crisis Lifeline).

Dane County 24-hour Crisis Line: 608-280-2600

For further information and resources please visit:

NAMI (National Alliance on Mental Illness) Dane County https://www.namidanecounty.org/

Journey Mental Health Center https://journeymhc.org/

Tellurian

https://www.tellurian.org/

Aging and Disability Resource Center of Dane County https://www.daneadrc.org/

Waisman Center https://www.waisman.wisc.edu/

Briarpatch Youth Services https://youthsos.org/



STAY CONNECTED!

Join us for upcoming art walks, and other exciting events and news. We will be hosting artists talks with the artist Audifax over the next year led by Jillian Talarczyk, President of the Madison Public Art Project.

Stay connected with the Madison Public Art Project to register for our upcoming events.

Instagram @madisonpublicartproject
Email info@madisonpublicartproject.com



THANKS SPONSORS!

This project is supported by Dane County Arts and Cultural Affairs with additional funds from the Endres Mfg. Company Foundation, The Evjue Foundation, Inc., charitable arm of The Capital Times, the W. Jerome Frautschi Foundation. Supported by Grants from Target, The American Family Insurance Institute for Corporate & Social Impact, the Willy Street Co-op Community Reinvestment Fund, and an award from the Monona Tourism Commission. Major funding made possible by our Premiere Sponsors: Scooter Software and Metcalf's Market. Thank you to our generous Gold Sponsors, MG&E, Studio Z and the Tasting Room. Additional funding made possible by our Silver Project Sponsors: Homburg Inc, and Herb Kohl Philanthropies. Thank you to our Bronze Sponsors including Buck & Honeys, Discover Family Chiropractic, and the generosity of private donors.





























DONATE TO SUPPORT MORE ART!

Please consider a tax-deductible donation today!



