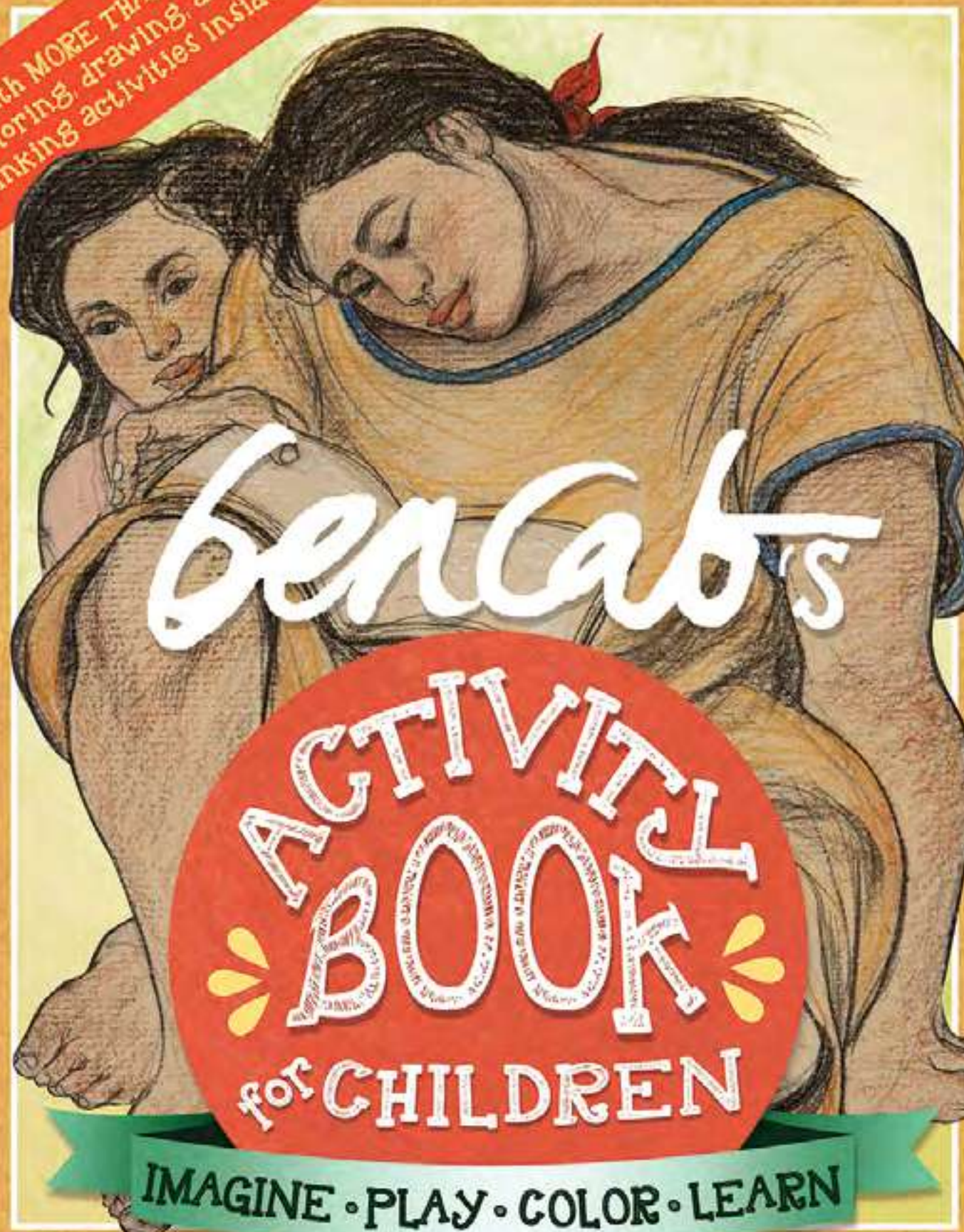


With MORE THAN 20
coloring, drawing, and
thinking activities inside!



benCab's

ACTIVITIES BOOK for CHILDREN

IMAGINE • PLAY • COLOR • LEARN



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Please direct all inquiries to:
CANVAS, No.1 Upsilon Drive Ext., Alpha Village,
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Email info@canvas.ph

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Bencab's





BenCab (Born 1942 in Manila, Philippines)

Ben Cabrera or BenCab is an icon in the Philippine artworld. In 2006, he was proclaimed National Artist for the Visual Arts. He is acclaimed for his draftsmanship (or skilled drawing), and he uses his art to tell stories about everyday people. BenCab was also one of the first artists in the '70s to focus on issues that affected society and the country, and in this manner, he was able to shine a light on various aspects of how it is and what it means to be Filipino.

BenCab lived in London for 13 years. Being away from his country made him even more keenly aware of his cultural roots and the realities of life back home. He came back to the Philippines in 1985.

His works have been the subject of four books, *Ben Cabrera: Etchings 1970-1980*; *BenCab's Rock Sessions*; *BenCab Nude Drawings*; and the definitive book on his life's work, *BENCAB*.

He established the BenCab Museum in 2009, in his mountain home of Baguio. The Museum now houses his personal collection of tribal art from the Cordillera highlands, as well as contemporary Philippine art. In that same year, BenCab was awarded a doctorate in Humanities, *honoris causa*, by his alma mater – the University of the Philippines.

2015 marked BenCab's golden year as a professional artist. A yearlong celebration – *BenCab 50 Creative Years* – was highlighted by retrospective exhibitions in eight museums and an original musical theater production based on Sabel, his iconic muse and the subject of many of his artworks.





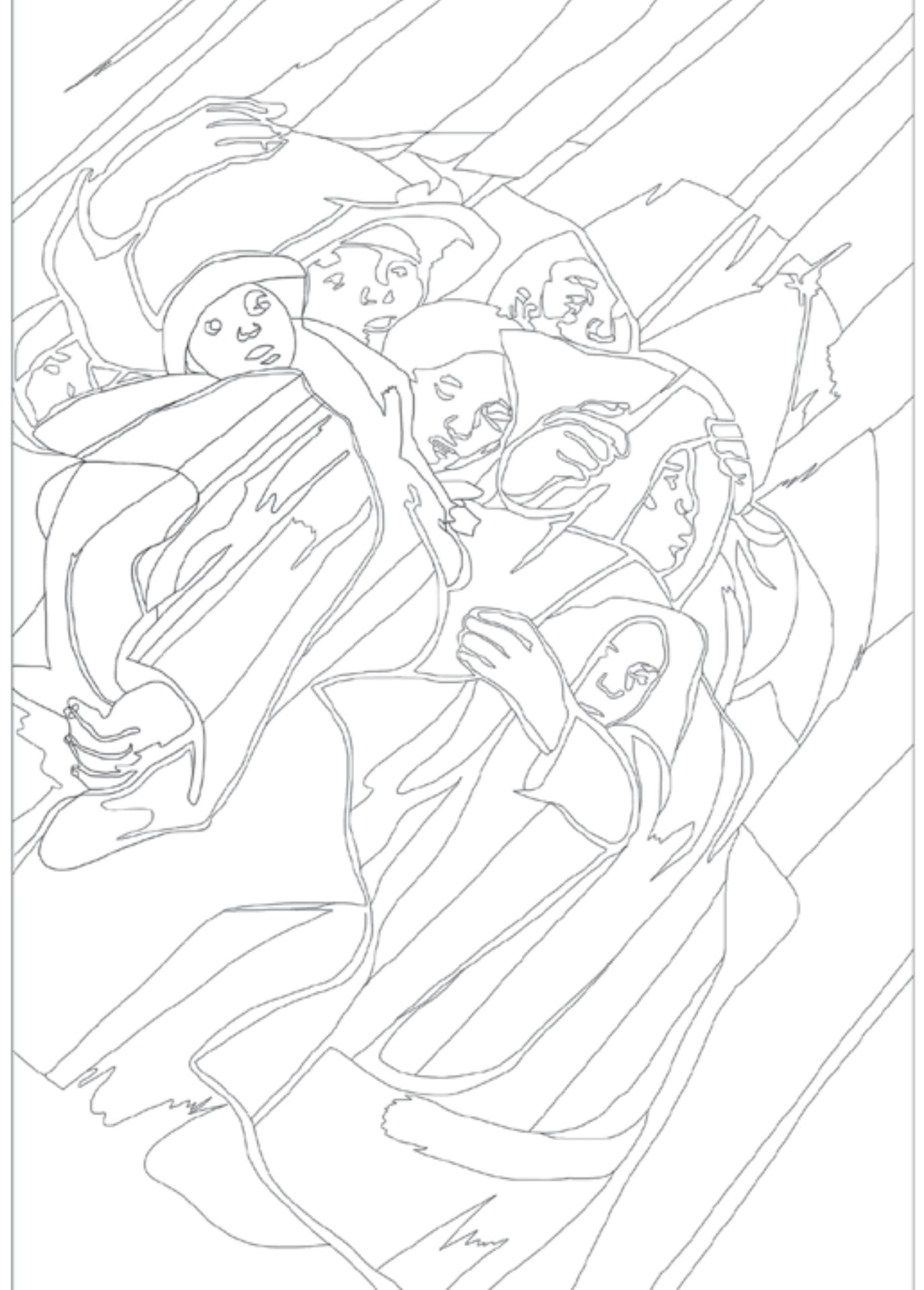
MONSOON

“These are my experiences in Baguio. Sometimes, there is rain. Sometimes, there are earthquakes. We have the monsoons, including Habagat and Amihan that refer to the winds.”



TYPHOON SEASON

*“Strong typhoons like Yolanda (Haiyan) can be destructive.
We should always be prepared for disasters and
help each other when they strike.”*





“LAHAR FLIGHT”

PEOPLE AND CLIMATE

Study the painting by answering these questions.

1. What do you see in the painting? What kind of weather does it show? How is this represented in the painting?

2. Look closely at the faces of the people in the painting. What can you say about the emotions they are showing?

3. Have you ever experienced getting caught or stuck in heavy rain? How did you feel then?

4. In your opinion, how are Filipinos illustrated in this painting? What does it say about our ways of adapting to this kind of weather?

RAIN SOUND & ART

During a rainy day, bring out a drawing paper and a set of any available paints. Listen to the sound of the rain and paint to it. When you are finished, write a short paragraph or a poem about what you felt while working on this activity.

STUCK IN THE RAIN

Have you ever been stuck or caught in heavy rain? Draw your experience in the box below.

WHEN IT RAINS

Do you like the rain? Do you like puddles? What do you feel during a rainy day? Write a short poem about the rain. Start each line with a letter from the word rain.

R _____
A _____
I _____
N _____



"MONSOON SEASON"

Study the painting by answering the following questions.

1. What do you see in the painting?

2. How are people affected by floods? How do people cope after being affected by floods?

3. Why do some areas in the Philippines get flooded? What can be done to prevent this?

4. What things should be done to be safe from and prepared for floods?

MY FLOOD EXPERIENCE

Have you ever experienced a flood? Tell your story by making a comic strip about it.

WHY DOES IT FLOOD?

What are the causes of flooding in the Philippines?

Look at the pictures below. Label the pictures correctly.

- Littering
- Illegal Logging
- Heavy Rain
- Clogged Waterways



PREVENTING FLOODS

List down two things that you can do to prevent floods.

1.

2.

List down three things that you can do to prepare for floods.

1.

2.

3.

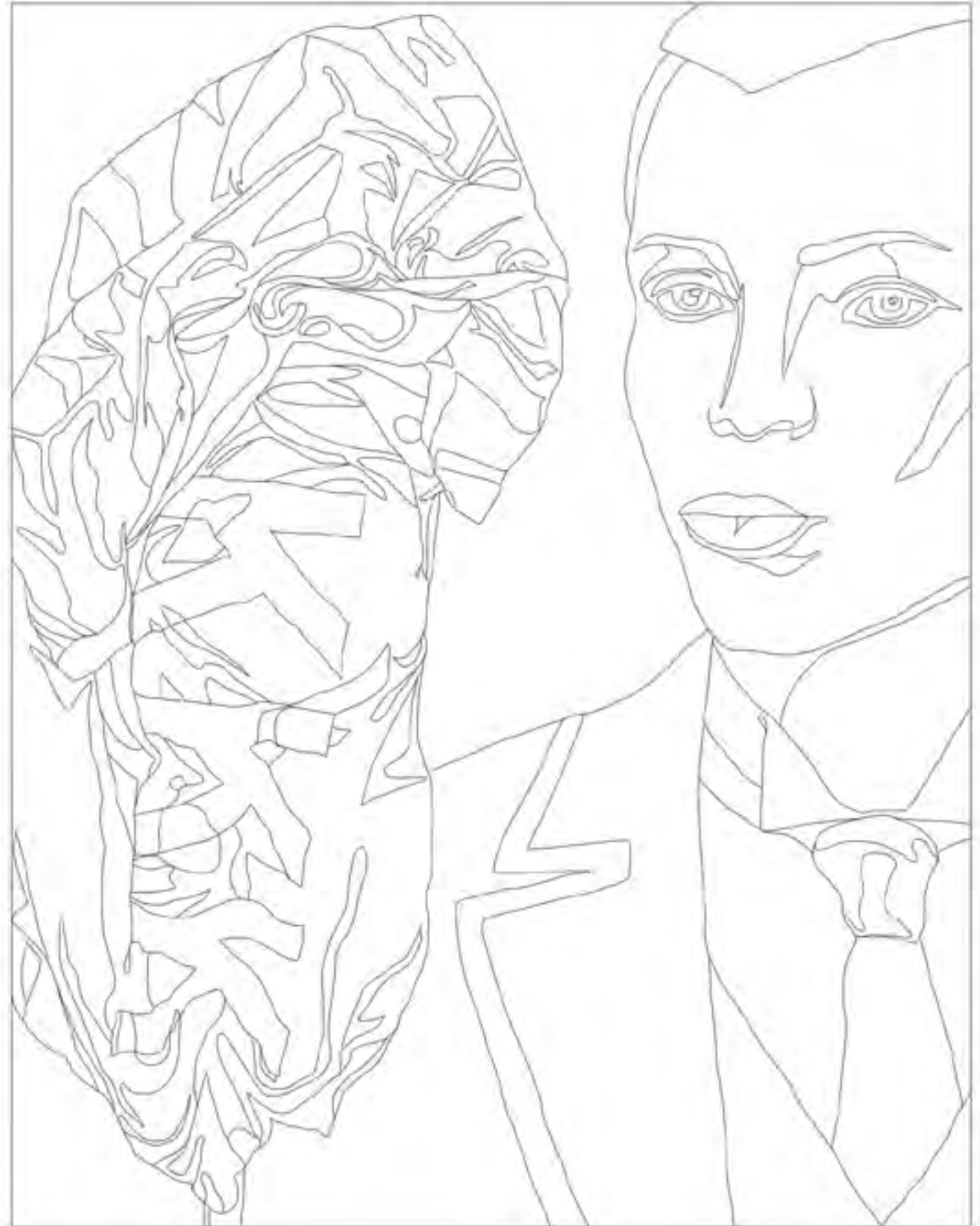
HOW DO FLOODS AFFECT PEOPLE?

How do floods affect people? Draw your answers in each box below. Label your work.



KKK

“This is the flag of the Katipunan which Bonifacio founded. KKK stands for Kataas-taasang, Kagalang-galangang Katipunan ng mga Anak ng Bayan or the Supreme and Most Honorable Society of the Children of the Nation. Their group, composed of men and women, led our armed revolution against Spain.”





HEROES OF THE PAST

"I was able to get a large handmade paper from Kathmandu, Nepal and it was 5 feet tall by 10 feet long. I decided to do portraits of the

revolucionarios. I composed it from old photos and wanted the artwork to be able to look at the people, the audience. To me, it is a strong image of confronting our heroes and what they did to defend our country. But there are no big personalities here like Aguinaldo. These are ordinary fighters, not the usual heroes."



Study the painting in the previous page and answer the questions.

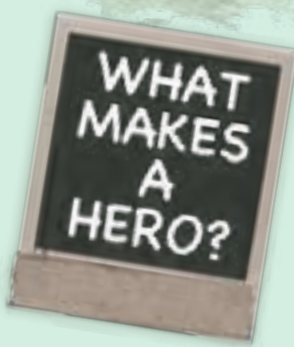
1. What do you see in the painting?

2. Who are the people included in the painting? Are any of them familiar to you? Are they significant? Why or why not?

3. Why was this entitled Heroes of the Past? What is the artist trying to show?

4. In your own words, what is a hero?

5. If you were to make a painting of the different heroes of the past, who would you include in it? Why?

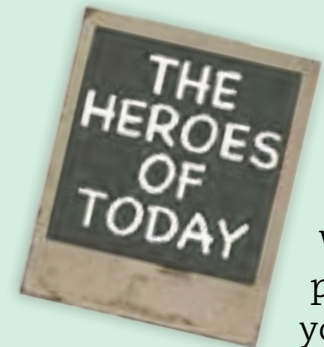


Find and circle the words that you think best describe a hero. Choose ten important traits and write them down on the blanks on the next page.

G B J C R E A T I V E V E I R
D E C I S I V E S H I N Q N I
C R I G H T E O U S U W Q S C
M O S T R O N G O N G M U P H
D K M T E N A C I O U S B I T
H Y P P O W E R F U L S C R I E
O R A R A W B R A V E E L I E
N I D O L S L X I S P L E N W
E R N U G I S T R A J F V G I
S K F D Y L J I S U O L E M S
T I A G R L A U O F I E R C E
A N M S H Y W J S N R S T G N
Z D O P A T I E N T A S J O T
B C U M L G A L L A N T S O E
R I S H D E T E R M I N E D V

Ten Important Traits of a HERO:

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____



Make a picture collage of ordinary people who you think should be regarded as heroes. Cut out pictures of people from newspapers and magazines and paste them in the box below.

Write a short paragraph about your collage on the next page. Talk about their qualities and contributions and your reasons for considering them as heroes of today.

[Large empty rounded rectangular box for writing a paragraph and pasting a collage.]

TITLE:

12 horizontal white rounded rectangular lines for writing a title and description.

2 horizontal white rounded rectangular lines for writing a name or additional information.



HOW CAN YOU BECOME A HERO?

Draw the things that you can do to become a hero in the box on the next page. Write a short description about it below.

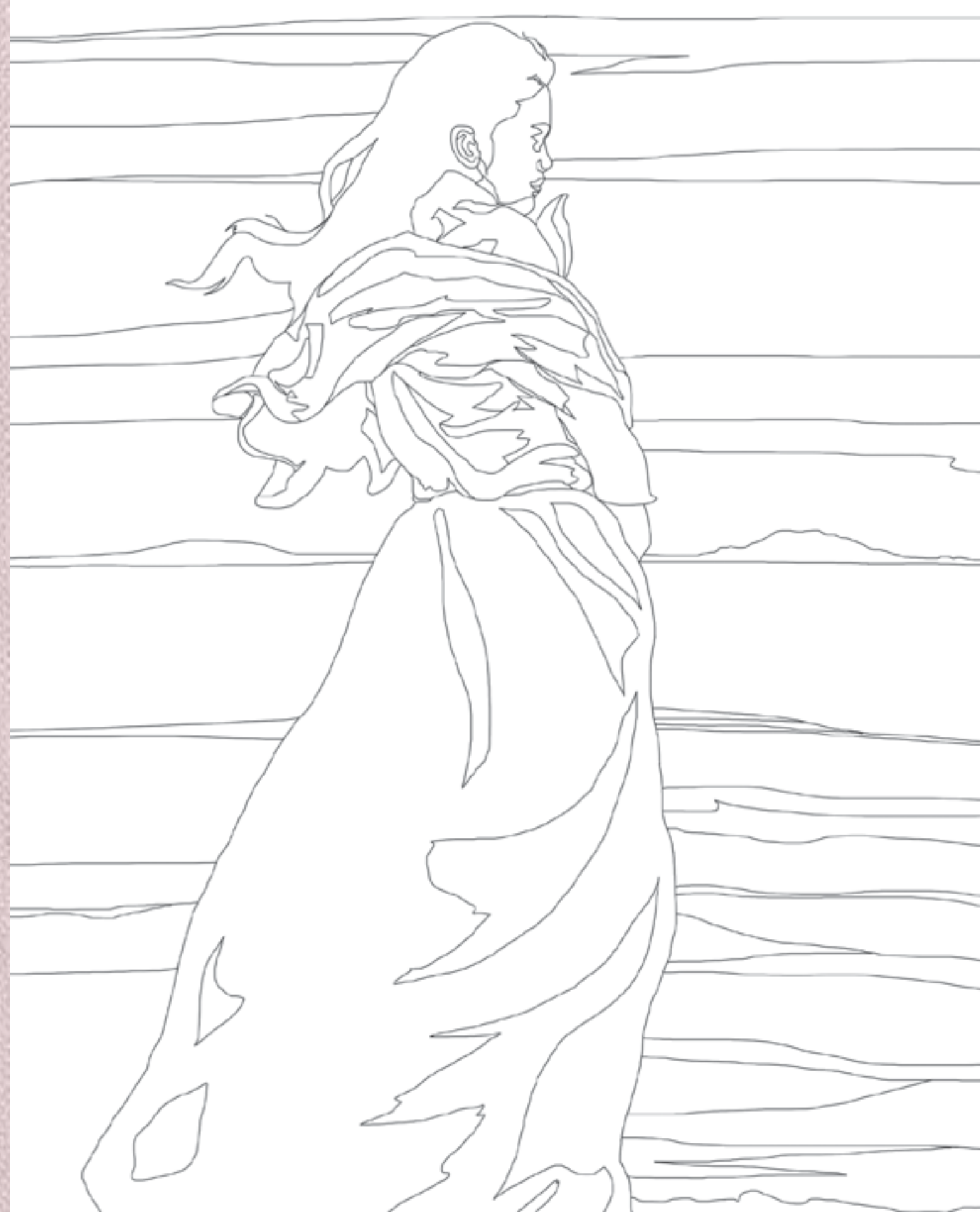
12 horizontal white rounded rectangular lines for writing a short description.

A large, empty white rounded rectangular box for drawing.



A WALK BY THE SEA

This woman waits by the sea, waiting for her fisherman husband to come back home. Did he catch anything? How much did he catch? Will today be a good day for the fisherman and his wife?





“WOMAN WITH FAN”

WOMEN FROM THE PAST

Study the painting by answering the following questions.

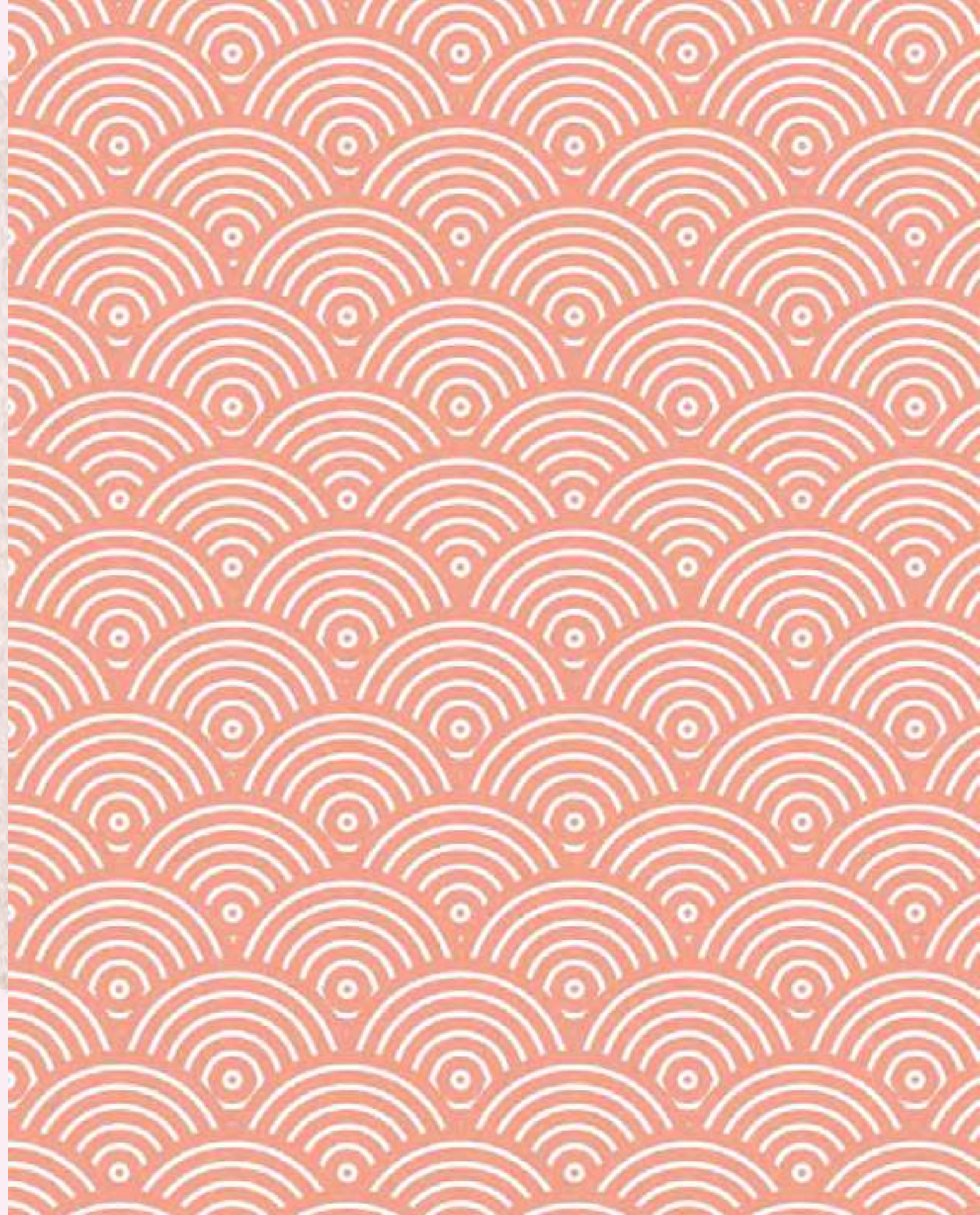
1. What is the subject of the painting? From which period in Philippine history did she come from?

2. Describe the subject of the painting by talking about her physical appearance, clothing, accessories, and the demeanor she shows. What do these tell us about women from the past? How are these similar to women at present? How is she different from women that you see now?

3. Which of these types of women do you prefer? Why?

DRESS UP

Make a dress-up doll of a woman on the next pages. Choose among the clothes available. Would you like it to be someone from the past? Or someone from the present?

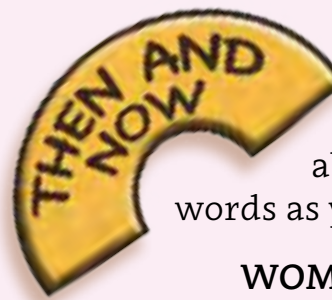
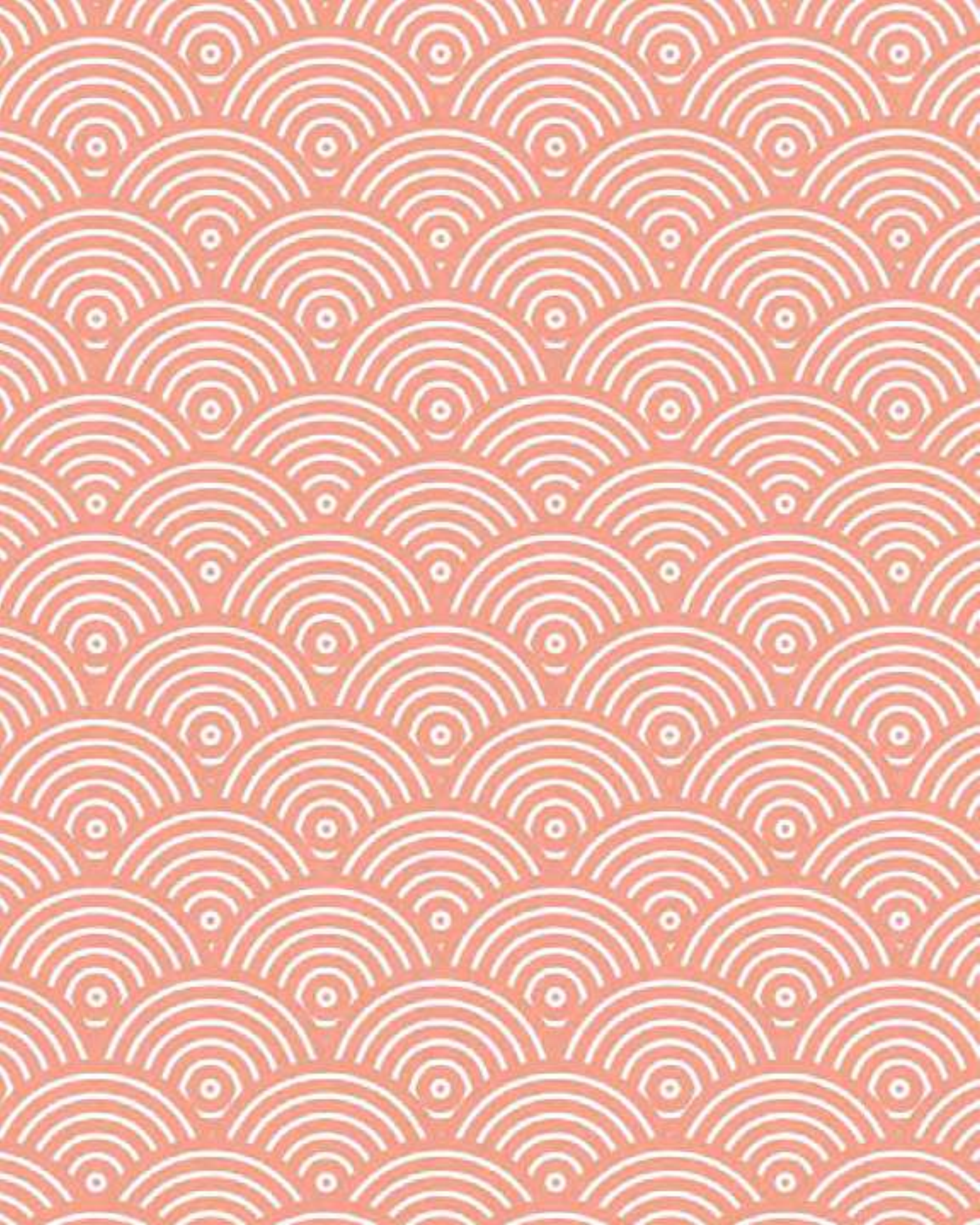




INSTRUCTIONS FOR THE PAPER DOLL

Carefully cut out the dress and doll templates*. Cut on the outside of the black line. Choose the dress and the hairstyle that you would like your doll to wear. Fold the shoulder tabs on the dotted lines, and hang your dress on the doll. Lastly, fold the doll base on the dotted lines so she can stand upright. Feel free to mix and match.

**Cut the images along the dotted lines*



WOMEN THEN AND NOW

How different are women now from women then? Talk about these differences by writing as many descriptive words as you can for each type.

WOMEN THEN

WOMEN NOW



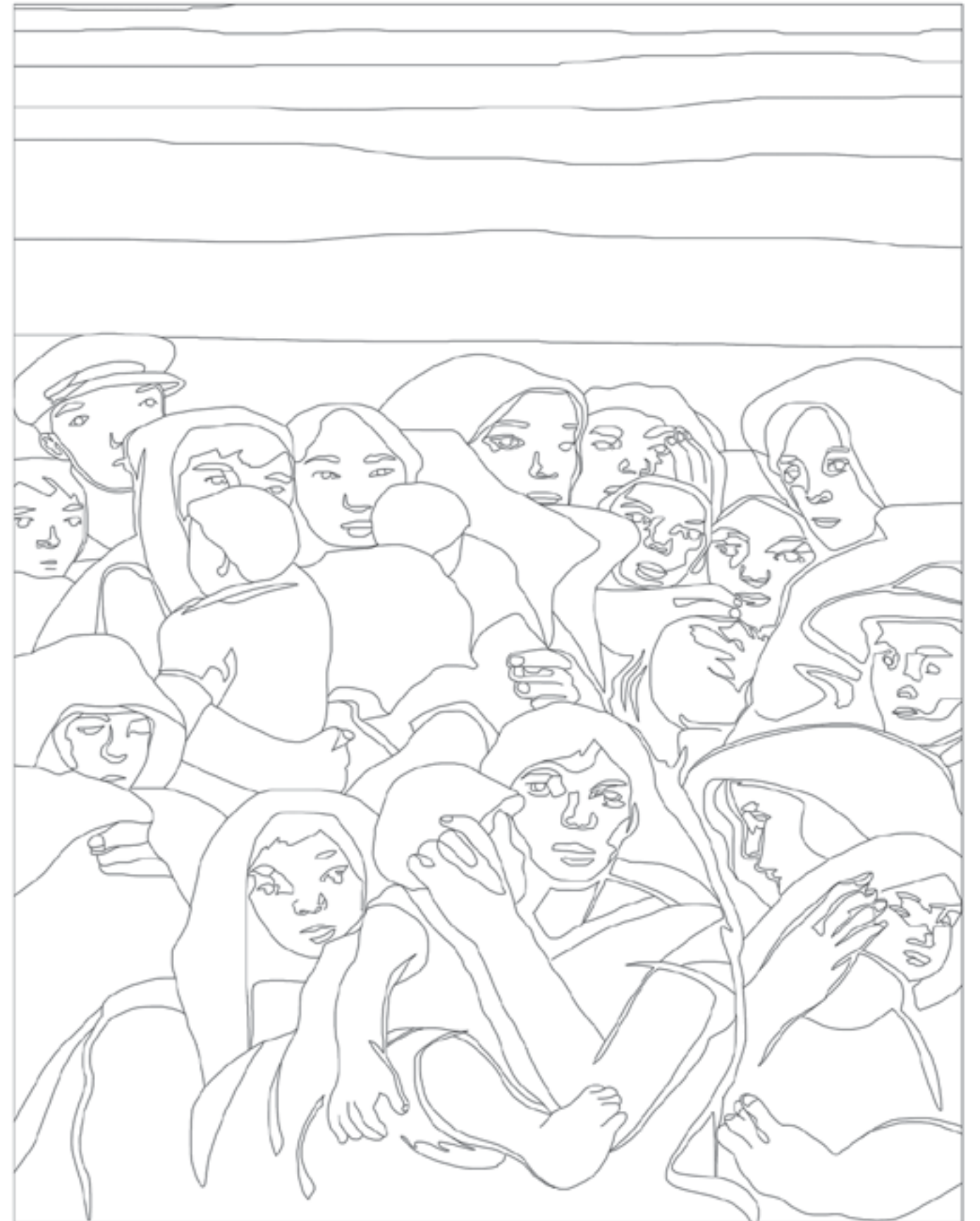
WHAT WOMEN OF TODAY SHOULD BE LIKE?

Who should serve as a role model to all women? What should women of today be like? Cut out pictures of women from newspapers or magazines who you think women of today should look up to. Write a short paragraph explaining your choices.



WAITING FOR RELIEF

“People affected by an earthquake line up for food relief. Non-government organizations and volunteers help to distribute these to those who are waiting.”





"FAMILY"



"REFUGEES"

Study the painting by answering the following questions.

1. What do you see in these paintings? What do the images show?

2. What colors were used in the first painting? How about in the second? How do these colors help in showing what Filipino families are like?

3. What is a family? What is the importance of having a family? What do families do for each other?

4. Do you love your family? How do you show your love to them?



Make a concept map about a family. Write down what it is, what its importance is, and how it contributes to the community.

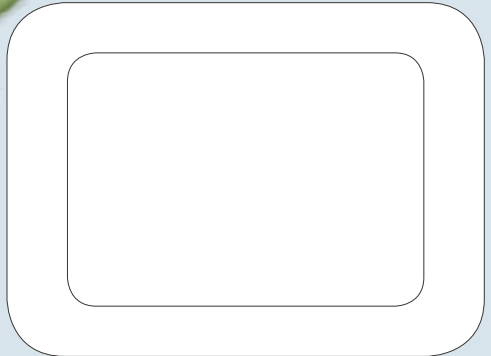
What is a **FAMILY**?

What is the importance of a family?

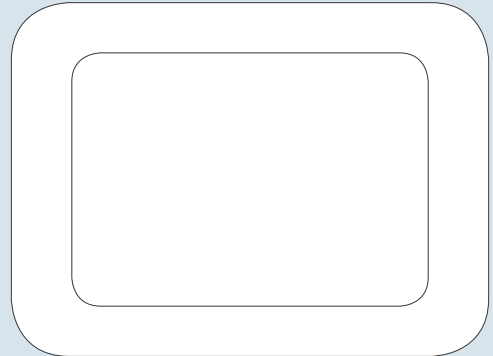
How does the family contribute to the community?



Make your own family portrait. Draw two identical portraits in the small boxes below. Color the first big box red. Color the second big box black. Answer the question that follows.



Family Portrait A

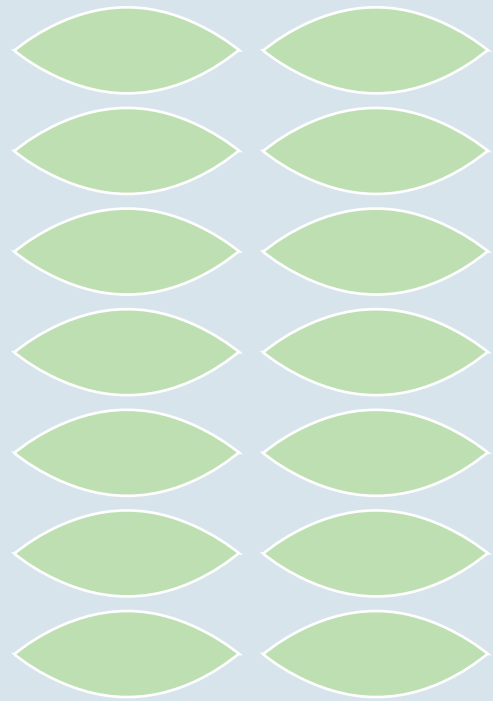


Family Portrait B

Which of these portraits do you think show a happier mood? Why?

MY FAMILY TREE

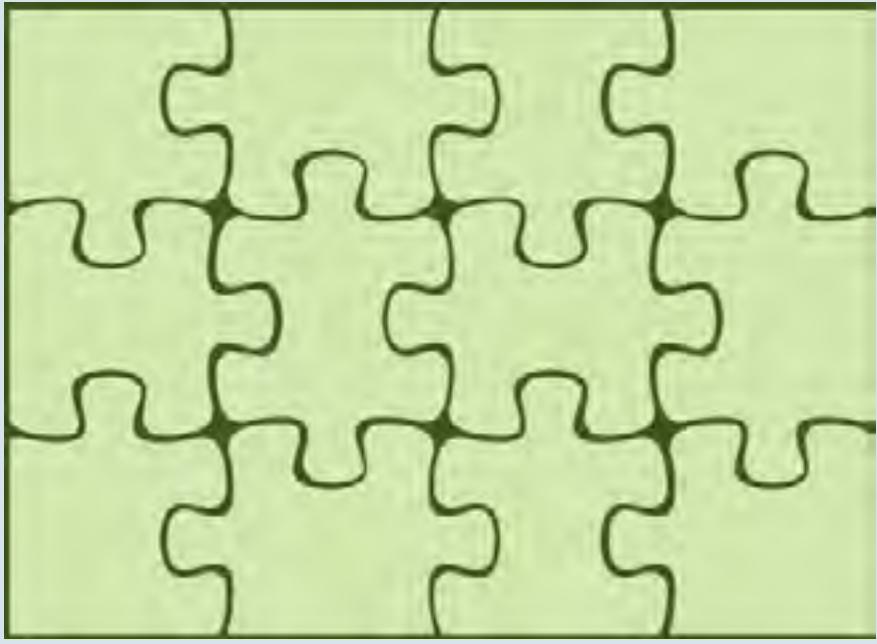
This is your family tree. You can paste photos of your family members or draw them in each leaf and write their names below.



(Cut the leaves above and paste each on the tree on the left.)

FAMILY PUZZLE

Draw or write the different ways of showing love to your family. Do these in each puzzle piece. Turn the paper over and cut along the lines. Put the puzzle pieces together with your family members.



LOVE FOR FAMILY

Look at the different scenarios presented below. How can you show your love to your family when they are in these kinds of situations?

Scenario 1



Scenario 3



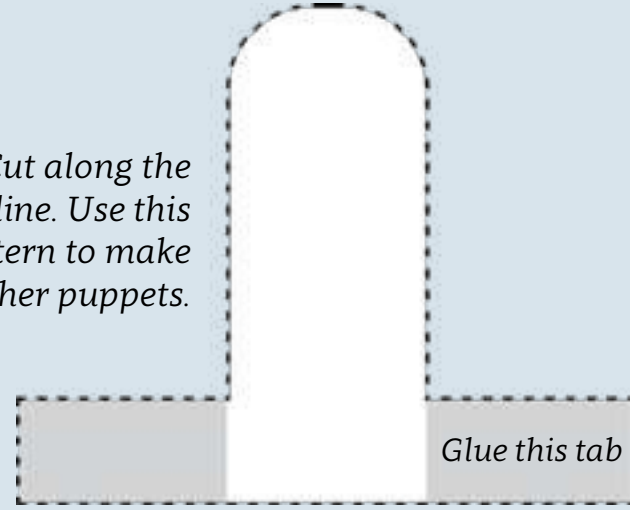
Scenario 2



USE FINGER PUPPETS!

Use finger puppets in telling your story. Using the template below, decorate the puppets using your different art materials. Cut them out and stick them on a cardboard. Loop the strap around your finger and glue the two ends together. Put one puppet on each finger (like in the picture below) and you have family finger puppets to play with!

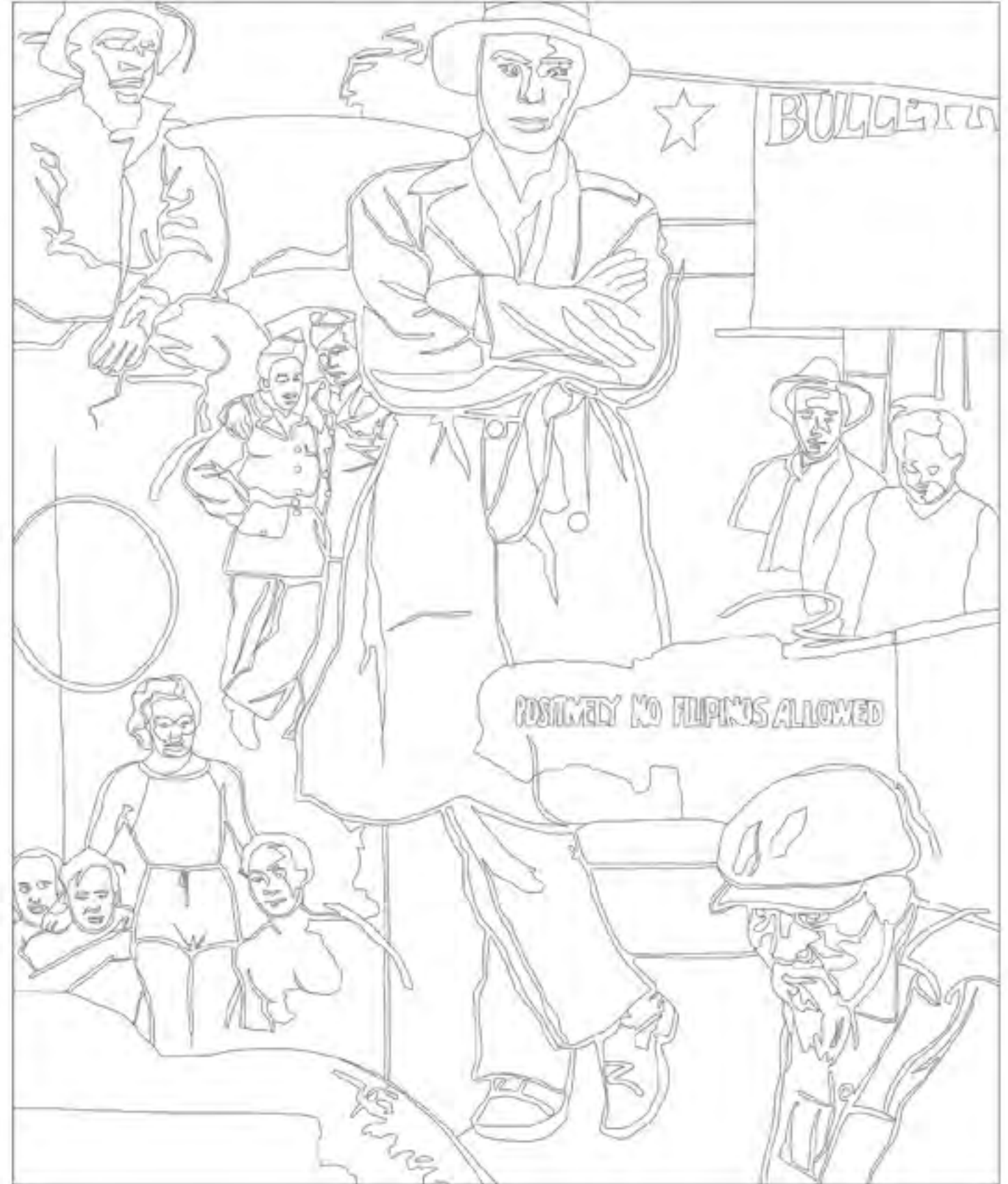
Cut along the dotted line. Use this pattern to make other puppets.





AMERICA IS IN THE HEART

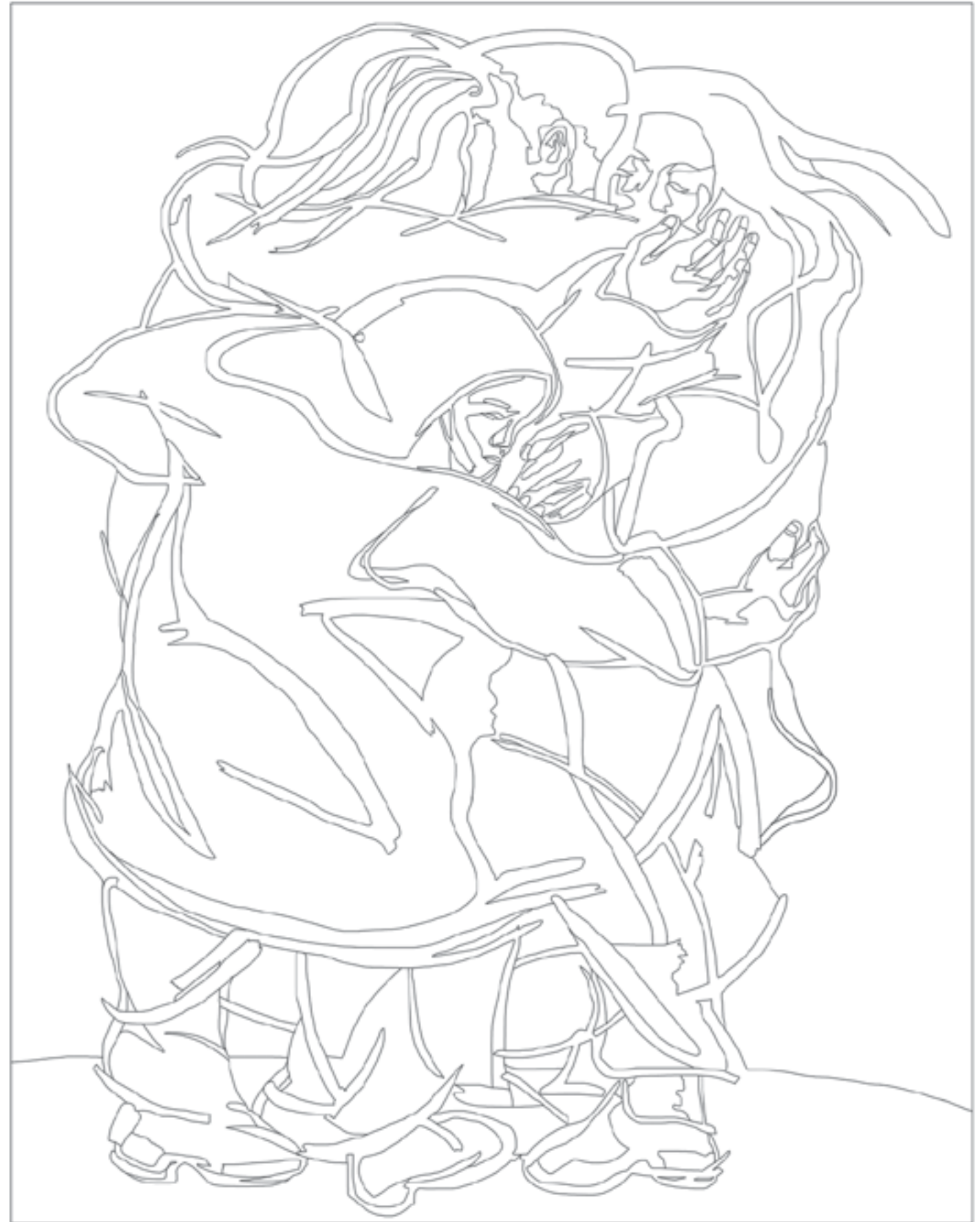
“While reading the book by Carlos Bulosan in San Francisco, I was inspired to do a painting based on our first Filipino migrant workers in the United States. I also depicted in the painting racial discrimination — or how people are treated differently because of how they look — at that time.”





REUNION

“The painting depicts the anxiety of Filipinos working in Iraq during the invasion of the US and coalition members. They, too, are affected by war.”



FAMILY REUNION

Study the painting in the previous page by answering the following questions.

1. What do you see in the painting? What is happening in it?

2. What is the emotion shown in this artwork? What made you say this?

3. What does the painting show about Filipino families who get reunited with their loved ones?

4. Have you ever experienced being reunited with a family member? Describe the feeling.

FAMILY REUNION

Complete the family reunion comic strip. Think about what typically goes on in it and what topics are usually talked about. Show how unique Filipino family reunions are by making dialogues and writing them in the dialogue bubbles.



Answer the questions below:

1. Have you been in this kind of reunion before? What is your most unforgettable experience in a family reunion?

2. Are reunions important? Why or Why not?

REUNION MAZE



Mother and Father who both have been working abroad are now back in the Philippines. Help them get reunited with their children.



LETTER WRITING

Who among your family members or relatives would you like to get reunited with? Why? On a separate sheet of paper, write him/her a simple letter expressing how much he or she is missed and why he or she is missed. Also include other important stories that you wish to share with him or her.



MANGGAGAWA

*“Here are hardworking construction workers on a break.
I wanted to show the dignity of labor.”*





“WORKER RESTING”

Study the painting by answering the following questions.

1. What do you see in the painting? What is the man doing?

2. Look closely at the arm of the man. What can you say about this? Why do you think his arm was illustrated this way?

3. What are farmers? How do they help the community?

4. Is it important to help and support our local farmers? What are the different ways that we can help them?



Can you spot 7 things that are different in these 2 pictures? Cross them out. Answer the questions on the next page.



What do farmers do?

How are they important to the community?



How does a farmer's hand look like? Answer this question by making a simple illustration of a farmer's hand in the box.

Write 2 to 3 sentences below to talk about your drawing.

FILIPINO WORKERS TODAY

Look at the painting. What does this tell us about our Filipino urban workers? Share your insights about this image by writing an essay on the space provided below.



"URBAN LIFE"



"SCAVENGERS"

Study the painting by answering the following questions.

1. Who are the people you see in the painting? What do they do?

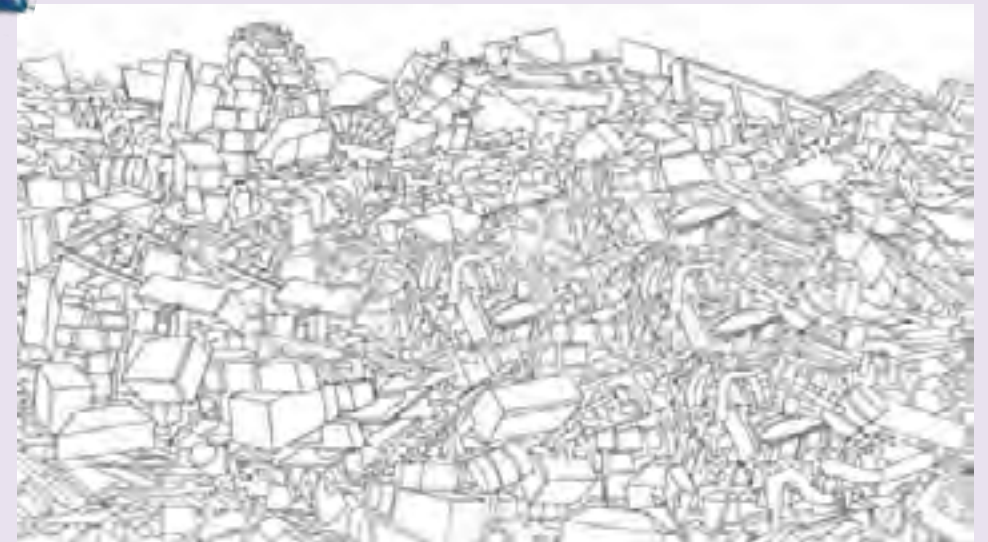
2. What can you say about the colors used in this painting? How do the colors contribute to its mood?

3. From the image shown, what can you say about the life of the scavengers? What are the different ways by which you can help them?

SCAVENGER HUNT

Below is the list of items that you will need to look for and color in our pile of garbage. Read the clues very well to help you color the pictures.

- Scavenger Hunt List:**
 a green glass jar,
 a silver screw, two
 aluminum cans,
 boxes, a pile of white
 papers, yellow and
 black plastic bottles,
 metal bars, a pile of
 newspapers, a wheel,
 metal scraps





POSTER FOR GARBAGE SCAVENGERS.

Look at the pictures below. What do these pictures show? How do you feel about them? In what ways can they be helped?

Answer these questions by making a slogan and colorful poster about these young garbage scavengers. Draw the ideas for your poster in the space provided below.



© Sidney Smeck



THERE IS CASH FROM TRASH

They say that one man's trash is another man's treasure. This holds true especially for garbage scavengers who collect glass and plastic bottles, newspapers, aluminum cans and scraps of metal from dumpsters and garbage piles in exchange of money.

Did you know that you can earn money out of trash too? Think of different ways by which you can do this and write them down below.





CANVAS' 1 Million Books for One Million Filipino Children Campaign aims to inspire in children a love for reading by donating its award-winning books to public schools, hospitals, and disadvantaged communities throughout the country.

A child that reads is a creative, empowered, and imaginative child who will learn independently, envision a brighter future, and ultimately lead a productive and meaningful life.

You can help us!
For more information, visit www.canvas.ph, email info@canvas.ph, or find us on Facebook: **Center for Art, New Ventures and Sustainable Development.**

CANVAS, a non-profit organization, works with the creative community to promote children's literacy, explore national identity, and broaden public awareness of Philippine art, culture, and the environment.

More books from CANVAS



ANG BATANG MARAMING BAWAL
Story by Fernando Rosal Gonzalez
Art by Rodel Tapaya



SI LUPITO AT ANG BARRIO SIRKERO
Story by Rowald Almazar
Art by José John Santos III



THE ROCKING HORSE
Story by Becky Bravo
Art by Elmer Borlongan



ELIAS AND HIS TREES
Adapted from "The Man Who Planted Trees" by Jean Giono
Adaptation by Augie Rivera
Art by Romeo Forbes



EARTH TALES: 3 ECO-FABLES FOR CHILDREN
"The King and the Royal Trees" by Paul Aird
Art by Ilee Olivares-Mellor
"The Hummingbird" (author unknown)
Art by Plet Bolipata
"The Star Thrower" (author unknown)
Art by Liza Flores



THE BOY WHO TOUCHED HEAVEN
Story by Iris Gem Li
Art by Sergio Bumatay III



SOL: A LEGEND ABOUT THE SUN
Story by Agay Llanera
Art by Farley del Rosario



ANG DYIP NI MANG TOMAS
Story by Genaro Gojo Cruz
Art by Anthony Palomo



MESSAGE IN THE SAND
Story by Charmaine Aserappa
Artworks by Roel Obenio



RIZALPABETO
Poems by Vim Nadera
Art by Elmer Borlongan



DOLL EYES
Story by Elme Santos
Artworks by Joy Mallari



TAHAN NA, TAHANAN
Story by Maria Isabel Alarilla-Arellano
Art by Don M. Salubayba



THE TRIANGLE MAN AND THE FLIGHTLESS DIWATA
Story by Kate Osias
Artworks by Dex Fernandez



NADIA AND THE BLUE STARS
Story by Francesca Nicole Chan Torres
Art by Liv Romualdez Vinluan



A FISH TALE
Story by Becky Bravo
Art by Daniel dela Cruz



THE CAT & THE BAT AND OTHER FABLES
Adapted by Rhandee Garlitos
Art by Elmer Borlongan



HERE BE DRAGONS
Story by Victor Fernando R. Ocampo
Artworks by Jon Jaylo



MY BIG SISTER CAN SEE DRAGONS
Story by Rocky Sanchez Tirona
Artworks by Liza Flores



INANG KALIKASANG BAD HAIR DAY
Story by Rele Etino Vibal
Artworks by John Paul Antido

