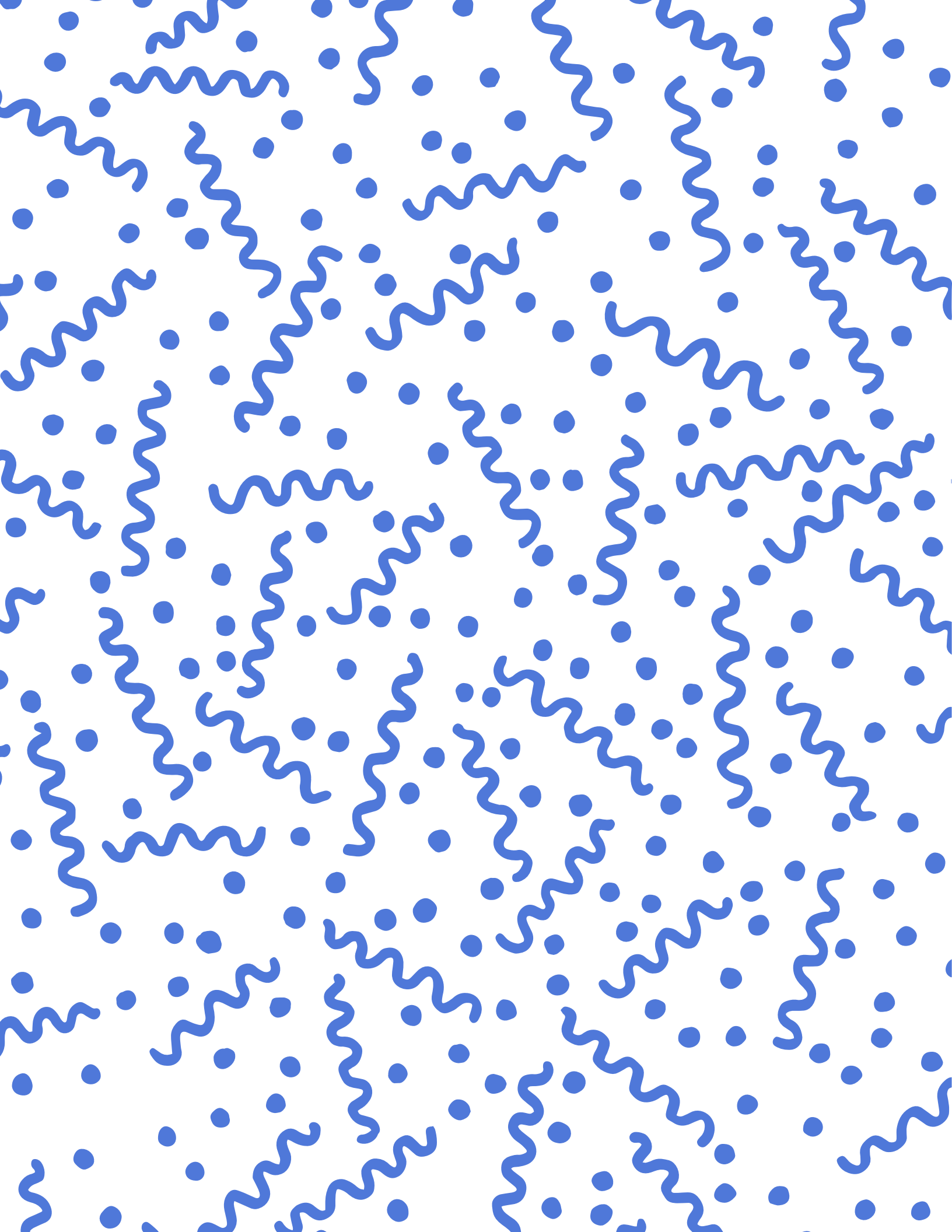
Reset Rooms

GALS +
MCA Denver +
Shannon Finnegan



Welcome!

This project references the “Reset Room” at Girls Athletic Leadership School Denver – a space students are encouraged to visit when they are feeling overwhelmed or distracted by emotions. Each student created their own redesign of the reset room here at the museum. Each is a multi-sensory space tailored to a specific feeling or mood. Come hang-out!

– Shannon Finnegan, Teen Programs Artist-In-Residence

Participating Students

Makayla Pacheco
Mariajose V.
Iris M
Jacquelin Olivas
Daniela R.
Pilar Santos
Mason R.B.
JuJu
Vae
Janniyah
@colorninkblots
Jada
Lela B
S.S.S.
Torres
A. Jones
SCS

About This Program

MCA Denver’s Outreach programs bring exhibiting artists, local professionals, and more into a school setting, with each program taking on its own identity. From February 24 to March 15, 2020, GALS art teacher Erica Jo Gonzalez collaborated with Shannon Finnegan and MCA Denver’s Alexandria Jimenez for this residency, which is took place at both the museum and GALS.

The Idea Box is a space to showcase art made by teens, for everyone.

MCA Denver is free for teens, always

MCA DENVER TEENS

This playlist is for when

you feel *sparkle*

Made by

Makayla Pacheco

Songs

- *Gunna* – Skybox
- *Jungle* – Drake
- *Ptsd* – G Herbo ft. juice WRLD
- *Blinding lights* – The Weekend
- *Broke Boi* – Playboi Carti
- *Fell in luv* – Playboi Carti
- *Lean 4 Real* – Playboi Carti

This playlist is for when

- I’m tired
- I just wanna relax
- I wanna be alone and have peace
- Or wanna sleep

Made by

Mariajose V.

Songs

- *Sleeping Music 001* — Sleep & Dream Zone
  Beautiful relaxing music
  Peaceful piano music
  Birds singing
  Sleep music

Mood: Disembodied, disassociating | Song: Body, Mother Mother
By: @colorninkblots

Mood: Chill vibez / Song: Wet, The Middle / By: Jada

By Iris M.

This playlist is for

- Happy
- Relaxed
- Calm

Made by

Iris M

Songs

- *Adore you* – Harry Styles
  "Walk through fire for you just let me adore you"
- *Blinding lights* – The Weekend
  "No, I can't sleep until I feel your touch"
- *Flamin hot cheetos* – Clairo
  "I'm such a romantic
  I never remember how things really happen
  I guess you're attractive
  Or something"
- *4EVER* – Clairo
  "Is it ever gonna change?
  Am I gonna feel this way forever?
  Are you gonna be around for me to count on?"
- *Houdini* – Foster the People
  "With lights turned up it's hard to hide"
- *Can i call you tonight* – Dayglow
  "So can I call you tonight? I'm trying to make up my mind, just how I feel"

- *No going back* — Yuno
  "There's no going back for me, baby, your nowhere I wanna be"

- *Ruin your night* — sorcha richardson
  "Stirrin' up a hurricane, oh it is a losing game
  You should just forget my name"

- Sit next to me — Foster the People
  "I'm saying
  Come over here sit next to me
  We can see where things go naturally
  Just say the word and I'll part the sea"

- Life on the nickel — Foster the People
  "And say, 'I'm calm and feeling warm.'
  I'm not quite there, but I'm close"

This playlist is for when

I'm sad and when I'm with friends being in La Depre

Made by

Jacquelin Olivas

Songs

- *Quiero Ser* – Los Primos Del Este
  "Si al contrario, pues, nomás escúchame
  Solo quiero conocerte más
  Quiero ser el único que te va amar"

- *Te Apuesto* – Marca MP
  "Apuesto que todavía cruzo por tus piensamientos
  Que también extrañas las veces que te recorría todo el cuerpo"

- *Amor Tumbado* – Natanael Cano
  "Yo no soy aquel que te dio rosas
  Pero te di mi corazón y es más valiosa
  La forma en que te trataba, y lo superé"

- *Seca Tus Lagrimas* – Natanael Cano
  "Seca tus lágrimas, luego levántate
  Vete y no vuelvas, y hasta que tú estés
  Pensando claro, deja ese llanto
  Porque ese cuento yo ya me lo sé"

- *Segun Tus Labios*
  – Los Plebes del Rancho Ariel Camacho
  “Ya llegaste tarde
  Ya no siento nada
  La llama que ardía
  Se encuentra apagada
  Te amé, no lo niego
  Pero es cuento viejo
  De ti no quiero nada”

- *Por Tu Culpa* – Porte Diferente
  “Me lo hisistes mal eso no se va perdonar
  Por tu culpa es imposible pa’ volver amar
  Por tu culpa ya ni me quiero enamorar
  Me voy con otras y quedan bien sentimental”

- *Todavia no se me olvida* – Alexis Garcilazo
  “Todavia no se me olvida tu forma de hablar, no se me va quitar nomas asi...esa sonrisa esa mirada Lo que me encanta es lo que me mata y no se que pasa, no so el mismo.”

- *La Torre NY* – Natanael Cano
  “Ya no tengo miedo de irme a dormir
  Ya no pierdo el tiempo llorando y pensando en ti
  Saco un lighter, prendo uno, pa’ no sentir
  Y acordarme de todas esas veces que me arrepentí
  No, no se preocupen que hoy
  Nos va mucho mejor”

- *Ya te Supere* – Los Parras
  “Y ya te superé
  Ya no siento nada
  Ni andando borracho eh contestado tus llamadas
  Ya te superé
  Y eso te daba miedo
  Porque muy en el fondo sigues deseando mis besos”

- *No soy lo que piensas* – Natanael Cano
  “No te vaya a enamorar más de mí
  Porque yo no soy lo que piensas
  Te puedo hacer sufrir
  Te lo advierto no quiero que digas que me amas
  Porque cada día ando con otra”

Mood: Angry / Song: Bad Reputation, Joan Jett / By: Lela B

Mood: Lonely :(/ Song: Everything is scary, German Error Message

This playlist is for when

I’m sad in my room or taking a shower

Made by

Daniela R.

Songs

- *Quiero ser* – Los Primos Del Este
  “Solo quiero conocerte más
  Quiero ser el único que te va amar
  Mi corazón es para ti nomás
  Deja ser el hombre que te va a amar”

- *Por mí no te detengas* – Banda MS
  “No te vas
  Porque no te conviene
  Como yo te he besado
  No has de hallar quien te bese
  Yo no me ando con celos
  Ya te lo he dicho siempre
  El amor no se forza
  Tan solo se siente
  No te vas
  Porque yo soy tu dueño
  Va a sonar presumido
  Pero sé a qué me atengo
  Tal vez sea la costumbre
  O el sabor de mis labios
  Que te gusta lo bueno
  Eso lo tengo claro”

- *Lluvia en tus pestañas* – Virlan Garcia
  “Como el agua clara
  Lluvia en tus pestañas
  O como tus labios
  Besando mi cara
  Yo soy ese intruso
  Que aprovecha pa’ observarte
  Después de tu cuerpo
  El alma quiero desnudarte
  Labios rojo intenso
  Y fuego que cien mares
  Nunca apagarían
  Porque eres la llave
  Tienes la receta
  Mi alegría y mis verdades
  Que me dan la fuerza
  Para despertarme”

- *Por tu culpa* – Porte Differente
  “Por tu culpa ya ni me quiero enamorar
  Me voy con otras y quedan bien sentimental
  Perdon chiquita pero no se que tu pensabas
  Adonde esta tu casa ahorita te voy a dejar
  Por tu culpa cambiastes todito mi vida
  Un diablito que busca amor para lastimar
  Te voy a destruir como me lo hicieron a mi
  Mejor ni te acerques por que aqui llegara tu fin”

- *Reza* – La Prendidisima
  “REZA para que cuando me recuerdes no te duela
  Y al extañar mis besos no sientas tristesa
  Y ojala y no encuentres alguien que te quiera
  REZA para que no sientas deseos de besarme
  Pa que tus manos no quieran acarisiarme
  Mejor ya vete no soporto ni escucharte
  REZA y pidele perdon a dios que yo no voy a perdonarte”

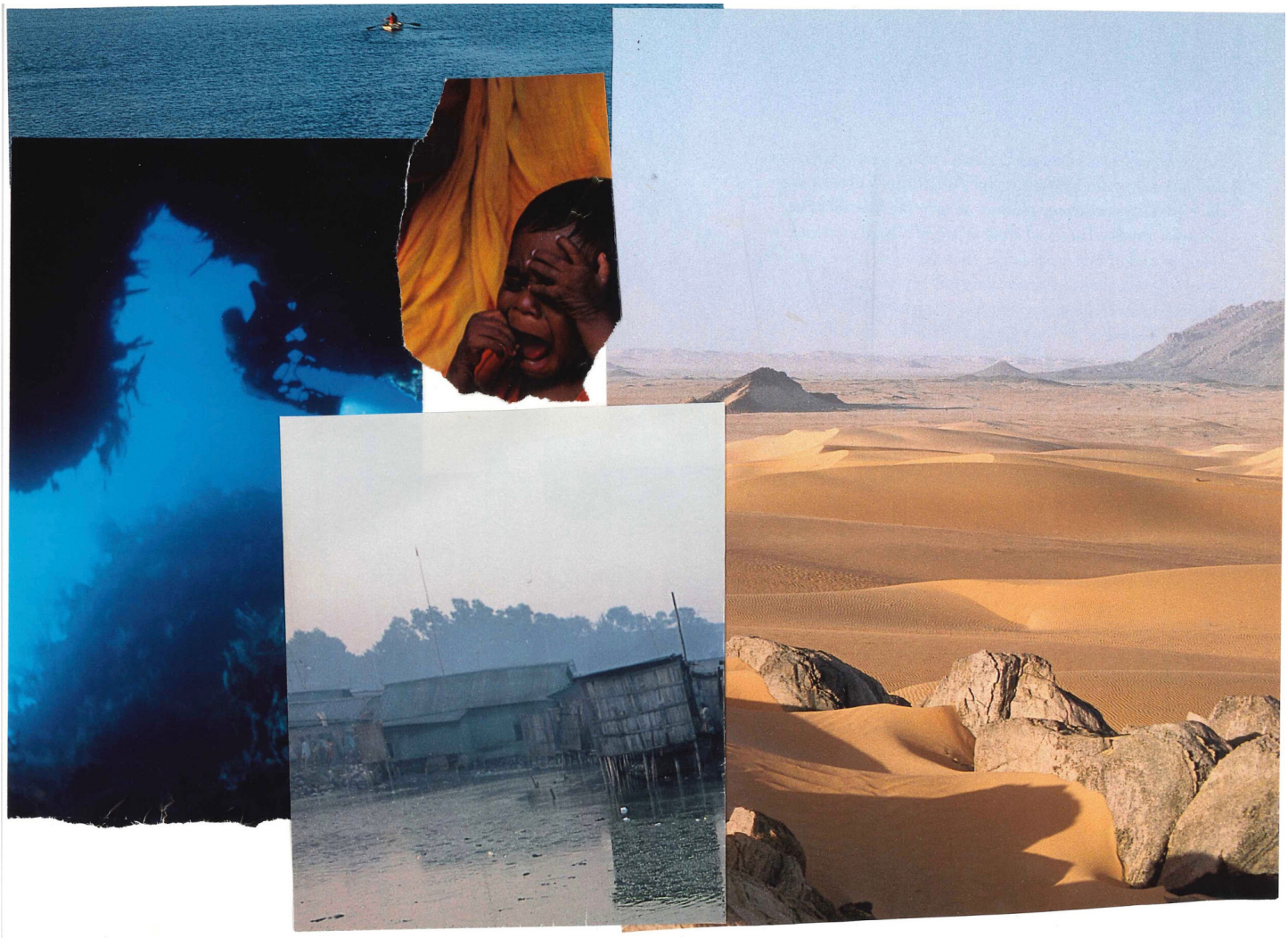
- *La güera* – Esteban Gabriel
  “Como me encanta esa güera que es inmigrante
  Trae buena pila para seguirle adelante
  La chica mala que viene de california
  Muy pensativa, pero salió un poco floja”

- *Amor tumbado* – Natanael Cano
  “Yo no soy aquel que te dio rosas
  Pero te di mi corazón y es más valiosa
  La forma en que te trataba, y lo superé
  La canción se acaba y tú constante
  El WhatsApp me lo estás llenando de mensajes
  Hey, ya no llames, que el amor también se volvió odio, recordé”

- *Que bonito es querer* – Ulices Chaidez
  “Hoy no es 14 de febrero
  Pero te quiero regalar
  Las estrellas que hay en el cielo
  Tal vez te las pueda bajar”

- *Piel de seda* – Esteban Gabriel

- *La torre NY* – Natanael Cano



Mood: Alone / Song: Silent Scream, Anne Blue / By: S.S.S.

This playlist is for

Chill/mellow

Made by

Pilar Santos

Songs

- *Imagination* — Shiloh Dynasty
  List w/ headphones
  When the beat drops your soul is transported in another place & you can only focus on the music. Some parts, it feels like the song is circling you. & it sounds like crumpling paper surrounding you but it has a positive nature-y feeling.
  0:18 — the beat drops with a cool “crinkle” effect
  1:00 – the beat just snatches your soul
- *I’m Sorry* — Shiloh Dynasty ft. Swell
- *Soft Skin* — Timmies
- *Do Not Disturb Instrumental*
- *Put Your Head on my Shoulder* — Paul Anka

- *Sing to you* – Shiloh
  “And I’ll sing to you...symphonies”
- *Best Part* – H.E.R.
- *Panic Room* – Au/ra
  “Welcome to the panic room where all your darkest fears are gonna comfort you”
- *Promises* – Jhené Aiko

This playlist is for

Chaotic calm

If you need to get your mind off something, turn the volume up and have something to focus on.

We always listen to lyrics but these are some songs with good instrument parts to appreciate and rock out to.

Made by

Mason R.B.

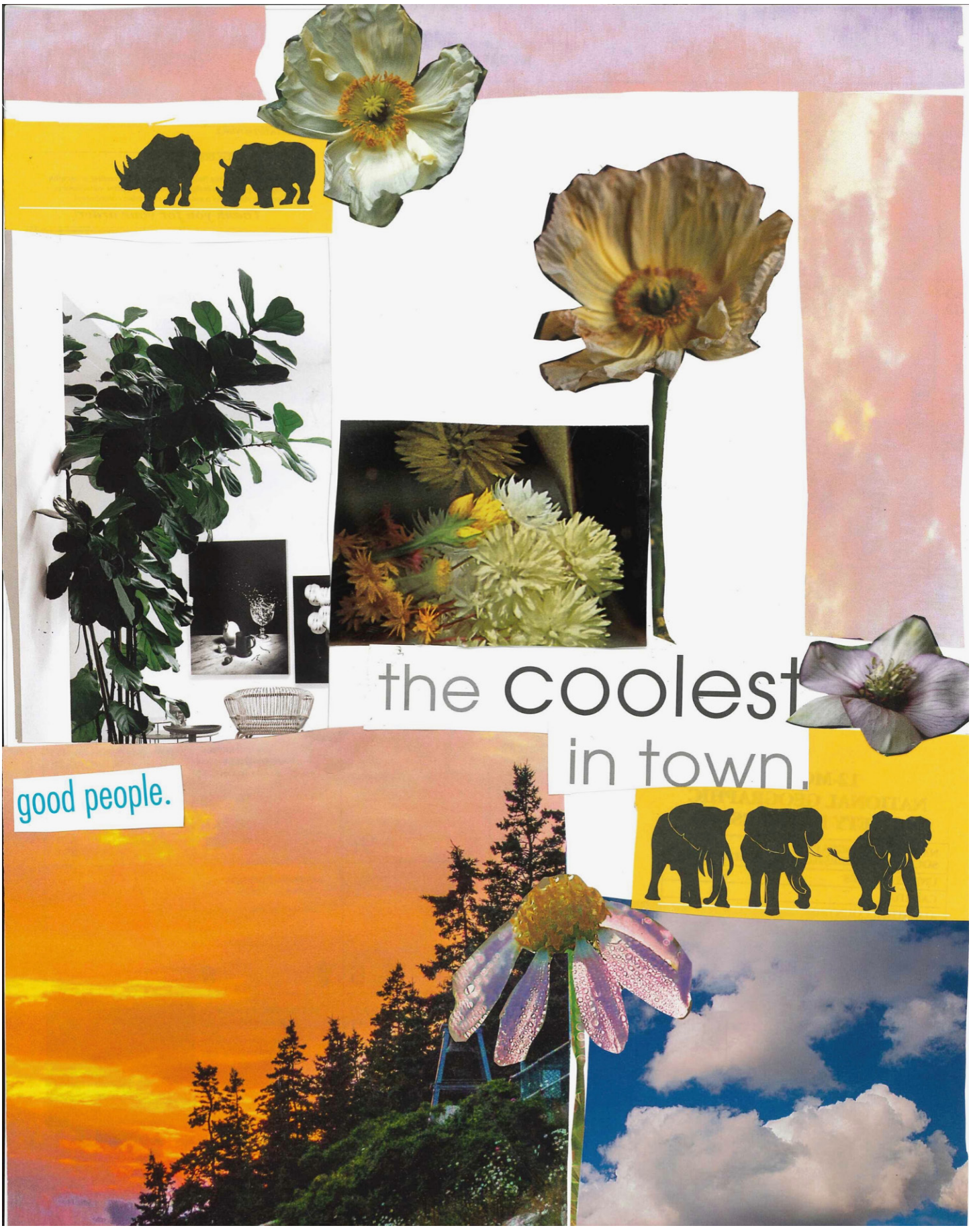
Songs

- *Eye of the Tiger* – Survivor
  "Don't lose your grip on dreams of the past
  You must fight just to keep them alive"
- *Give it Away* – RHCP
  "Greedy little people in a sea of distress
  Keep your more to receive your less"
- *Holiday* – Green Day
  "I beg to dream and differ from the hollow lies
  This is the dawning of the rest of our lives"
- *Immigrant Song* – Led Zeppelin
- *My Generation* – The Who
  "I hope I don't die before I get old"
  (Hillary Duff version)

- *American Idiot* – Green Day
  "Well maybe I'm the f***** America
  I'm not part of the redneck agenda"
- *Vertigo* – U2
  "The jungle is in your head, can't rule your heart
  A feeling's so much stronger than a thought"
- *Oh Yeah!* – Green Day
- *Sunshine of your Love* – Cream
  "I'll be with you when the stars start falling"
- *Seven Nation Army* – The White Stripes

DIOR
LOUIS VUITTON
LE CORBUSIER
P. JEANNERET
L'ARCHITECTURE VIVANTE
GIVENCHY

By: Torres



Mood: Happy / Song: Lost, Frank Ocean / By: A. Jones

This playlist is for when

I'm chilling and vibing. So I would listen to it everyday because I tend to feel different throughout the day.

Made by

JuJu

Songs

- *Cinderella Story* — a boogie
  Reminds me of my boyfriend and me being happy.
  "My vibe is your body (my vibe is your body)"

- *In her Voice* — moneybagg yo
  I picked this song b/c it reminds me how dude know how we think but don't care.
  "In her voice, 'Baby, why you gotta thug on me? (Damn, why, babe, why, babe?)'"

- *Me & my bitch* — YG
  It's a good song b/c it reminds me of a few things in my past

- *Brazy* — J.I
  Because it's facts what he sings
  "Nobody fucks with me the way I fuck with them"

- *How would you feel* — rod wave
  Just has you think and sit back

- *4 min convo* — a boogie
  A vibe, just love the music

- *Company* — J.I
  Reminds me of good times but speaks truth
- *Company pt 2* — J.I
- *Vintage and Adventurous* — Conradfromdaave
  It's a good beat, a party song
- *Need me* — J.I
  Just a good song

This playlist is for when

Throwback vibes

Made by

Vae

Songs

- *Tru* – Llyod
  "This is me so please accept me for who I am
  And please accept me for what I do
  I'm just doing everything that I can
  Cause all I wanna be is true
  So please accept me for who I am
  And please accept me for what I do
  Cause there's no me without you
  And all I wanna be is true"

- *Next to you* – Mike Jones
  "I'm waiting, anticipating for you baby
  ('Cause I gotta be next to you)
  And I'm wanting you 'cause you got me
  Boy you got me
  ('Cause I gotta be next to you)"

- *Bust it baby, Pt. 2* – Plies
  "Best believe she got that good thing,
  She my lil' hood thing, ask around they know us, know us
  They know that's my (bust it) baby
  Everybody know that's my (bust it) baby
  Everybody know that's my"

- *Put it on me* – Ja Rule
  “Where would I be without my baby?
  The thought alone might break me
  And I don’t wanna go crazy
  But every thug needs a lady”

- *Southside* – Llyod and Ashanti
  “I’ll put you in the hood bug, I know what I’m doin’,
  ‘Cause that’s where we’ll be eating on the low
  (Ashanti: eating on the low).
  Meet me at the south side, baby we can go hide”

- *Complicated* – Avril Lavigne
  “Why’d you have to go and make things so complicated?
  I see the way you’re acting like you’re somebody else
  gets me frustrated / Life’s like this”

- *Bartender* – T-Pain
  “Ooh, she made us drinks to drink
  We drunk ‘em, got drunk
  And then I think she thinks I’m cool
  She gave me a wink, I winked back
  And then I think that we hit it off something proper like...
  I like the bartender”

- *How you gonna act like act* – Tyrese
  “How you gonna up and leave me now
  How you gonna act like that
  How you gonna change it up, we just finished makin’ up
  How you gonna act like that
  How you gonna act like we don’t be makin’ love
  You know we be tearin’ it up, breakin’ stuff,
  that ghetto love”

This playlist is for

euphoria
(real vibey, but puts you in a good mood)

Made by

Janniyah

Songs:

- *Tribe* — Bas ft. j cole
  "Stuck in a rock and a hard place though
  Is it true what they say?
  The higher you go, the longer the fall?
  Well, I dropped to the floor,
  The knock at the door was on cue
  Uh, I thought that I saw it all 'til I saw you"

- *loyal* — partynextdoor ft. drake
  "True, you're a star in my head
  You, no need fi raise war with my friends
  True, you're so bad, we don't need to pretend"

- *Get you* — daniel caesar
  "Kingdoms have fallen, angels be calling
  None of that could ever make me leave
  Every time I look into your eyes I see it
  You're all I need"

- *city girls* — ynw melly
  "And I know that you're young and you're filled with life
  Ain't no need to be ashamed, I don't judge nor bite"

- *Garden* – SZA
  “Call me on my bullshit
  Lie to me and say my booty gettin’ bigger even if it ain’t
  Love me even if it rain
  Love me even if it pain you”

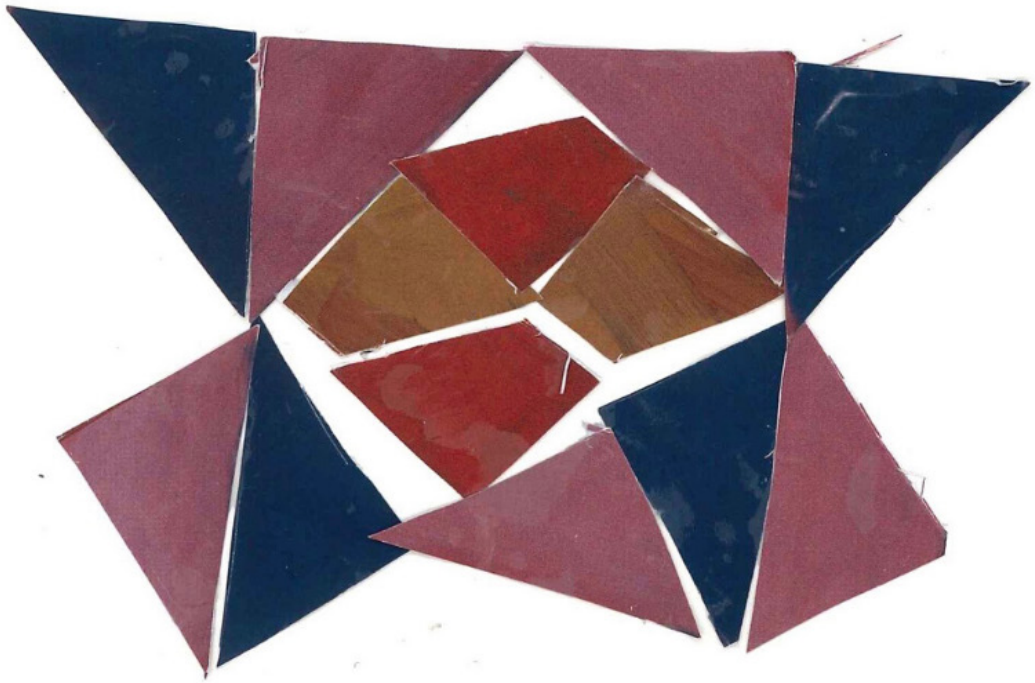
- *moments* – Jhené Aiko
  “‘Cause, baby, in a world full of cancer
  Where everyone needs a ransom
  My mama said ‘love is the answer’”

- *heebiejeebies* – Aminé
  “You, you got so much potential
  Every moment spent with you
  I bet was always eventful”

- *melanin magic* – remy ma
  “I got that up north glow, body lookin’ like cinnamon”

- *potential* – summer walker

- *under the sun* – dreamville
  “I just put diamonds on all of my teeth
  Now they probably think I ain’t intelligent”



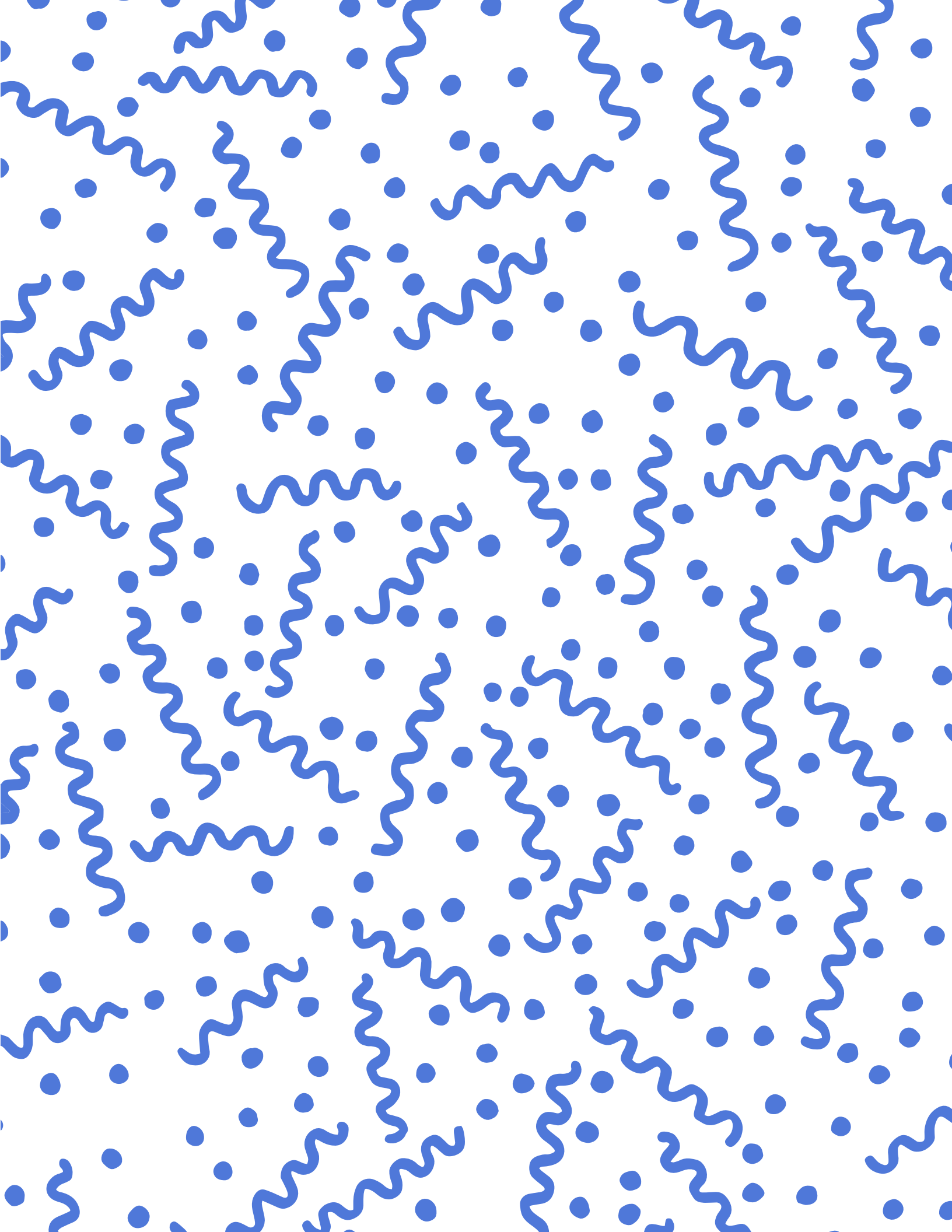
By: SCS

Mood: Detached / Song: Sound of Silence

Additional Context

We started this project by talking about TL's working definition of ableism:

ABLEISM
a·ble·ism \ noun
A system that places value on people's bodies and minds based on societally constructed ideas of normalcy, intelligence, excellence and productivity. These constructed ideas are deeply rooted in anti-Blackness, eugenics, colonialism & capitalism. This form of systemic oppression leads to people and society determining who is valuable & worthy based on a person's appearance and/or their ability to satisfactorily [re]produce, excel & "behave."
You do not have to be disabled to experience ableism.

Working definition by Talila "TL" Lewis in conversation with Disabled Black and other negatively racialized folk, especially Dustin Gibson; updated January 2020.

Some of our guiding questions for this installation are:
Who was this space created for?
Who cannot be here or is not welcome here?
What are ways of disrupting ableism in this space?