

## Rock Your Drop on the Block

AFTER SCHOOL **matters**®



**Mission:** Uniting Chicago youth through arts programming and peace awareness to inspire positive change in our communities.

### Noah's Arc Foundation

Noah's Arc Foundation is an organization built on the principle of self-expression and the belief that every child, no matter race, creed, color, nationality, religion or economic standing, needs to be able to express their true self in order to fulfill their dreams. Noah's Arc programs are focused on two areas: art and sports. Through the expression of art and the discipline of sports, Noah's Arc works to develop the confidence and foster the passion that exists within every child. The goal of Noah's Arc programs and workshops is to help children tap into their unique passions and achieve their full potential in all areas of their lives. Additionally, the pillars of Noah's Arc as well as the Drop of Consciousness™ movement are infused throughout each program, working to promote peace, unity, and positive change.

### Rock Your Drop on the Block

Noah's Arc Foundation and After School Matters are joining forces to inspire peace in Chicago communities through arts programming and the Drop of Consciousness movement. With both organizations' deep connection to the city, its communities and its youth, the Rock Your Drop on the Block event provides a platform for Chicago's youth to have their voices heard. Youth draw inspiration from the pillars of Noah's Arc as well as the Drop of Consciousness to develop visual and performance art that will be showcased at the Rock Your Drop on the Block event as well as peace flags that will be carried by hundreds of youth and community members as they march to the event.



Throughout the summer teens participating in the arts programming throughout the city of Chicago will be discussing, reflecting, and creating artwork that is influenced by the pillars of Noah's Arc including awareness, consciousness, unity, and gratitude as well as the Drop of Consciousness movement for peace.

### Pillars

#### Awareness

First we want to help bring awareness to the students themselves by not telling them what to do but listening to them. We want to help them to be aware of their surroundings as well as their place in those surroundings. It is also important that they learn how cause and effect are acutely present at all times, meaning how different types of energy affect the result of a situation. We want to help young people to be aware of their power, their fragilities and strengths, the polarization of good and bad, empty and full, helping and breaking, empathy and ignorance. Through the art, allow them to get in touch with that voice that is their own.



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Learn more about NAF: [noahsarcfoundation.org](http://noahsarcfoundation.org) @noahsarcfdn #RockYourDrop

# Rock Your Drop on the Block



## Consciousness

This pillar aims to help young people find solutions through their awareness and to apply consciousness to the program and also to life outside of the program to be able to make the right choice of how to handle situations, opening to learning, and to get beyond ignorance by not knowing. Consciousness is essential as it is the bottom line of how we choose how to react to, be part of, and have a key role in what's happening around us.

## Unity

The unity pillar helps ground the idea that you are not alone. It is important to discuss the fear of not daring to truly express your own feelings of not being alone and that it is also looked at through the art. We want to allow young people to discover the power of a group for the good and the bad, and how being united together fighting for a common goal as well as the feeling of protection from being in a group can create great strength and a sense of security. The diverse knowledge, strength, and skills brought into a group can change the world.

## Gratitude

The gratitude part of this initiative is the pillar that makes everything else possible. Without gratitude, there is no growth, love, empathy, or advancement. This pillar is the staple of how mindset, attitude, application of thought and energy are essential. The energy of gratitude fills the power of creativity. The fact that we are the artists of our own lives with the energy that we put into it and how we fill our days. This pillar is really about depicting what we are grateful for in our lives and bringing awareness to that. The energy of gratitude opens doors, creates friendships, makes life fuller, and brings meaning to almost everything.

## **Drop of Consciousness Movement**

The Drop of Consciousness™ is a movement for peace inspired by a sculpture created by the co-founder of Noah's Arc Foundation: Cecilia Rodhe. The pendant is a metal teardrop whose scarred surface recognizes the pain of losing someone to violence, while the precious metal and solid feel of the drop symbolize strength and commitment to positive change.

Joakim Noah and Cecilia Rodhe, co-founders of Noah's Arc Foundation, are asking others to help spread the message of positivity and non-violence by wearing a Drop of Consciousness™ pendant and taking a pledge. The key message is that it's not "their" problem. It is OUR problem, and together we can try to solve it! When you Rock Your Drop, you are not alone!

## **Join us!**

Rock Your Drop on the Block

August 3, 2017

2:30pm to 3:30pm peace march starting at Major Adams

3:30pm to 7:00pm Rock Your Drop on the Block event showcase at Marillac Social Center



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