



LA NAPOULE @ HOME  
ART ACTIVITY

# *Do You Hear What I Hear?*

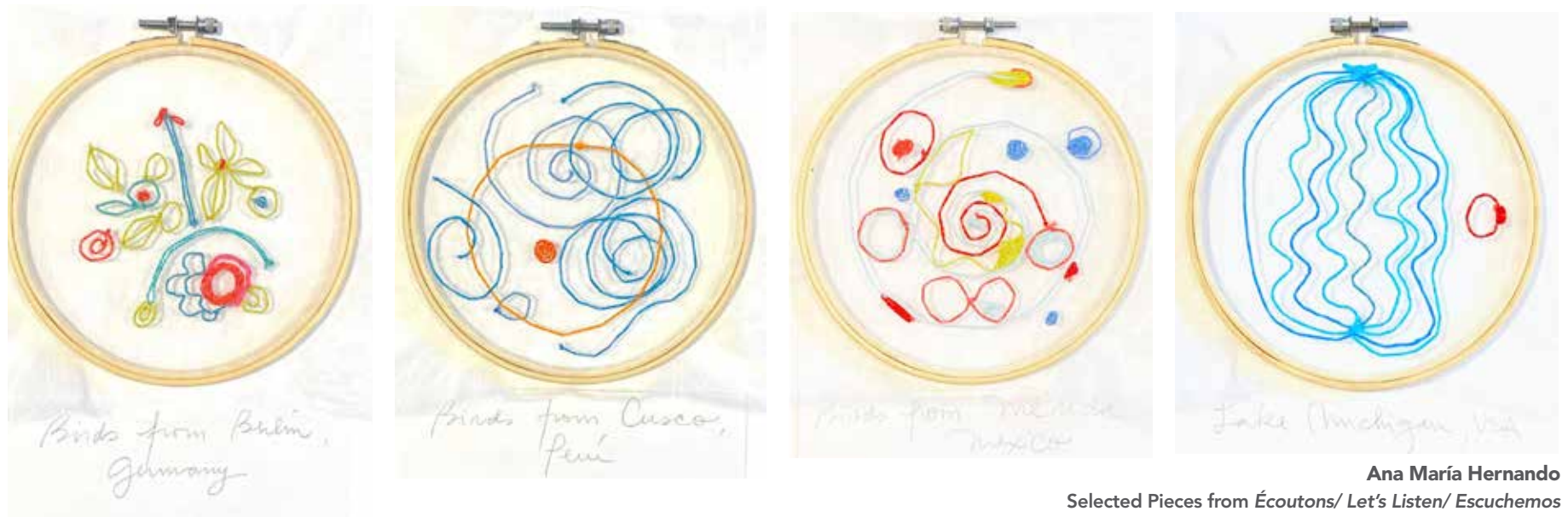
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INSPIRED BY ARTIST

**ANA MARÍA HERNANDO**



**ANA MARÍA HERNANDO** was born in Buenos Aires, Argentina in 1959, and today she lives and works in Niwot, Colorado. Ana is the recipient of the 2020 Prix Henry Clews. With this prestigious award, Ana spent a whole year living and working at the Château de La Napoule in France.



Ana María Hernando  
Selected Pieces from *Écoutons/ Let's Listen/ Escuchemos*  
Organza and cotton thread, 2020

### ARTIST'S STATEMENT / INSPIRATION:

**Écoutons** is a French word that means **let's listen**. In Spanish it is **escuchemos**.

While at the Château de La Napoule, Ana has created new work, *Écoutons*, visualizing birdsong through embroidery, combining elements of the natural world with the communal act of sewing. Originally, she invited visitors to walk up the Mountain of San Peyre behind the Château, and sit and listen to birdsong as they embroidered what they heard. Each piece of embroidery, created by individuals listening to the birds of San Peyre, would have been stitched together to create a large installation, *Pájaros para la Ñusta/Birds for the Ñusta*, a dress for the feminine spirit of the Mount San Peyre.

When groups could not gather anymore, Ana invited people to be a part of her work in a different way. She asked people to "Sit by a window, a door, a garden, the mountain, and listen...And listen some more. Birds might be singing..." Many people listened to birdsong and sent recordings to Ana, and she embroidered what she heard. These new pieces will be used to create the dress for Mount San Peyre.

Making visible and colorful what we often overlook, Ana inspires us to listen closely and share our stories. She is listening and connecting us, making our own birdsongs visible. While our lives may be more quiet these days, Ana created a new opportunity to listen and be present, to connect with nature, and to connect with and care for each other.



## Do You Hear What I Hear?

Inspired by Ana's *Écoutons* body of work, students will focus on sitting with their surroundings, stopping and listening to what is around them.

They will utilize the sounds around them as inspiration for unique and personal artwork. This process of translating one medium into another (here, sound to visual art) is known as *ekphrasis*.

We can listen in different ways. **We can listen to what is "outside" of us**—other people, sounds of nature, city sounds—the things around us. Ana's *Écoutons* project is like this. **We can also listen to what's "inside" of us.** These are things like our thoughts, feelings, and intuition. This art project will explore these different ways of listening and expressing what we hear.

These activities are a template that you can use in the way that is best for you. You can do everything together in one day, or complete it by doing one part each day over the course of two days. Remember that this is just a guide; you can always take what you want from it and express yourself in any way that makes sense to you.

### Materials

- Paper (such as construction paper, origami paper, patterned paper, etc.)
- Colored pencils, pencils, crayons, or markers
- [Wax craft sticks](#)
- Yarn
- Embroidery hoop template (pg.5)
- Old magazines you can cut up
- Tracing paper
- Scissors
- Glue

# ACTIVITY 1

## Listening Outside

**1.** Find a comfortable place to sit. **Relax** your body. **Watch** [this video](#) for a guided meditation that will focus your listening. Feel free to watch for as little or as long as you want.

**2. Notice sounds** around you that are near and far.

- **Write** down the sounds you heard.
- **Think** about how you want to represent what you heard.

**3.** OPTION A: With [the template found on page 7](#), create within the wooden embroidery hoop. **Draw** symbols or images that represent what you hear. Or, create something abstract in response to what you have heard. There's no right or wrong way to do this, so experiment, have fun!

OPTION B: You can also use wax craft sticks or yarn to **create** shapes and patterns. Think about how the colors relate to the sounds. How can you bend your lines or form shapes that express what you heard?

### Things to think about:

#### How can you express...

- Loud or soft sounds?
- Gentle or harsh sounds?
- Continuous or choppy sounds?
- Animals, people, things?

**4. Label** the bottom of your page with the date and location, and your name or initials if you like.

**5.** If you would like to **share**, take a picture of your work and email it to [info@lnaf.org](mailto:info@lnaf.org) (we will put everyone's together online!).

**6.** You can do this as many times as you like! Try **changing locations** or sitting on your own, or make a new piece on a different day. You can also watch the guided mediation video as many times as you like.



## ACTIVITY 2

# Listening Inside



1. Find a comfortable place to sit. **Relax** your body. **Watch** [this video](#) for a guided meditation that will help you focus your internal listening. Feel free to watch for as little or as long as you want.
2. Use [the template found on page 8](#) to write down your observations. In the first box, **write** down observations about your **breath**. What did you notice? In the second box, write down your feelings—how did you feel in your **body** and **heart**? Use the third box to write down images that came to you during your **meditation**. Notice your thoughts and **explore** them in the fourth box. Fill in the blanks to complete the prompts.
3. **Review** your list for each of the first 3 categories: breath, feelings, and images. Notice what you remember from each category.
4. Look through magazines, **find** and cut out **images** that visually represent, or remind you, of what you listed in each category. (Or, look online for images and print them out, or you can even take your own photos.) **Draw shapes** that represent some of your words or phrases, and then cut them out. For example, if you thought “I wonder about the clouds” you can draw and cut out a cloud shape. Or, if you thought, “I love myself” you can cut out a heart. What could you cut out a squiggle shape for? Write a note on the back of each shape if you think you will have trouble remembering what it stands for. Gather your images and shapes together to use in the next part of the activity.
5. On tracing paper, **write** down things from the **thoughts** box. If you have any new thoughts while doing this, you can add those too.

Deep ocean wave spiraling fast then slow & quiet	Tired Worried Excited Warm HAPPY Fidgety (in body & heart emotions)
clouds self younger Billy Dogs heart sunshine	<b>Breath</b> <b>Feelings</b> <b>Images</b> <b>Thoughts</b> I CAN water my plants later. I AM worried about tomorrow. MY <u>body</u> is heavy. <small>(body part)</small> I WONDER ABOUT how long this will go. Am I doing this right? I need to call Sarah.



## ACTIVITY 2 CONT.

# Listening Inside

6. On a blank piece of paper, **arrange** your cutouts and then **glue** them down—this is called collage. You can layer your written thoughts over the top of your images.

### OPTIONAL:

**Ana says there is no wrong way to do this project.** However you interpret it, this act of making and doing is a loving and accepting action. What are other ways you can listen and create?

- Listen to the sounds around you, and then **move** your body to represent what you heard, or react to different sounds. How can you connect sounds to movement in your body?
- Pick a song that you like and **dance** to it. Did you hear words or ideas in the song that resonate with you? **Write** them down.
- What other **materials** can you use? Can you combine the materials in other ways?
- Can you **combine** inside and outside sounds?





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***Embroidery Hoop Template*** | Listening Outside | Step 3.

**Breath**   **Feelings**

**Images**   **Thoughts**

I CAN \_\_\_\_\_

I AM \_\_\_\_\_

MY \_\_\_\_\_ IS \_\_\_\_\_  
(body part)

I WONDER ABOUT \_\_\_\_\_

\_\_\_\_\_





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# Do You Hear What I Hear?

Thank you to La Napoule artist Ana María Hernando for providing us inspiration and sharing her work with the world. Thank you to [Billy Potocnik](#) for creating the guided meditation videos.

## ***Feel inspired? Please share with us!***

We would love to see what this activity has inspired you to create! Please take a picture of your work—even the optional parts—and email it to [info@lnaf.org](mailto:info@lnaf.org) and we will publish it online!



La Napoule Art Foundation

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## INSPIRED BY ARTIST **ANA MARÍA HERNANDO**

### ***About the Artist***

Ana's Argentinian background is important to her artwork, especially her work with fabrics and textiles. Textiles and the communal act of sewing are a large part of Ana's work. She says, "As a child in Buenos Aires I watched my Spanish grandmothers and my mother come together to sew, crochet and embroider, talking and sharing the everyday. The things they made from the cloth and yarn and thread came to express their spirit. All the beauty – the hours of work, the washing and ironing – was made invisible as the tablecloths were later stained with food."\*

Ana sends fabric to a group of cloistered Carmelite nuns in Argentina, who embroider the fabric pieces to her specifications. She then uses these delicate pieces in many of her artworks.

Ana also makes paintings, prints, drawings, and installations. She is especially inspired by the natural world, with her work taking on the forms of flowers and other natural elements. For many years, Ana has traveled to Peru, visiting a remote village in the Andes mountains. These travels unite the connection of textiles, women's traditional crafts, and community in her work. This can be seen in her installations made of textiles, including mountains made of petticoats, and 25 foot-high sculptures made of bright, colorful tulle.

### **Additional Resources:**

[Ana's website](#)

[Undomesticated](#), a 25-minute video about Ana María Hernando

[Flood](#), a short video featuring Ana's exhibition at the Château de La Napoule, 2020

\*artist statement on [Gráficas Gallery's website](#)