



#WhatMattersMost to you? Connect with us at @luartgalleries!

## What Matters Most

Over the past year, more than 100 Lehigh students, faculty, staff, and local community members were asked ***what matters most?*** A broad range of topics were discussed, from protecting our environment to fighting racism to our individual and collective well-being. Contributors discussed issues and selected works of art from LUAG's collection that help us expand, explore, and connect our ideas about **what matters most.**

We invite you to visit the exhibition in five of our campus galleries, as well as along the South Bethlehem Greenway. Join LUAG and community partners for a variety of free educational programs, discussions, and events throughout the year. For more information visit [www.luag.org](http://www.luag.org).

Cover artwork & illustrations by [Lauren Beauchner Korkidas](#).

This journal was designed in partnership with [Lehigh University Counseling and Psychological Services](#) (UCPS).

Support for ***What Matters Most*** provided by: [Southside Arts District](#), Lehigh University Counseling and Psychological Services, [Lehigh University Peer Health Advisors](#), [Lehigh University Office of Residence Life](#), and [Pennsylvania Council on the Arts](#).

## PEER HEALTH ADVISORS



# CREATE WITH US!

This book belongs to: \_\_\_\_\_

We hope you will utilize this journal and the prompts inside to **think creatively** about community, identity, and well-being.

## Instructions:

1. Go through each page at your own pace.
2. The prompts are open-ended and are intended to help get you started.
3. Order is not important.
4. All you need is a pencil to participate but consider using other materials and tools that you have lying around to get creative with your responses.
5. Tag **@luartgalleries** AND use **#WhatMattersMost** to add your voice (and your art!) to the conversation.

## Optional supplies:

- Pencils
- Markers or colored pencils
- Scissors
- Glue stick
- Collage materials (magazines, brochures, etc.)



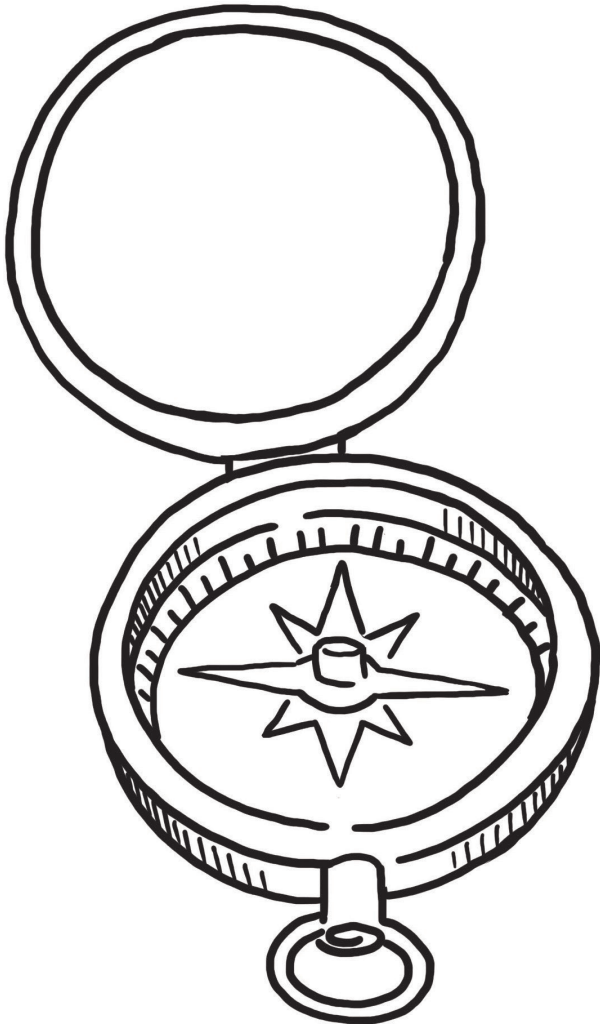
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Know someone who might like a sketchbook?  
Are you interested in partnering with LUAG for a program or event?

Find us at 420 East Packer Avenue, Bethlehem, PA 18015  
[www.luag.org](http://www.luag.org) | [info@luag.org](mailto:info@luag.org) | 610-758-3615

## Your Personal Compass

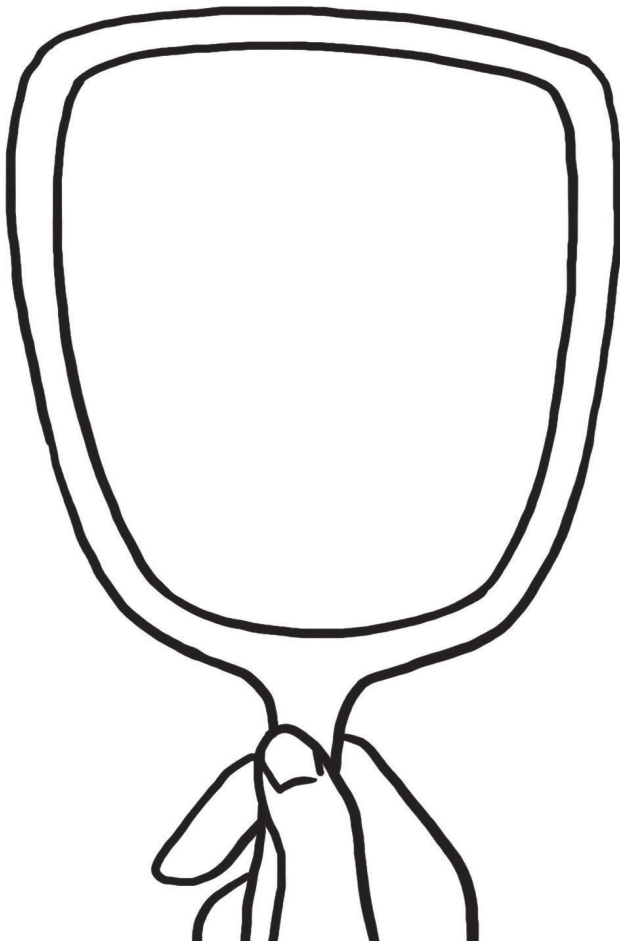
What motivates and guides you? In the space below, complete the compass that points you in the direction of **what matters most** in your life.



## Reflect

As you think about the **people** who have had a positive impact on you and your community, who comes to mind? Is there anyone that has helped to shape who you've become?

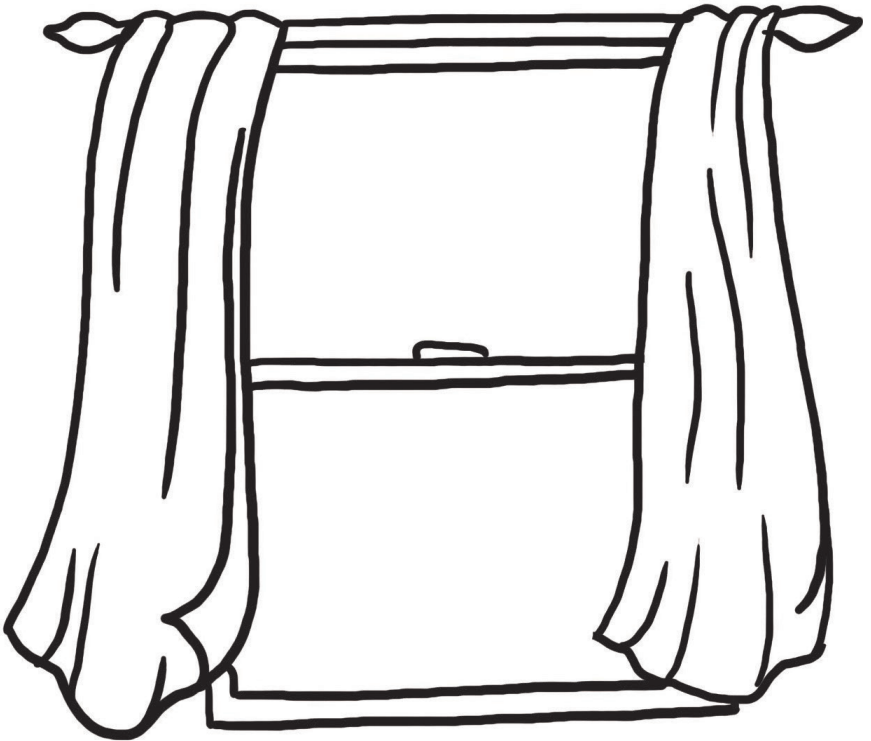
Use the mirror below to illustrate the people and experiences that have shaped who you are.



## Your Personal View

Think about the places and spaces that you have lived or interacted with. Are there any places that are special to you?

Draw a favorite place or memory in the window below.



## Recipe for Success

Share a recipe that has been meaningful to you in your life, whether that “recipe” is a dish that reminds you of home or the ingredients for your perfect day- get creative!

[illegible]

## Design Your Community

If you were to design a community space, what would you **build, plant, design, or include** to support yourself and others?





## **Tear Out & Share This Page!**

Use this page to write or illustrate something for someone else.

Write a letter or create something that illustrates how and why you appreciate them. What might they need to hear from someone else? Tear it out and share it with them when you are done!



## Your Personal Playlist

If your life was a movie, what five songs would you put on the soundtrack?

Post a photo of this page and tag **@luartgalleries** and **#WhatMattersMost** to add the community playlist!  
[Scan the Spotify code below in the app to listen!](#)

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## Interactive Poetry

Read the poem below. Go back and circle words or phrases that you connect with. Cross out the remaining words. Use the selected words to create your own poem, story or response.

### ***The Idea of Landscape***

There will be no trees there,  
no split-barked sycamore  
ascending, spirit and flesh  
caught in rough metaphor,

no flare of sweet gum leaves  
as the refining fire  
for light stropped keen  
on steep October air,

no branch of shumard oak  
in leafless underline  
to the silhouettes of crows  
against the sky,

nothing higher than ourselves  
not made by us to throw  
the shadow of a veil  
between the barest earth

and unencumbered blue  
scrubbed to emptiness  
by the long wind through  
the hair unnumbered on our heads.

## **Practice Mindfulness**

Close your eyes for a moment and experience the space you're in. What do you see, hear, feel, and smell around you?

Pay close attention to what makes you feel calm, safe, and comfortable. Use the space below to describe or illustrate how you feel when you practice mindfulness.



Erika Stone. *A Spirit Uplifted - Helping Each Other*, Lexington Avenue, New York City, c. 1970  
Gelatin Silver Print. Gift of George Stephanopoulos. LUF 2017 1210

## Look Closely

Take a few moments to **look closely** at the artwork above.  
What's going on in this picture?

What makes you say that?

What more can you see?

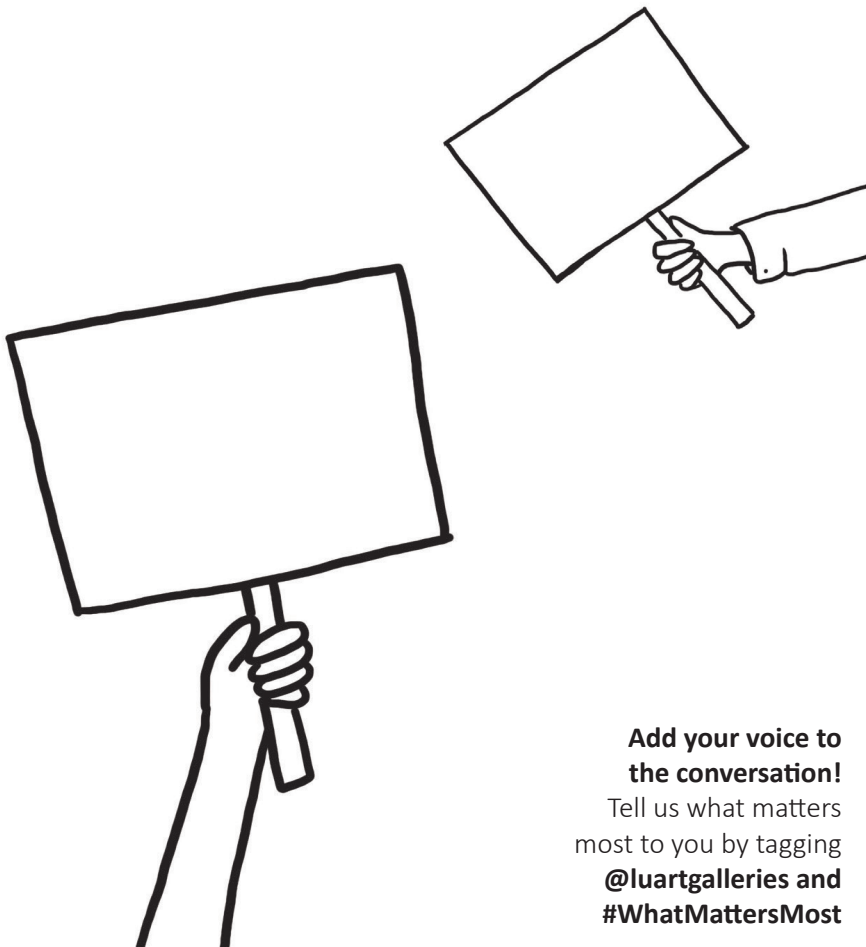
Take a photo in your community that illustrates a similar theme.  
Tag and share with **@luartgalleries** and **#WhatMattersMost**.

## What Matters Most?

What matters most to you? Take a look at the cover of this sketchbook and think about the people, places, and things in your community that you value.

Who or what would you add to the cover?

What story would you like to tell?



**Add your voice to  
the conversation!**

Tell us what matters  
most to you by tagging  
**@luartgalleries** and  
**#WhatMattersMost**













































“We advance critical thinking, cultural understanding, and well-being for campus and community through transformative experiences with art.” - LUAG mission

With over 18,000 works of art from diverse time periods and cultures, seven galleries on three campuses, two art study centers, and an outdoor sculpture collection of over 50 works, there is something for everyone at LUAG. Come explore our exhibitions and participate in free programs and events for all ages. Learn more at **[www.luag.org](http://www.luag.org)**.

### **ADMISSION & HOURS**

Always FREE and open to the public. Hours vary based on gallery location. Visit [www.luag.org](http://www.luag.org) or call 610.758.3615

### **TOURS and PROGRAMS**

Free tours, programs, and events are available. Visit [www.luag.org](http://www.luag.org) or call 610.758.3615

### **ACCESSIBILITY**

Audio description is available for select exhibitions and large print materials are available upon request. Contact [ejs421@lehigh.edu](mailto:ejs421@lehigh.edu) or 610-758-6882 for more information and assistance.

