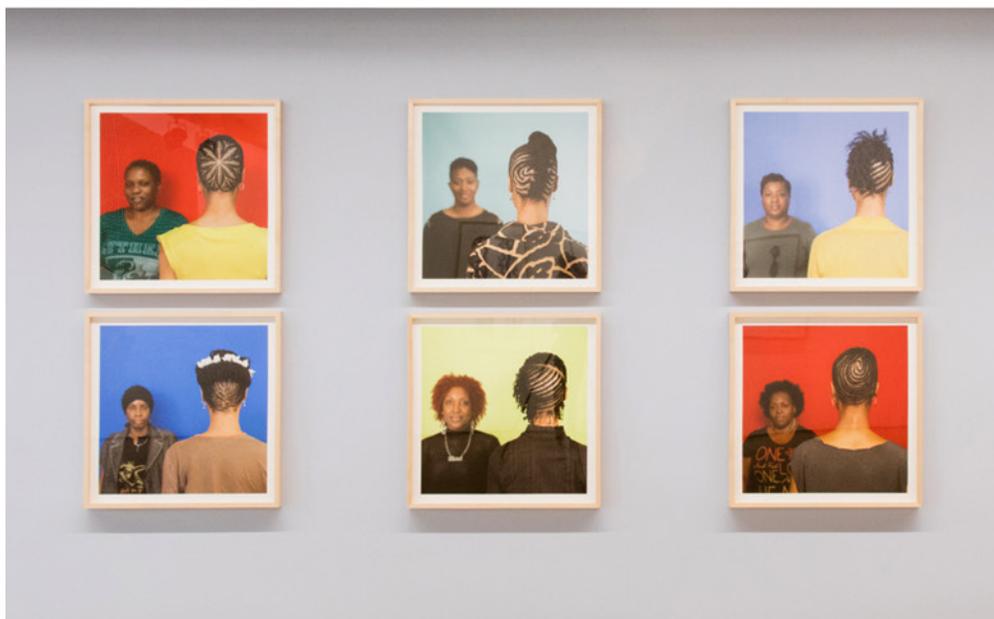


“Salon Time” Sonya Clark, 2018



Salon Time features three artists who explore and celebrate the rituals and culture surrounding Black women’s hair care. Black hair care typically involves repetitive, ritualized labor to create and maintain hairstyles. It can often take several hours if not days to complete one hairstyle. This time, effort and tradition serves as a connection between generations of women - past, present, and future. Black hair styling has been a tool for personal and political expression throughout the ages.

Sonya Clark’s work explores hair braiding as a powerful art form between Black women.

*“Hairdressers...
have mastered
a craft
impossible for
me to take for
granted.”*

Meet the Artist!



Born to parents from Trinidad and Jamaica, Clark gained an appreciation for craft and the value of the handmade objects and stories from her family. She earned an MFA from Cranbrook Academy of Art, a BFA from the School of the Art Institute of Chicago, and a BA from Amherst College. Her work has been exhibited in over 350 museum and galleries in the Americas, Africa, Asia, Europe, and Australia.

Self-Care Affirmations

Sonya Clark's work speaks to the self-care involved in Black hair styling. This activity invites you to explore self-care in your life.

<https://www.u-ca.org/exhibition/salon-time>

Essential Questions

What is the activity?

What are the tools or actions you need to complete this activity?

How can you pay closer attention to this activity?

What are the outcomes of this activity?

What can the activity do for you?

What can the activity do for others?



1. Brainstorm grooming habits, daily tasks and other such activities. Make a list.
2. Describe one activity in great detail. Use the essential questions to dig deeper into your activity.
3. Think about ways to link self-care to your activity. Self-care is a mixture of self-compassion, gratitude and mindfulness.
4. Write a short few sentences about the self-care you invented to create an affirmation. It can be as long or as short as you like. Feel free to play around with rhyming and rhythm.

*For example: Activity: Brushing your teeth
Affirmation: Thank you toothbrush for making my smile clean and sweet. Now I can smile to brighten the day of everyone I meet.*

5. Share your affirmations with family and friends. Ask how your affirmations make them feel and if they would add anything different. If you'd like to - write your affirmations on small pieces of paper and post them near where your activity takes place.

Self-care: the process of taking care of yourself with the understanding that you are worthy

Affirmation: the act of reciting inspiring words as a reminder of self-care

Self-compassion: the skill of being as nice to yourself as you would be to a friend

Gratitude: the art of finding things to be thankful for in everyday life

Mindfulness: the practice of slowing down and really noticing the details