

# COMMON WEAL COMMUNITY ARTS

## Artful Isolation Activities

### Week Nine: Maarsii Poor Li Prayzaan with Stacey Fayant



**Stacey Fayant** is a Métis, Nehiyaw, Saulteaux, and French visual artist whose focus on identity has led her to immerse herself in ideas of bodily adornment as both a means of identity expression and body celebration. She works in many mediums and is a Traditional Indigenous Tattoo Artist involved in the revitalization of Indigenous Tattooing here on Turtle Island.

**This activity is possible thanks to a partnership with the Heritage Community Association in Regina, Saskatchewan.**



**Create a personal marking that represents who you come from, who you connect with, and who you are.**

**What is a Maarsii Poor Li Prayzaan?** “Maarsii poor li prayzaan” means “thank you for the gift” in the Michif language. This activity centres on the creation of a marking that represents your connections to family, community, and place. Stacey gave the project this name because connection to other people and the land is a gift and each time we engage in decorating our bodies or our space, it shows that we love and care for ourselves and those around us.

**Why Maarsii Poor Li Prayzaan?** This project is about identifying imagery that you feel represents the family, community, land and/or culture you belong to and using that imagery to beautify yourself, your home, or a space you inhabit. As a Traditional Indigenous Tattoo practitioner, Stacey regularly helps people design markings to place on their bodies to connect them to their ancestors and community. The process of imagining and creating the marking is an act of love, care, and preservation.

PHOTOS PROVIDED BY STACEY FAYANT

ACTIVITY SHEET CREATED BY COMMON WEAL COMMUNITY ARTS IN SASKATCHEWAN

FOR MORE COMMUNITY-MINDED ART ACTIVITIES, PLEASE VISIT US ON [FACEBOOK](#) OR EMAIL US AT [HELLO@COMMONWEAL.CA](mailto:HELLO@COMMONWEAL.CA)

**Suitable For:** All Ages.

**What You'll Need:** Any art supplies you want to use to portray your marking. These may be supplies to make a drawing or painting or supplies to make something wearable like clothing or jewelry; anything that lifts you up.

**Getting Ready:**

- Decide if you are going to do this activity alone or with a group of loved ones. You can dive right in with personal memories and knowledge or, use this activity as an opportunity to start a conversation with family and community. You may choose to prepare by researching your culture and family history by talking to family members about their personal memories and knowledge.
- Depending on access to materials and skill level, you can decide if you will turn your marking into an art piece to decorate your home or yard, or if you will make it into a piece of clothing or jewelry to wear.



**Activity:**

- Make a list of the people, places, or memories you want to represent with your marking. Keep the list to no more than six people or things. Why are each of these people or things important to you? How do they build your strength? Do you have special memories of them? Do they represent who you are and who you belong to?
- Next think of a plant, flower, or animal that represents each person, place, or memory on your list. These can be personal and reflective of personality traits, or they can be gleaned from your culture, place of origin, or history.
- Sketch out your design. The Métis often used an X or cross pattern in their designs to create balance. Will your images be placed in a line, or form a circle or some other shape? Is there something in your history, culture, or family you want to incorporate in your design? This can be as simple as framing your design in a heart to show love.
- Start creating your marking. Depending on your creative interests you can create your marking in any medium. Draw, paint, make a collage from photos or magazine cut outs, use fabric markers on a t-shirt, create a beaded medallion, or make a bracelet. No matter how you choose to bring your marking to life, remember that it is important to display it proudly. Where will you display your marking? Will it decorate your home or yard? Will you wear it?

**Reflection:**

- Once you have designed your marking, consider duplicating it in other forms. You can use the imagery in your marking in many ways to remind you of your identity and community. This marking can be a shorthand for your links to community and family, reminding you that you belong and are a part of something beautiful.
- Show your marking to loved ones and talk to them about what it means to you. It may be especially meaningful to share this with those you've represented in the marking.
- Can you think of other ways to represent the people, places, and memories that are important to you? What symbols can become a part of an ongoing exploration of identity?
- Share images of your marking with us via Facebook or Instagram, tagging [@skcommonweal](#) and using the hashtags [#cwmarking](#) and [#cwneighbours](#).

PHOTOS PROVIDED BY STACEY FAYANT

ACTIVITY SHEET CREATED BY COMMON WEAL COMMUNITY ARTS IN SASKATCHEWAN

FOR MORE COMMUNITY-MINDED ART ACTIVITIES, PLEASE VISIT US ON [FACEBOOK](#) OR EMAIL US AT [HELLO@COMMONWEAL.CA](mailto:HELLO@COMMONWEAL.CA)