



## Rise Up and Reflect! Make Your Own Zine

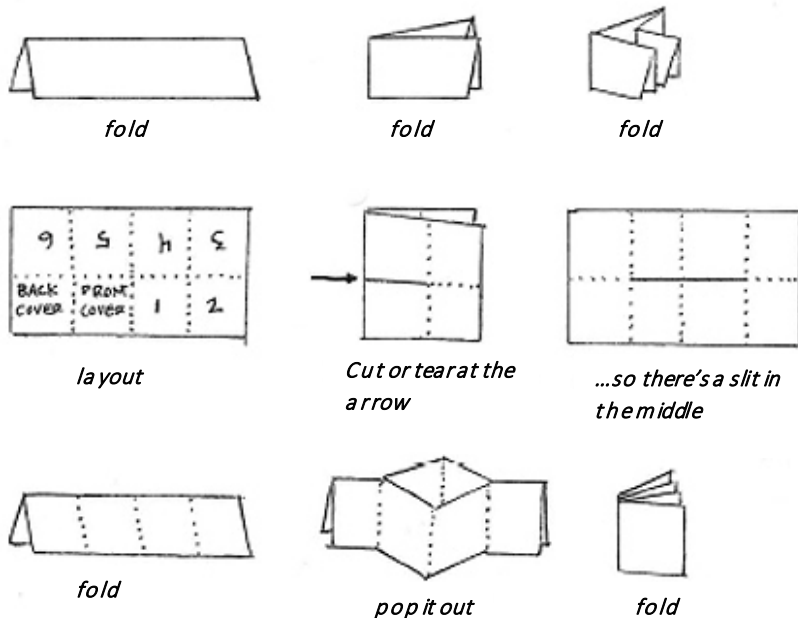
Reflection is a process of exploring and examining ourselves, our perspectives and helps us gain insight and see how to move forward. Set aside a few minutes to sit down in a comfortable place and listen to the song linked at the QR code below. Reflect on the lyrics that stand out to you or the imagery that is particularly vivid to you. You may also want to consider how the music makes you feel while listening. Then create a zine, a self-published booklet, in response to the song.

While you are listening you can use the opposite pages to draw, write, or color your response. Each grey line represents a different page in the booklet, follow the guide below to see the cover pages and the final layout. Once you are done with your response, fold the page into a zine. You can even create a video of your zine by laying it on a flat surface and flipping through each page while playing the song!

Scan the QR Code Below to Listen to “Rise Up” by Andra Day



### How to Fold a One-page Zine



Don't have scissors? Search on YouTube for the “Extra Enrichment. Art. Make Your Own Zine” video to see how to tear the cut line safely with your hands.

