



Use This When _____

Get creative with us! Find a comfy space to make art through prompts that invite rest and calm.

What is a Zine?

A zine is a mini-magazine. This one is full of activities that invite rest and art that we hope inspires you.

How do you use this Zine?

We welcome you to explore your creative side, and flip through the pages, like a magazine. We created this zine so that you can find calm and relaxation while using it. We invite you to channel your creative energy as you go through this zine and make art with us.

Who are we?

We are the Teen Arts Council at the Institute of Contemporary Art in Boston. We plan events that bring together teens in Boston and beyond.

Why should I use this Zine?

These pages were curated and handmade by the Teen Arts Council to provide you space for calm and creative energy. We've included art, games, a playlist, a booklist, and ideas for restful activities. Find a space that makes you feel relaxed, grab some art supplies and enjoy!

What is the ICA?

A contemporary art museum in Boston's Seaport neighborhood with numerous teen arts programs. Check QR code below to learn more about our photography, film, creative leadership, music production, visual arts and writing programs.



What art is at the ICA?

We searched the galleries and found our favorite works on view. Use the QR code below to view and hear more:



How can I visit for free?

Enjoy unlimited access to the ICA for you and a guest as a member of +1, the ICA's free membership program for youth 18 and under. Sign up using QR code below.



Listen to This When

This is a playlist created by TAC member Rosaylin B. Feel free to play it as you create in this zine or whenever.

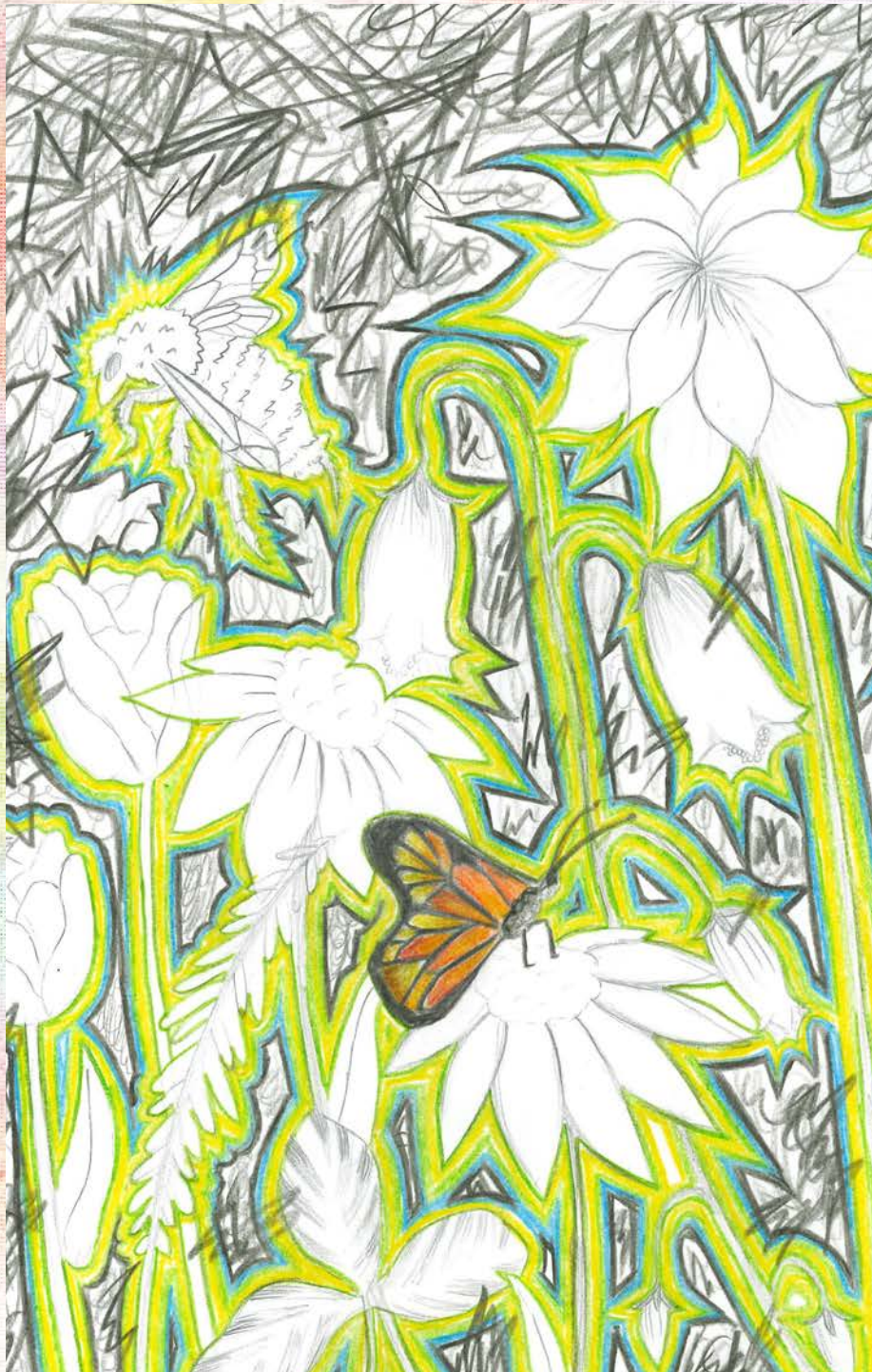


I'm Rosaylin! I love to express myself through my makeup and music. With my art, I hope to inspire others to seek out the best versions of themselves.

How to MAKE a fire Playlist

1. Establish your vibe / mood
 - * chill? party? getting ready? study?
2. Create a funky name inspired by your vibe / mood
 - * "BADDIE ENERGY"
 - * "Slow dancing w ur soulmate"
 - * "studying in a library on a rainy day"
3. Look for similar playlists
 - * "R&B MIX"; "90s country"; "study music 2022"
4. Think about your favorite:
Songs, albums, artists/bands
 - * Does any of this match your playlist? if so, add!
5. Continue looking for inspiration in unexpected places!
 - * Ads, radio, friends, etc.





Color in the flowers.



Hey, I'm Sabrina W. I'm an Asian American artist, writer, and student that has a passion for social advocacy expressed through creativity. In my free time I like drawing flowers, reading cliché books, and learning weird words like ninnyhammer.



@j.li1219

hey! i'm judy :)
i am 18 years old.
i love to paint and dance.
i also make jewelry
(@jewelsxjudy,
shameless plug).
i'm currently working on
mastering snowboarding
and expanding my
thrifted mug collection.

after feeling "burnt out" for quite some
while, i wanted to highlight some of
the passions, people, and places that
fuel the spirit of life...
presenting...

PLACES TO BE
PEOPLE TO LOVE
PASSIONS TO KEEP



POLAROID by J♡



Hi, I'm Lukas! My favorite things to do are listening to music and making music. I'm really into rock and indie right now. I also love going outside and connecting with myself through nature.



ICAWORD SEARCH

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

the current teen night seaport boston
 museum peace love ica
 art tac



Hi I'm Jazz and I'm a member of TAC! trying out all art forms as always been a love of mine. Currently I'm focusing on photography so I wanted to share some with you all, enjoy :)

insta @jaslinenova



SPOT THE DIFFERENCES!!! :)





Hi, my name is Nathan, and I'm a member of TAC! I'm super passionate about writing and photography. When I'm not writing or taking photos, you can catch me playing Pokemon or watching Youtube.



“You see, I can't blame you or anyone else around you. You raised me as that. You helped me through that. You introduced me as that. I'm past that. When I complain about that, I'm not looking for a solution but an ear. An ear to listen, in order to listen you must accept. Accept – something that isn't in your vocabulary. What is? “Here's why I'm worse off than you.”

“What stories do you tell when your noble steed isn't in your presence? When you don't have to filter the already unfiltered content? When you can twist the reality? What story is your favorite? Your “my kids are amazing but so ungrateful” story or your “here's my bare minimum bf that you should fall in love with too” story?”



Fill in the blanks!!!!

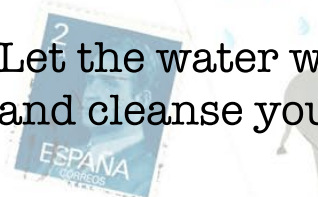
I cannot outrun the rainfall.

The Storm is _____.
Clarity will come with _____
through the ____ of the storm.

The tempest of _____ you extract
from me, batters and bruises my
affection.

Let the water wash away your _____
and cleanse yourself of _____.

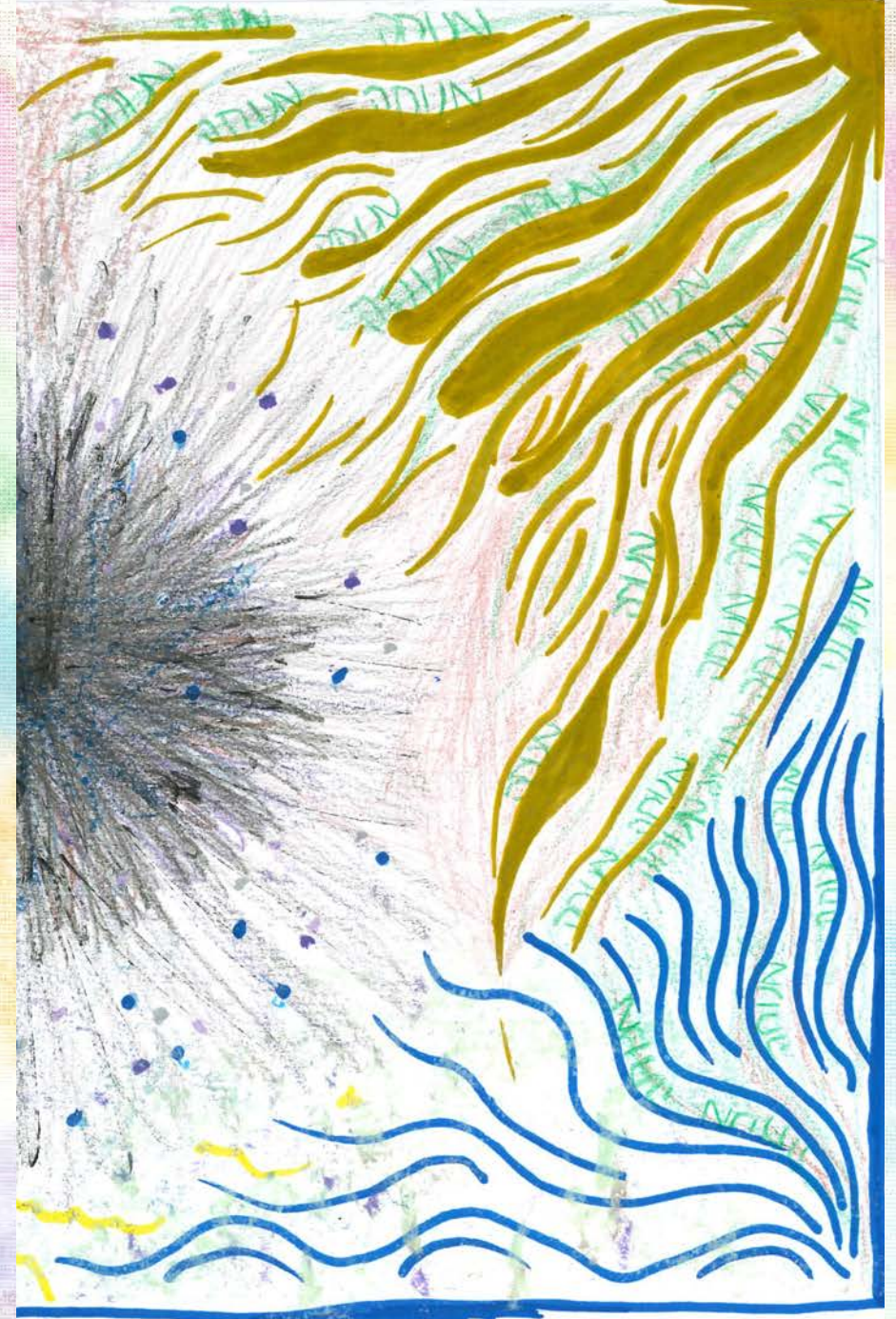
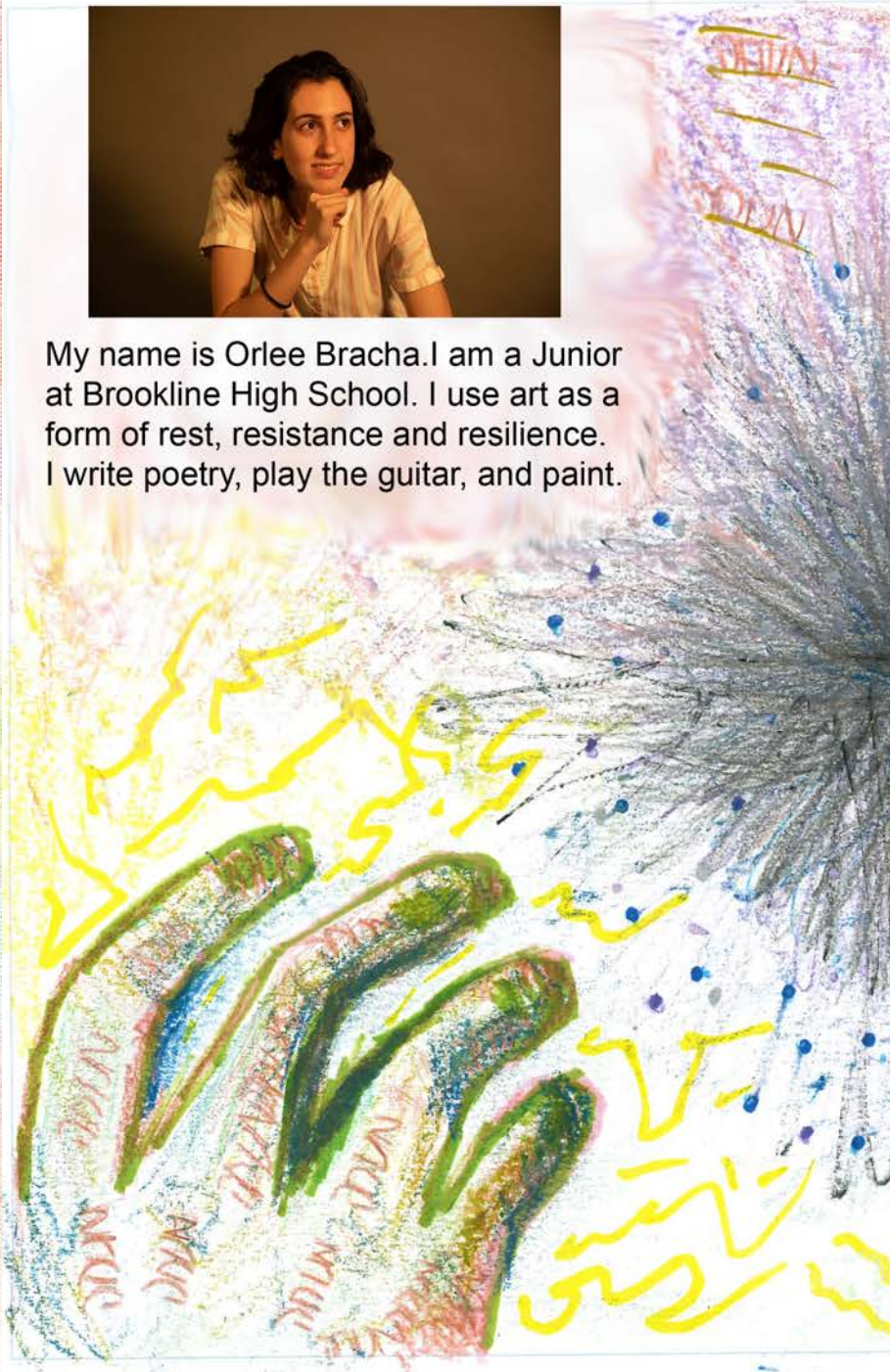
With the end of the storm, comes
the rainbow marking the
beginning of _____.



FROM:
Nate the great

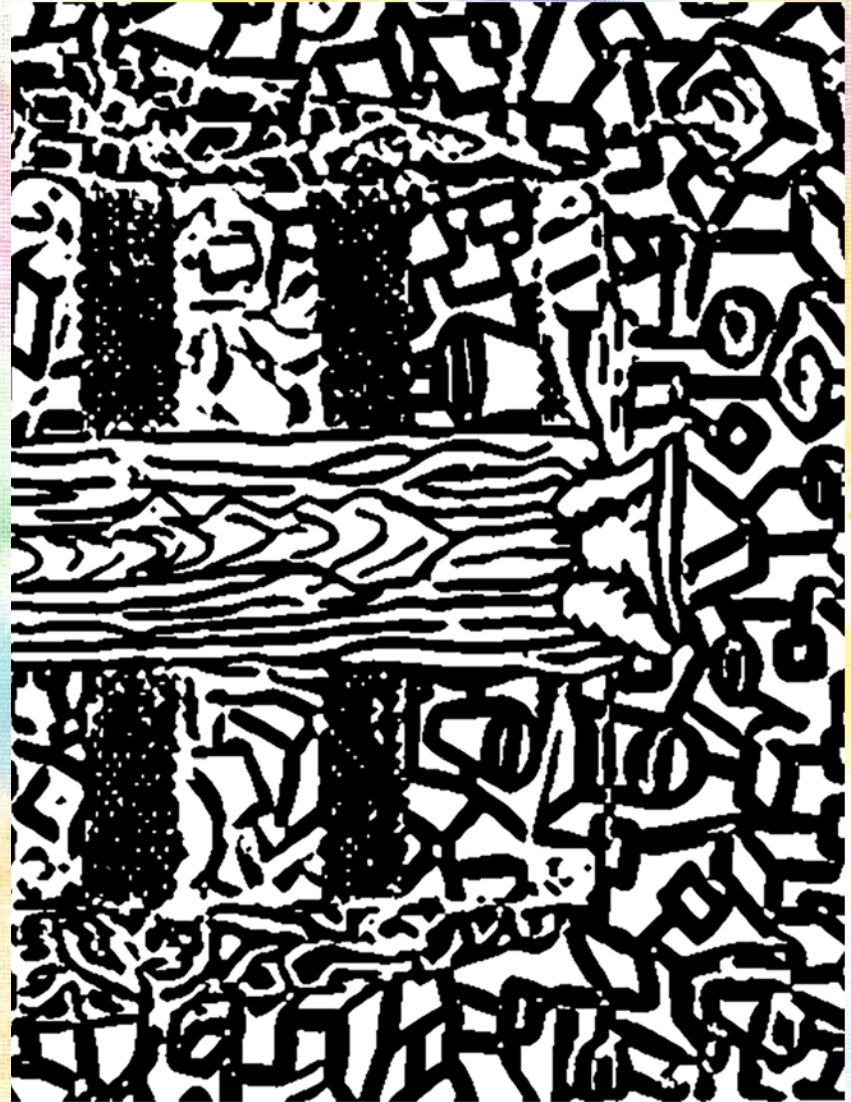


My name is Orlee Bracha. I am a Junior at Brookline High School. I use art as a form of rest, resistance and resilience. I write poetry, play the guitar, and paint.





Above is a black and white print of Marlon Forrester's artwork, *StTrayvonGeorge23*. Fill in the blank spaces with as many 23's as you can. What connections do you have to the number 23?



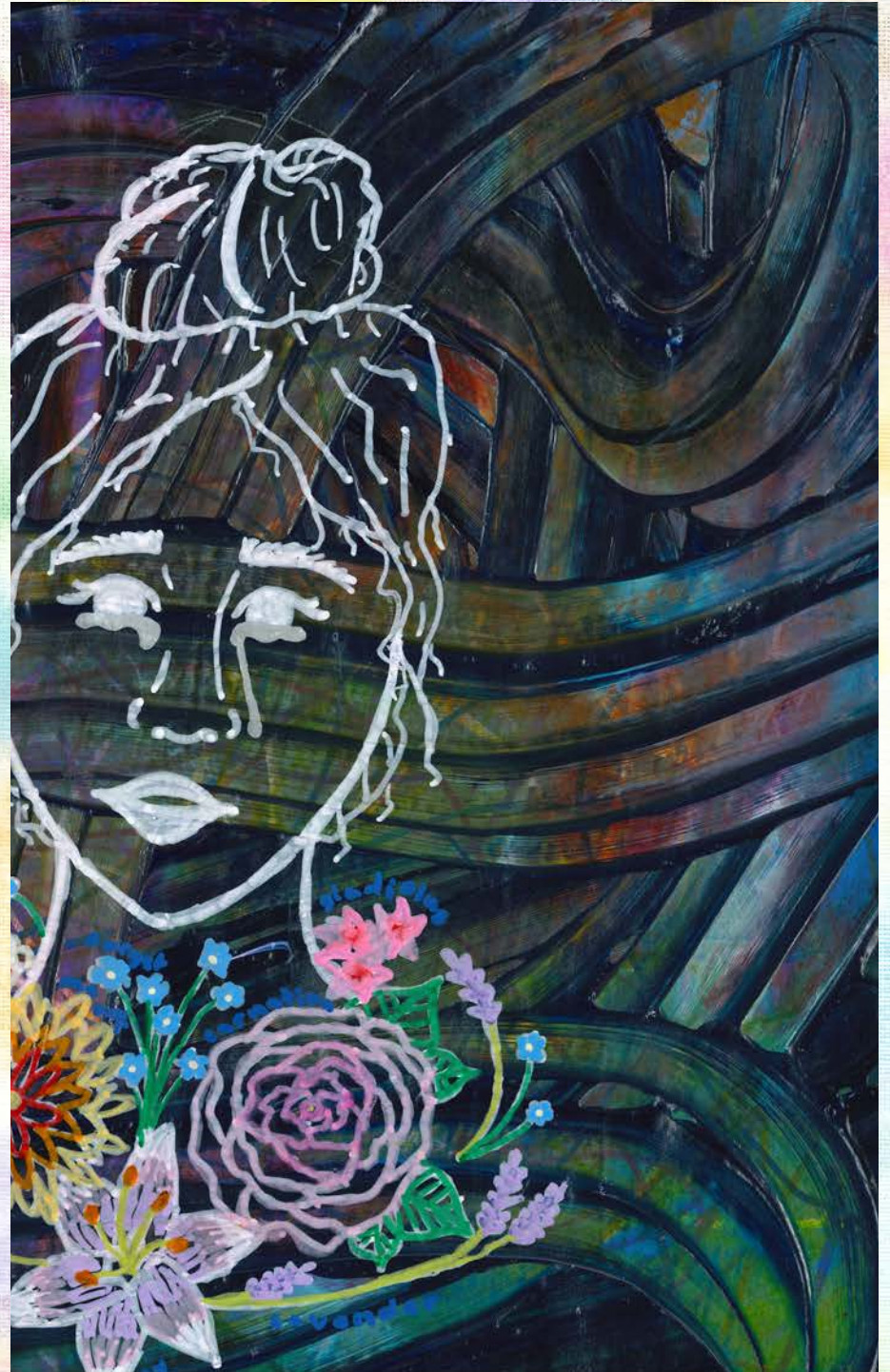
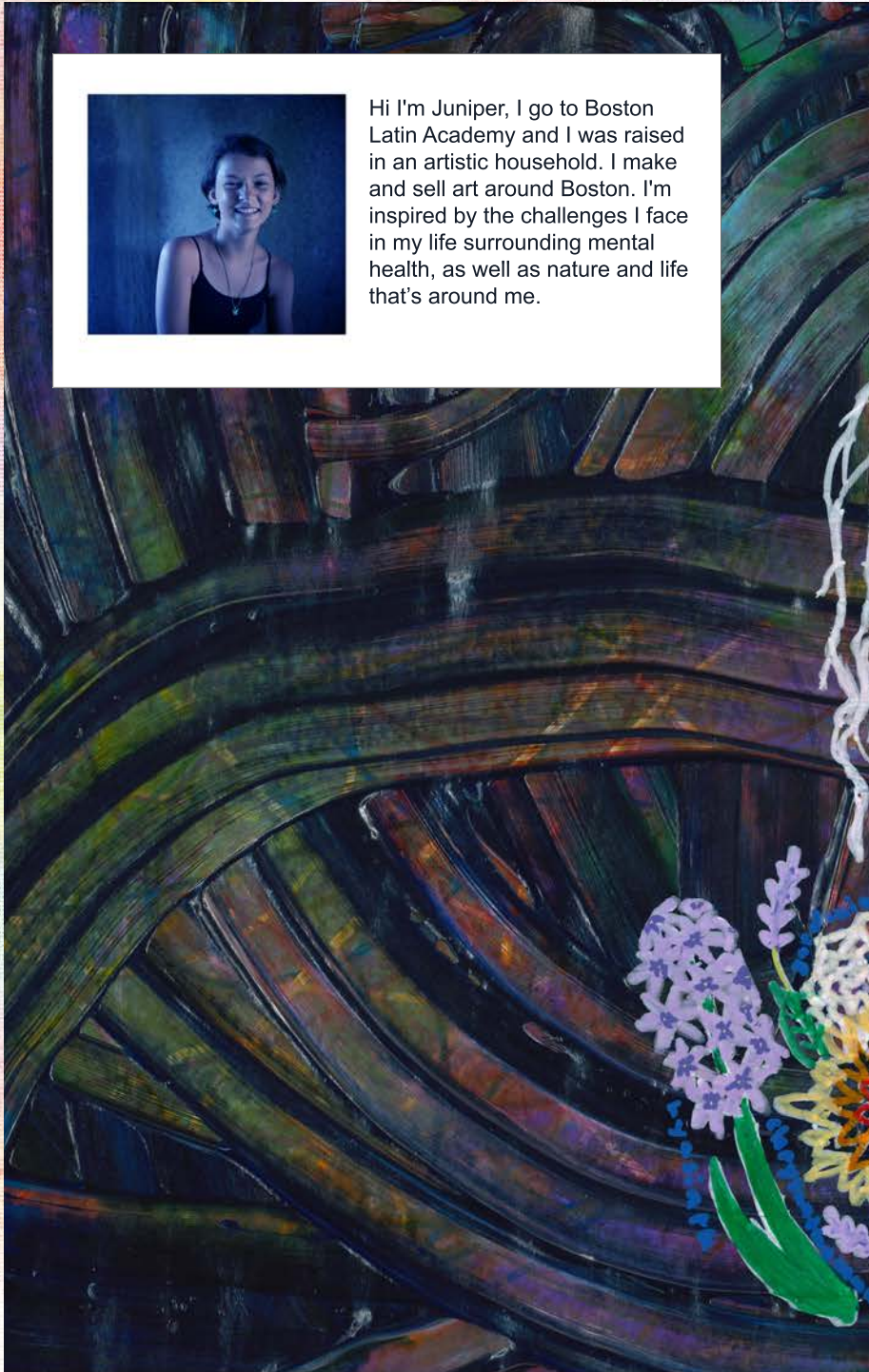
Black and white print by Nohemi Rodriguez of painting: Marlon Forrester, *StTrayvonGeorge23*, From the series *If Black Saints Could Fly 23: si volare posset nigra XXIII sanctorum*, 2021. Oil, oil stick, acrylic, and gold leaf on linen, Courtesy the artist.
© Marlon Forrester.



Use this QR code for more info on the significance of the number 23 in Marlon's work and to see our artist interview with him.



Hi I'm Juniper, I go to Boston Latin Academy and I was raised in an artistic household. I make and sell art around Boston. I'm inspired by the challenges I face in my life surrounding mental health, as well as nature and life that's around me.



				5	4	9
4	5	1		2	3	
9	8	2			5	6
6		7			9	8
		3	4	6		
5			2	8	7	1
	4			7		9
3					7	
		5	9	4	6	8
						2

~SUDOKU~

		9		2		5
5	3	8	7	6	4	
1	6	2				3
		3		2	7	
	5	4	6			1
		7		1	5	3
3			8	1	9	6
7			3			8
	9	1				4
						7

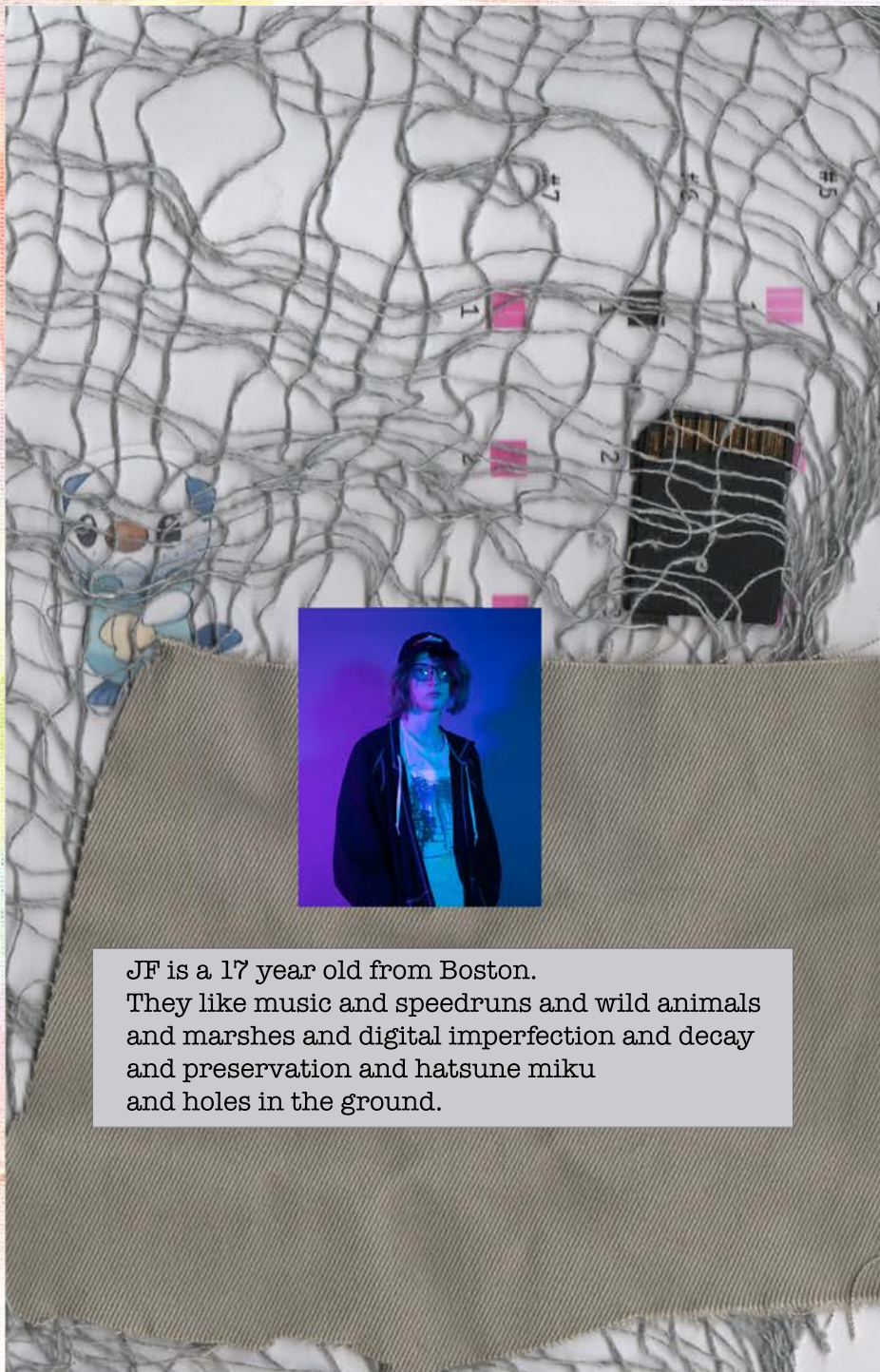
Hey! My name is Scania and I'm 17 years old. I'm not much of a visual artist but I have been told I have "a way with words". Enjoy my game of sudoku and some of my favorite poems I've written.



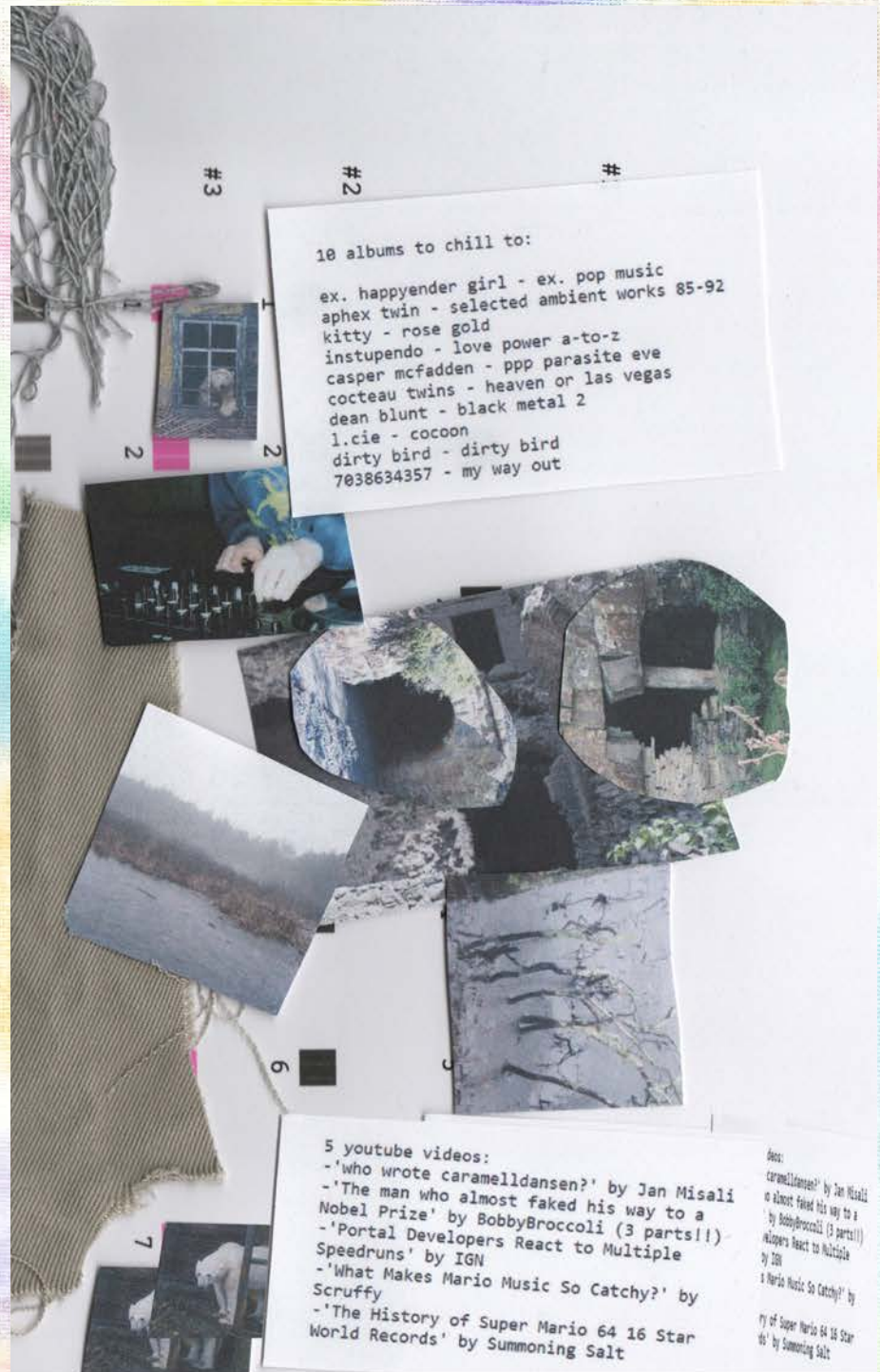
♥ my art ♥

Yellow

Van Gogh drank yellow paint all in hopes he'd feel yellow inside. Warm, happy, maybe even bright. He was soon institutionalized & later died. I often wonder how blissful it must've been to slip away from the never ending pain. To feel truly yellow on the inside. People say that artists are composed of the inner child that survived and writers are quiet kids turned powerful. When you give a bright child a paintbrush they can create you a new imagination when you give a broken kid a pencil they'll make you feel their pain, or maybe their joy. I'm so glad Van Gogh was an artist, so we could all really feel his pain with him.



JF is a 17 year old from Boston. They like music and speedruns and wild animals and marshes and digital imperfection and decay and preservation and hatsune miku and holes in the ground.



#3
#2
#

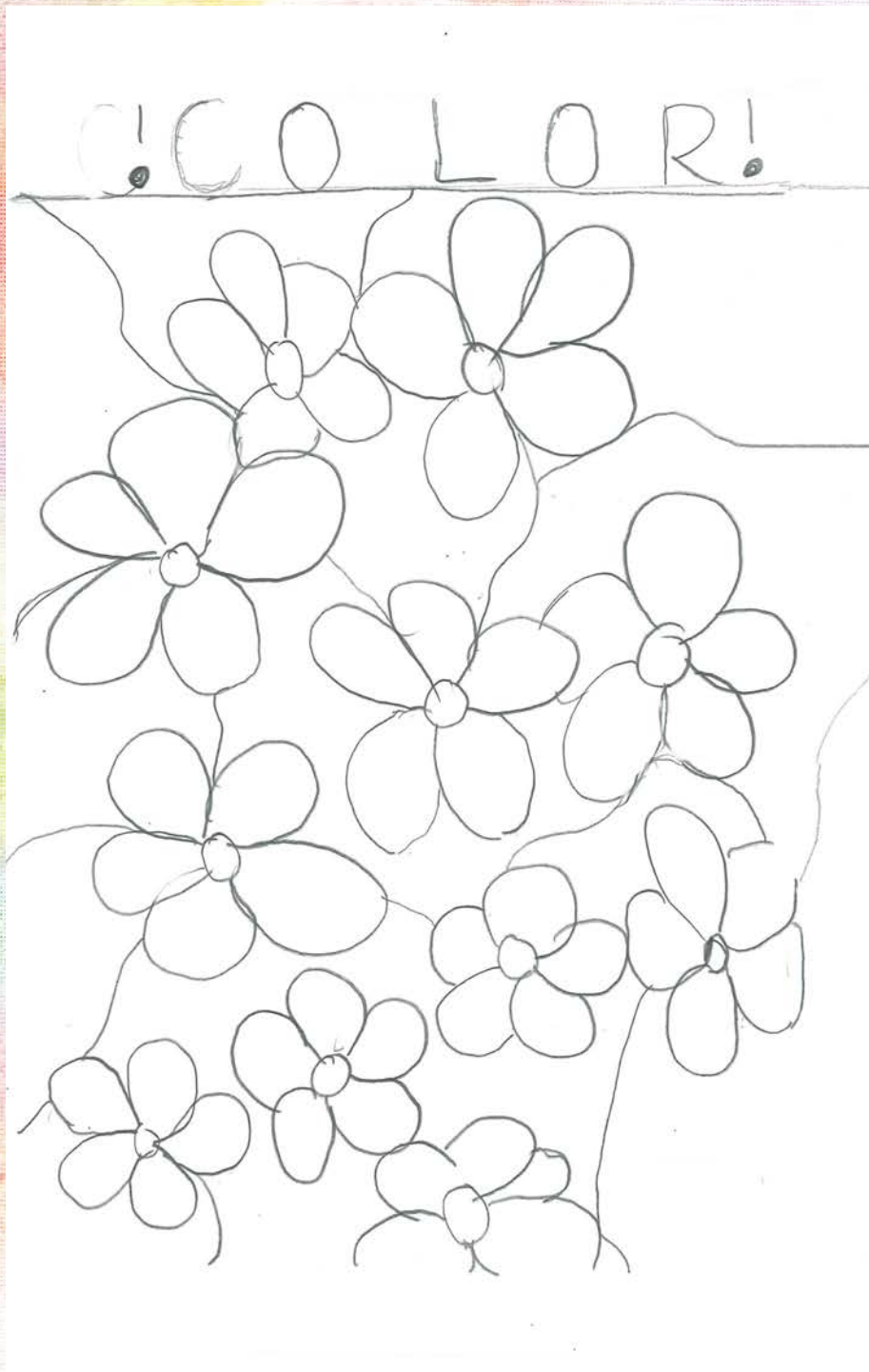
10 albums to chill to:

- ex. happyender girl - ex. pop music
- aphex twin - selected ambient works 85-92
- kitty - rose gold
- instupendo - love power a-to-z
- casper mcfadden - ppp parasite eve
- cocteau twins - heaven or las vegas
- dean blunt - black metal 2
- l.cie - cocoon
- dirty bird - dirty bird
- 7038634357 - my way out

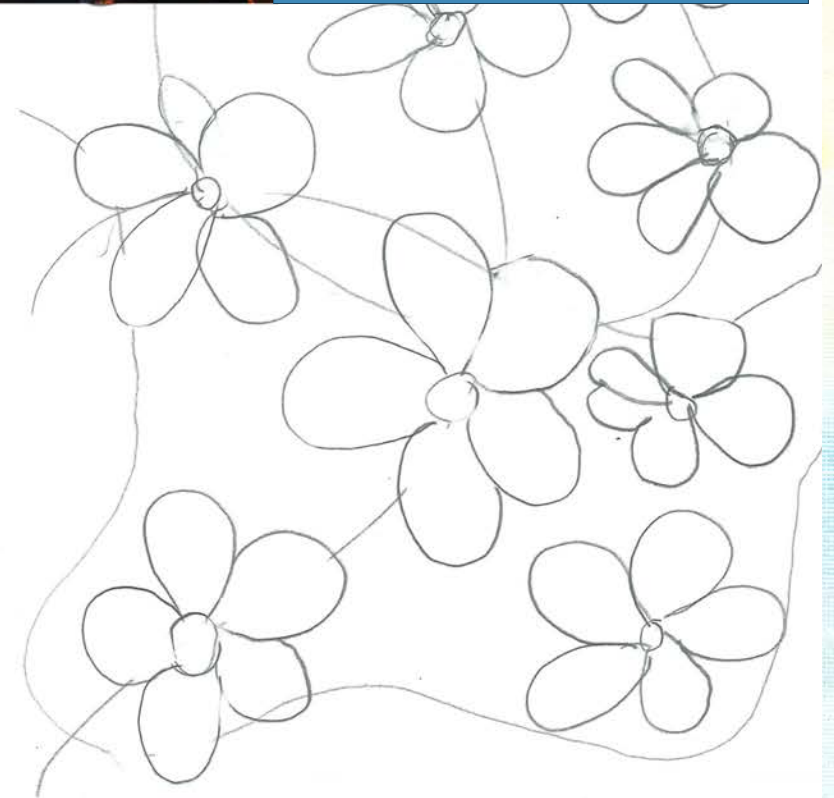
5 youtube videos:

- 'who wrote caramellidansen?' by Jan Misali
- 'The man who almost faked his way to a Nobel Prize' by BobbyBroccoli (3 parts!!)
- 'Portal Developers React to Multiple Speedruns' by IGN
- 'What Makes Mario Music So Catchy?' by Scruuffy
- 'The History of Super Mario 64 16 Star World Records' by Summoning Salt

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by IGN
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ds' by Summoning Salt



Pam Sheets is a multi-media artist who is passionate about what they love such as arts and personal growth.



A shout out and thank you to our collaborators:

Angela T., Principal Designer
Betsy G., Director of Teen Programs
Jasline N., Teen Arts Council Member
Jeffrey D., Assistant Curator and Publications Manager
JF D., Teen Arts Council Member
Judy L., Teen Arts Council Member
Lukas H., Teen Arts Council Member
Marlon F., Artist and Art Educator
Nathan D., Teen Arts Council Member
Nohemi R., Teen Programs Associate
Orlee L., Teen Arts Council Member
Pam S., Teen Arts Council Member
Rosaylin B., Teen Arts Council Member
Scania G., Teen Arts Council Member
Simone W., Teen Arts Council Member
Sabrina W., Teen Arts Council Member
Juniper M., Teen Arts Council Member

Lead support for Teen Programs provided by Wagner Foundation.



Teen Programs are made possible in part by the Institute of Museum and Library Services, Award Number MA-249731-OMS-21.



The ICA's Teen Arts Council and Teen Nights are generously sponsored by MFS Investment Management.



Additional support is provided by the Rowland Foundation, Inc.; The Corkin Family; Vertex; the Cabot Family Charitable Trust; the William E. Schrafft and Bertha E. Schrafft Charitable Trust; The Willow Tree Fund; the Rosalie Thorne McKenna Foundation; the Robert Lehman Foundation; the Deborah Munroe Noonan Memorial Fund, Bank of America, N.A., Trustee; the Andree LeBoeuf Foundation; BPS Arts Expansion Fund at EdVestors; and the Charlotte Foundation.



Converse is committed to supporting movements for positive social change and amplifying youth voices as they build the future they believe in.





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