

AT THE CORE: TRANSFORMING TRAUMA TOGETHER



A Window Between Worlds' community art initiative, led by artist Fabian Debora

At the Core represents our innermost selves, and the hearts of our communities, coming together to use art to transform trauma. Creating **At the Core Touchstones** with your community is a simple way to ignite positive change and carry art with you as a resource for transformation.

Before Creating: Purchase supplies and punch a variety of colors of cardstock into circles the size of the stones you will be using. You will also need permanent markers*, colored pencils, oil pastels or other drawing utensils.

**Please note: regular markers will bleed when glue is applied.*

Creation: Consider what is at your core and the core of your communities that can be a source of strength. What represents this core?

- **Step 1:** Choose a circle.
- **Step 2:** Draw/color/write on the circle. Remember, there is no right or wrong way to create.
- **Step 3:** Apply a small dot of glue to circle.
- **Step 4:** Place flat side of stone against the glue and press firmly.

Sharing your story: Visit awbw.org/atthecore to share your creation and let us know when you create Touchstones with a group. Thanks!



Touchstone Supply Resources:

Clear Glass Stones

1.25-inch stones:
Large Glass Gems - Clear By Gemnique Item # GM3000-48 on wholesalersusainc.com

.5-inch stones:
Ashland™ Decorative Fillers, Gems: Item # 10253959 on michaels.com

Circle Punches

1.25-inch circle punch:
EK Tools Circle Punch, 1.25: ASIN # B0090JVF7E on amazon.com

.5-inch circle punch:
EK Success Medium Punch-Circle: ASIN # B00SA7YO0W on amazon.com

Clear Glue

We recommend:
Aleene's® Clear Gel Tacky Glue™: Item # 10312185 on michaels.com