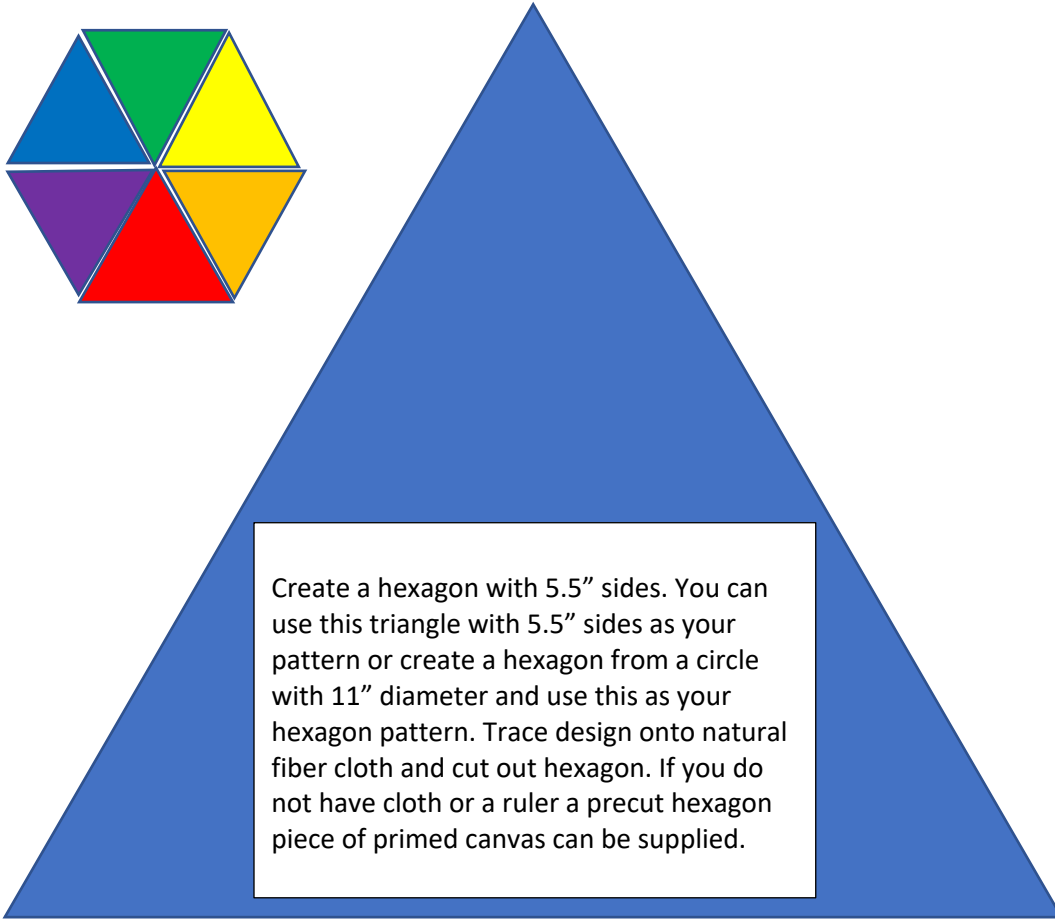


Hexagons Of Dignity Tapestry Guidelines

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Create a hexagon with 5.5" sides. You can use this triangle with 5.5" sides as your pattern or create a hexagon from a circle with 11" diameter and use this as your hexagon pattern. Trace design onto natural fiber cloth and cut out hexagon. If you do not have cloth or a ruler a precut hexagon piece of primed canvas can be supplied.

Once you have a hexagon in fabric, use waterproof and smudge proof paint, ink, or dye. You can draw, paint, print, embroider or fabric applique your design. **Please do not attach objects to your design or use glitter.**

Allow yourself to imagine when you have felt personal positive regard; dignity for who you are as a human being. Create a design, an image, representing your experience of personal dignity.

Prompts:

When do you feel most in harmony and at peace with yourself?

When do you feel joy, a sense of happiness in simply being yourself?

Can you recall a person or place where you felt at ease expressing the truth of who you are?

Is there an image that comes up that represents any of these experiences? If not, if you could imagine yourself being happy and at ease with yourself, what would that look like?

Start creating the image that inspires you the most. If no image arises, allow yourself to choose a color that you are most drawn to and draw or paint with this color. Stay present with what you are interested in, what makes you curious and allow yourself to simply be creating. No form is necessary. This can be an abstract expression of color or black and white patterns. Anything goes.

To have a pre-cut canvas hexagon sent to you and to submit your hexagon to the Hexagons of Dignity Tapestry contact Sarah@SarahHylton.com . Please submit hexagons by June 30, 2020 for Shelter In Place Phase of Hexagons of Dignity Tapestry. Thank you for being part of this project. In Gratitude.

