



# Queens Museum

## Stay At Home Guide For Teens

Illustration by Queens Teen  
Carissa Blackwell  
Color your own inside!

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# Introduction and Welcome from some of our Queens Teens

Queens Teens offers local youth opportunities to gain exposure to a cultural institution while developing their own creative interest and passion for the arts.

*Always remember that a little bit of hope can make a great difference!*

— Queens Teen Susan Salgado

*Hey! I know it's been tough staying in quarantine and it feels like we're losing our minds, but take this time to creatively figure out what makes you happy and the time will go much faster."*

— Queens Teen Emily Copeland

*Hey ya'll, I hope you are all doing okay and stay optimistic!*

— Queens Teen Jasmin Contreras

*Hi all, nowadays is the best time to start creating as much as you can...lets distract and interact!*

— Queens Teen Carissa Blackwell

*Hello, hope you're safe and happy! Stay optimistic, this will all pass.*

— Queens Teen Lisbeth Santana

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# Drawing



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# Views From Your Window



Grab a pencil, some crayons or markers and sit by a window looking out at your neighborhood. Close your eyes, take a deep breath and reflect on your day. Now open your eyes and look out the window. Sketch what you see. Draw what you feel. Add color if you want.

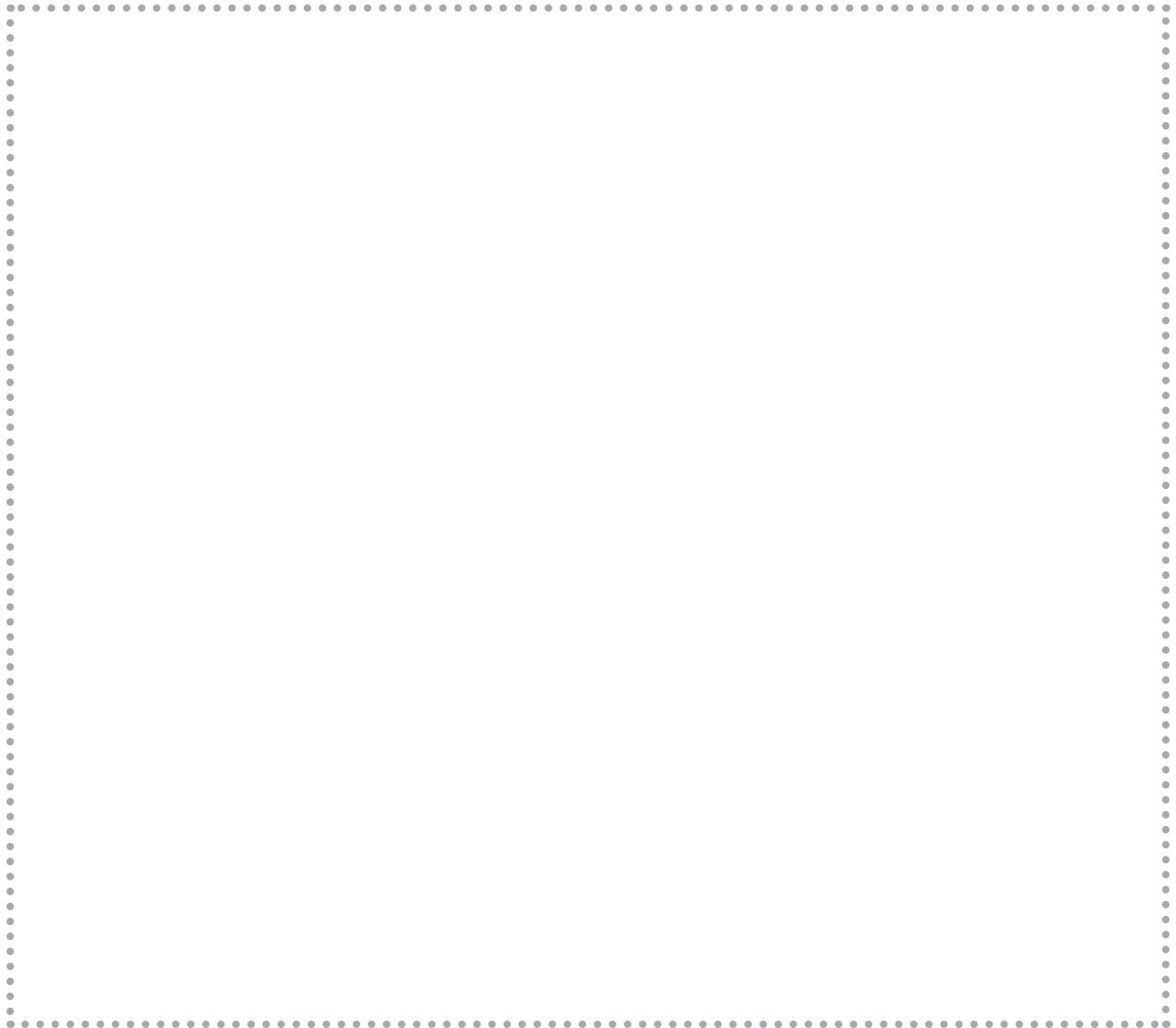


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# Your Special Haven



When you think of a place that invokes joy, peace, and serenity, what does it look like? What sounds do you hear there? What scents do you smell while you are there? What is the weather like there? Now grab your pencil and draw this special place, adding all kinds of details. Draw what you feel. Add color if you want.



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# Thankful



Take some time and reflect on someone or something you are thankful for while you are spending this time at home. Now grab your pencil and draw a picture of what you are thankful and grateful for. Draw what you feel. Add color if you want.



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# Drawings by Queens Teens









Jasmin Contreras





Jasmin Contreras





Jasmin Contreras



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# Journaling

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# Daily Gratitude



Date: ...../...../.....

Today I am grateful for:

Today I feel blessed when:

The positive feelings I felt today were:

Things that made me laugh/smile today were:

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# Daily Gratitude



Date: ...../...../.....

People who made my day awesome were:

A kind moment that happened today was:

A funny moment that happened today was:

Something that I'm looking forward to for tomorrow is:

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# Daily Reflection



Date: ...../...../.....

Before you go to bed take some time to look back on your day. Use this space to write anything that you would like to remember, or reflect on.

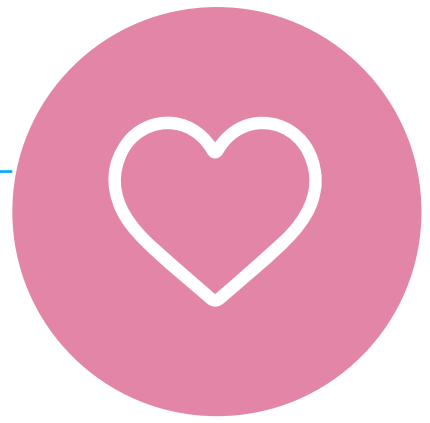
A large rectangular area defined by a green dotted border, intended for writing reflections.

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# Self-Care

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# Self Care



## Take a break

Your worth is not measured by your productivity. During this time of quarantine, find time to unwind and take a break from school work and house chores. Put some time aside for yourself to relax and do something you enjoy.

## Do your favorite things

Remember when you used to love to draw? Or sing? Or take pictures? Or bake? Or knit? Or write in your journal? Carve out some time every week to channel your emotions through the creative outlet that you love or inspires you. Just the simple act of doing something you love can add positive vibes to your day.

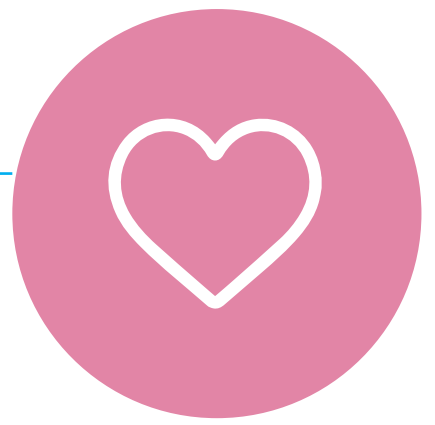
## Disconnect

Try to turn off your phone for at least one hour a day. During this time read a book, spend time with family, meditate or have a meal without your phone nearby. Whatever activity you decide to replace phone time with should be something that does not require you to be “plugged” into your phone. Once you try it, you may actually realize how freeing it feels to detox from constant notifications for a while.

## Take care of your body

Whether it's yoga, dancing, or taking a short walk, incorporating some movement into your day can help with reducing stress and anxiety.

# Yoga For Teens



## Breathing

Breathing exercises are important in the practice of yoga. It teaches to inhale positivity and exhale negativity.

## For Every Body:

Yoga is for every body type. If you are a beginner, research different beginner videos online and find one that works for you.



## Soothing Environment:

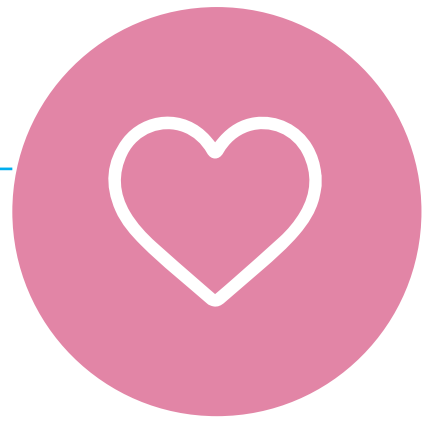
Quieting your mind and relaxing your body will help to create a soothing environment. Calming music, serene fragrances and tranquil lighting can help add a soothing vibe while you practice yoga.

## Strengthen Posture:

Yoga promotes better posture and strengthens your body. Most teens are used to carrying heavy backpacks, and most yoga poses help to maintain an upright posture.

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# While Quarantined



My favorite song(s) during this time: .....

TV shows I am bingeing during this time are: .....

An artist I discovered during this time is: .....

My virtual school life is very .....during this time.

My home life is quite .....during this time.

One thing I love to snack on during this time is: .....

One movie that I keep watching over and over during this time is: .....

I can't wait to go to .....when this is all over.

A hobby that I love to do during this time is: .....

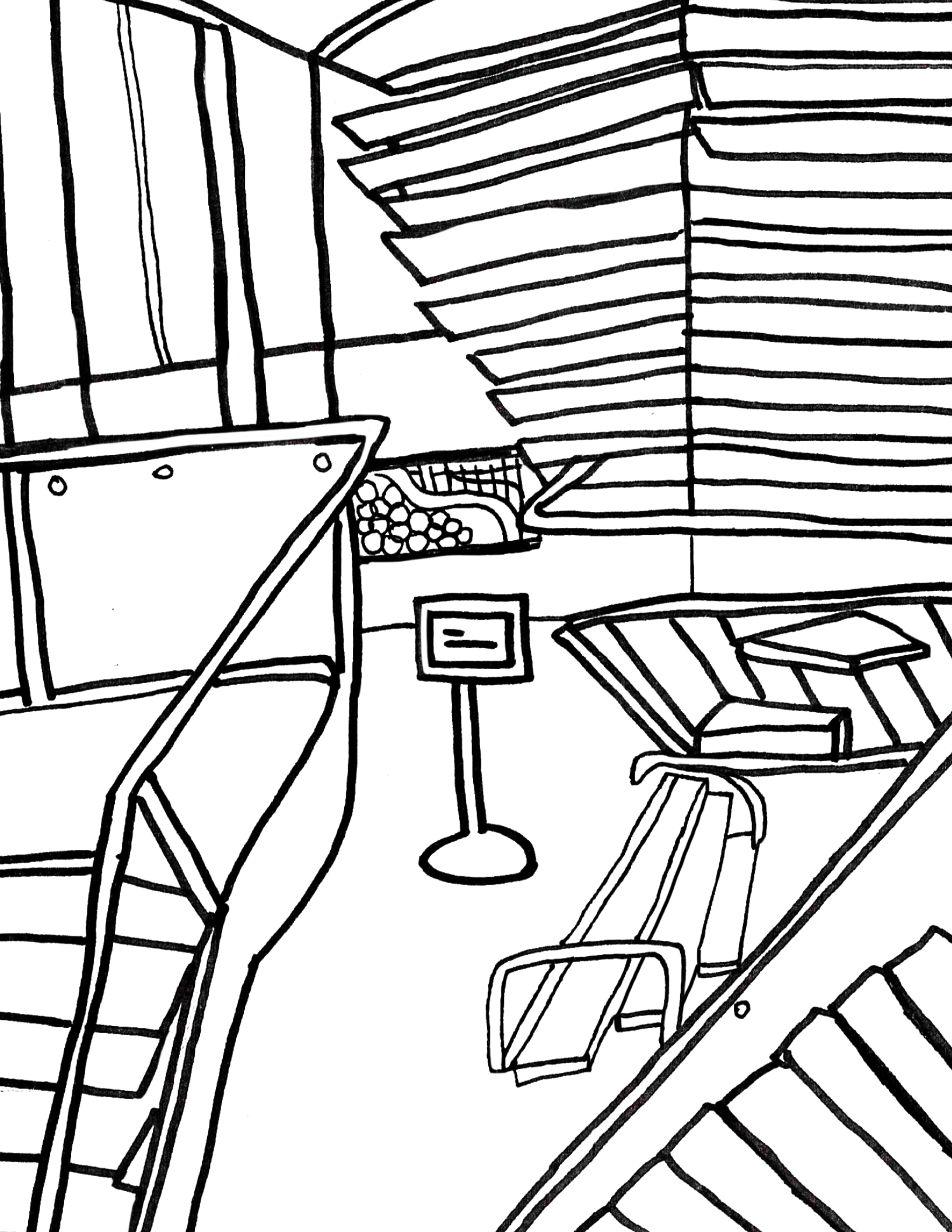
I am grateful for .....during this time.

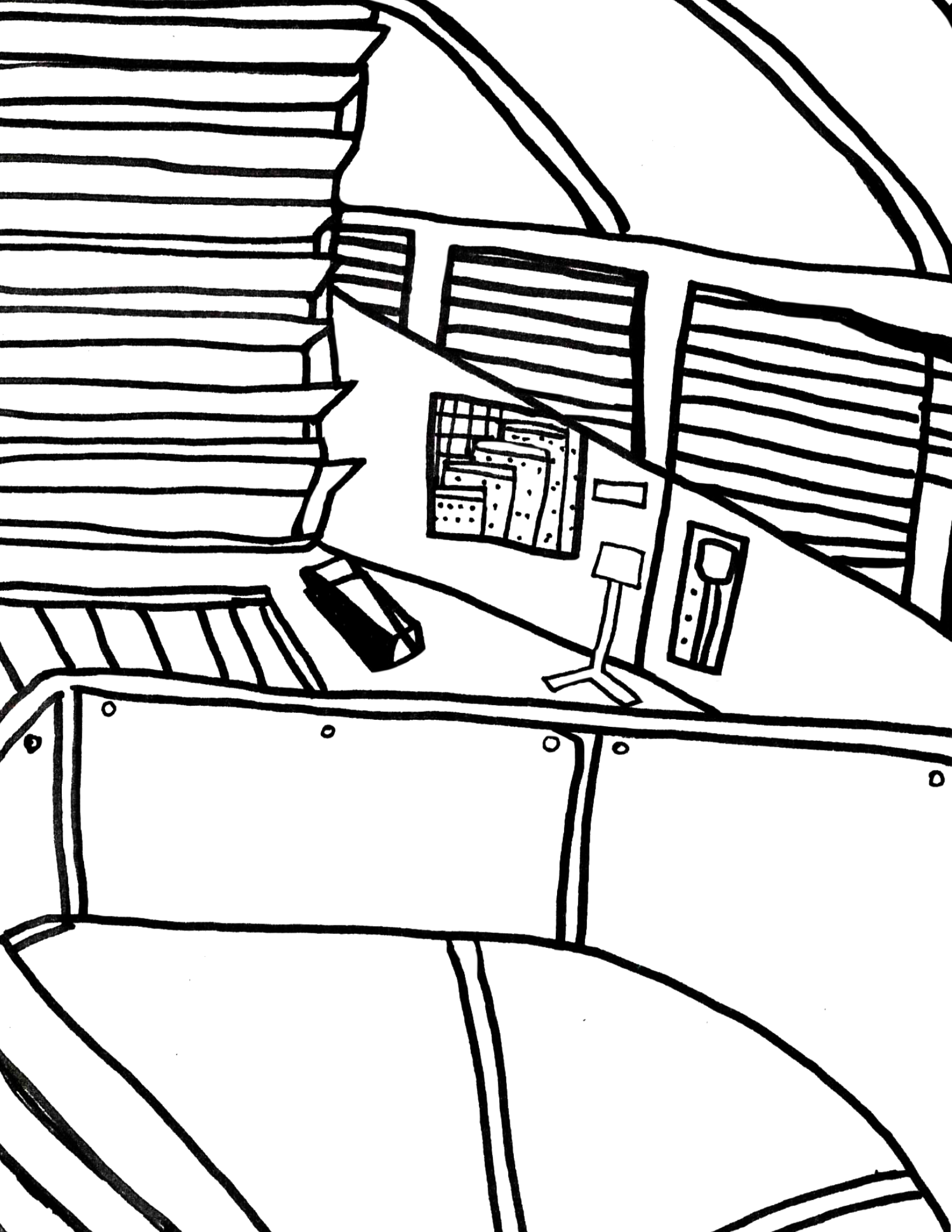


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# Coloring

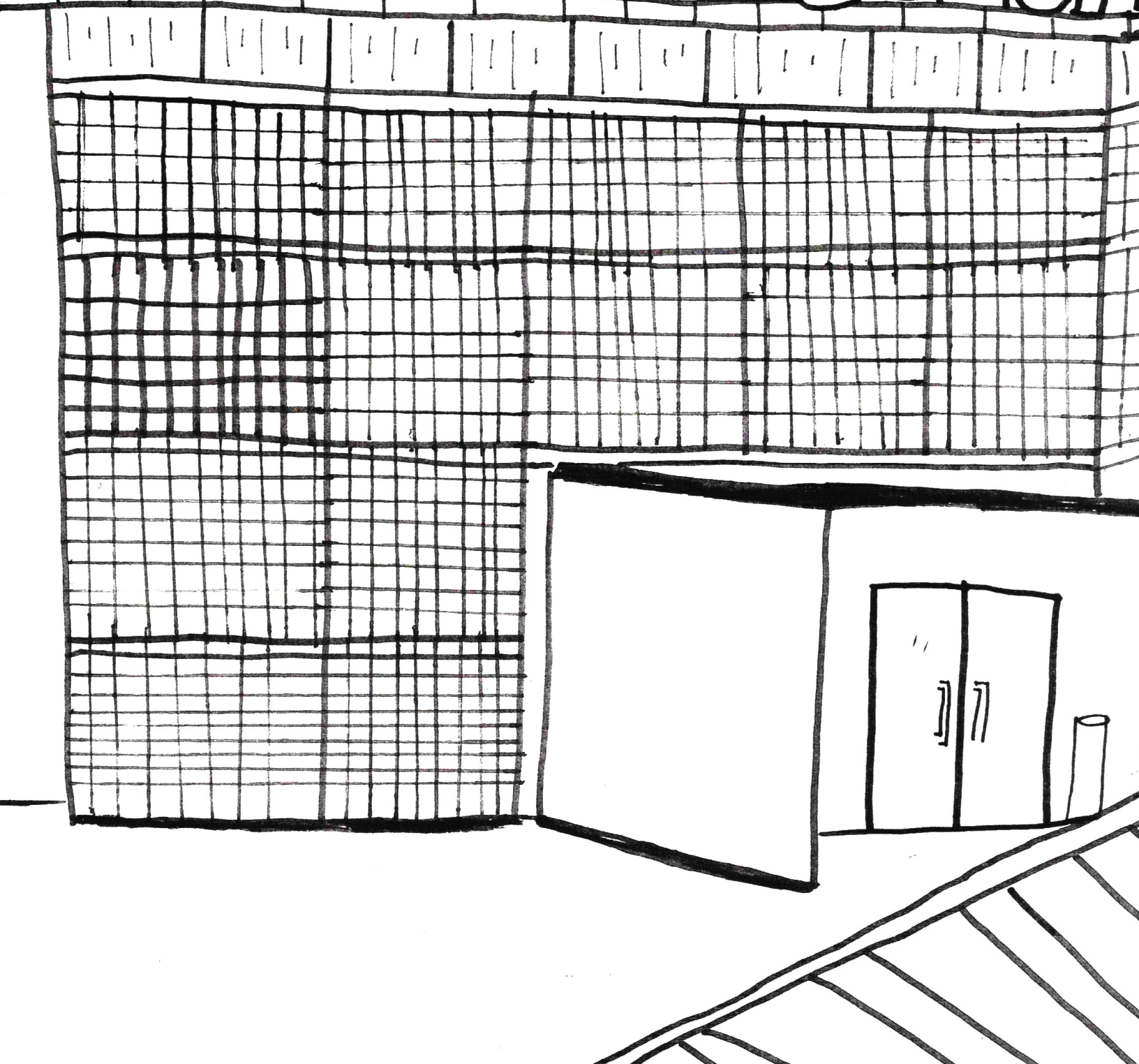
Color in the drawings of the Queens Museum over the next few pages, illustrated by Queens Teen Carissa Blackwell.







# QUEENS MUSEUM



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# Word Finds

# Queens Museum Word Find

Queens  
Museum  
Flushing Meadows  
Unisphere  
Worlds Fair  
Panorama  
Art  
Community  
New New Yorkers  
Queens Teens  
City Blocks  
Workshop  
Pavilion  
Robert Moses  
Watershed  
Tiffany  
Lamp  
Jerome Foundation  
Photography  
Iridescence  
Neustadt  
Studio Program  
Coronate  
Art Lab  
Teaching Artist

U	C	V	D	D	K	H	M	T	J	C	O	R	O	N	A	T	E	R	E
J	R	B	R	O	B	T	S	I	T	R	A	G	N	I	H	C	A	E	T
L	L	N	I	M	L	U	B	Q	E	R	P	B	Y	L	W	C	I	P	S
E	X	Y	A	U	P	B	X	X	X	L	O	M	C	L	T	N	A	H	B
L	Y	F	F	E	B	J	O	O	N	X	F	O	R	P	Z	M	L	E	G
C	V	A	S	S	T	A	M	E	L	F	M	N	D	S	A	T	O	K	S
C	S	J	D	U	I	J	Q	E	O	M	P	O	S	R	B	H	A	D	N
Y	D	T	L	M	F	O	K	X	U	J	A	K	O	I	P	L	R	E	E
V	I	Q	R	C	F	I	Q	N	Z	M	B	N	A	X	H	L	T	H	E
R	J	U	O	A	A	A	I	J	E	L	A	K	A	L	S	I	L	S	U
L	J	A	W	N	N	T	Z	U	B	P	V	A	C	R	U	A	A	R	Q
Y	F	D	C	W	Y	C	E	K	O	P	Q	B	K	I	H	G	B	E	A
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B	B	W	U	N	E	I	A	W	S	A	N	J	O	N	O	V	N	W	Z
P	T	F	N	E	E	S	T	X	B	E	B	F	E	J	Q	E	S	Y	U
M	A	L	I	E	U	E	M	Y	U	D	N	G	H	Y	W	T	H	Q	W
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W	S	H	H	N	J	M	G	X	X	P	O	W	Z	R	F	D	D	A	N
O	N	I	E	E	V	T	T	K	V	R	Y	C	G	D	A	Z	Y	E	O
R	M	N	R	E	M	R	A	H	N	O	T	O	K	F	E	T	E	G	I
K	R	G	E	U	K	E	X	Q	R	Q	T	K	W	S	O	J	R	P	L
S	D	M	S	Q	V	B	C	K	A	O	O	D	R	R	S	R	O	A	I
H	J	E	N	K	G	O	E	T	H	C	Y	G	R	K	S	B	U	K	V
O	N	A	M	M	C	R	L	P	T	D	A	T	S	U	E	N	A	J	A
P	T	D	H	I	S	A	X	O	C	J	T	H	M	X	Y	H	W	V	P
A	M	O	H	Q	M	I	H	O	N	T	Y	A	K	Z	C	S	D	N	E
A	G	W	M	P	D	A	W	K	S	X	N	H	B	V	W	N	K	U	G
Y	W	S	I	I	U	Q	E	C	N	E	C	S	E	D	I	R	I	G	D

# Encuentro de palabras del Museo de Queens

Queens  
Museo  
Flushing Meadows  
Unisphere  
Feria Mundial  
Panorama  
Arte  
Comunidad  
New New Yorkers  
Queens Teens  
Cuadras  
Taller  
Pabellón  
Robert Moses  
Cuenca  
Tiffany  
Lámpara  
Fundación Jerome  
Fotografía  
Iridiscencia  
Neustadt  
Studio Program  
Coronate  
ArtLab  
Artista docente

M	Z	R	Q	D	I	T	I	F	F	A	N	Y	H	O	C	T	I	F	A
O	K	F	E	R	I	A	M	U	N	D	I	A	L	R	O	R	B	F	D
U	Y	R	P	Q	R	P	A	N	O	R	A	M	A	V	A	G	Z	N	D
R	M	L	K	U	U	N	I	S	P	H	E	R	E	Y	S	J	Z	H	C
E	O	A	F	E	Y	Y	N	V	E	G	P	A	B	E	L	L	O	N	B
Z	Y	M	U	E	N	J	T	M	T	E	P	Z	S	Q	D	I	R	V	T
E	I	P	N	N	I	E	T	H	M	R	H	B	A	R	T	L	A	B	F
I	B	A	D	S	N	P	W	X	M	K	Q	C	H	A	N	L	H	D	U
Q	S	R	A	E	A	W	S	N	W	U	L	F	E	A	B	G	I	V	G
C	T	A	C	T	L	N	U	N	E	U	S	T	A	D	T	I	R	M	R
P	U	Z	I	H	T	C	T	I	W	W	H	E	I	K	T	P	O	V	F
W	D	B	O	I	Y	R	G	F	Z	G	Y	C	O	L	O	B	B	C	O
Q	I	F	N	A	R	T	I	S	T	A	D	O	C	E	N	T	E	O	J
Y	O	Y	J	V	S	I	L	V	M	I	D	M	R	R	K	G	R	R	V
S	P	Y	E	F	R	P	D	V	D	A	W	Q	T	K	K	K	T	O	X
P	R	R	R	H	M	O	A	I	I	L	Q	B	Y	X	E	F	M	N	C
N	O	K	O	Q	I	C	R	F	S	X	U	N	K	E	Z	R	O	A	U
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N	G	O	C	U	A	D	R	A	S	T	E	P	S	U	A	U	T	N	F
U	F	O	D	W	J	T	N	H	A	Z	E	V	H	Z	A	N	I	Y	C
B	K	H	D	R	B	A	Z	B	B	F	N	A	H	G	A	I	P	G	P
O	K	L	O	A	I	A	Y	J	C	J	S	T	Q	P	W	D	T	F	Q
F	F	L	U	S	H	I	N	G	M	E	A	D	O	W	S	A	R	D	M
C	C	K	Y	C	Q	B	G	Q	N	W	H	X	T	X	F	D	K	A	Y
C	B	T	Q	F	T	Y	F	R	H	E	J	S	S	P	Q	C	J	C	V
L	C	T	D	Y	A	G	H	R	A	F	O	A	N	L	Q	P	H	F	B



**QUEENS MUSEUM**

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