

## ***Creative Expressions and Art***

### *Syllabus for 8 Week Program*

#### What's the structure for the class?

- Class is available online
- You can join the class whenever — even in the middle of our 8 week program!
- Class is 45 minutes to allow for clean up of the art supplies.
- Flow of the class:
  - Checking-in & gather materials
  - Introduction of the theme and activity
  - Doing the art together!
  - Share & reflect: If you feel comfortable, share your work, thoughts, and process!
  - Wrap up & info for next week
- If you are attending online, **please gather your materials ahead of time.**


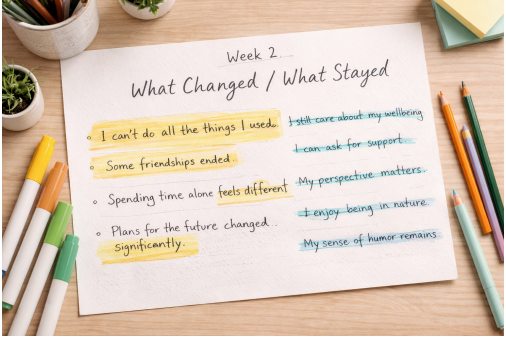
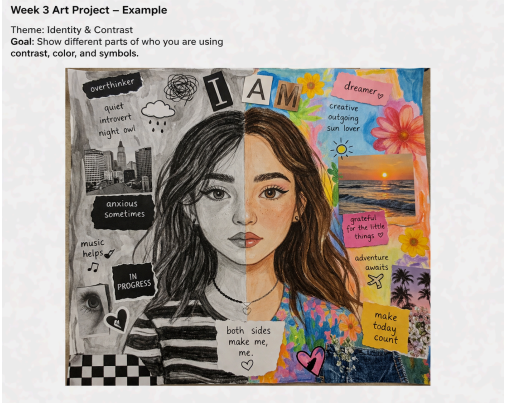
#### What materials do I need for the class?

Since this is a purely online class, please have these materials ready for class. There are recommended materials for all classes, and materials required for **specific weeks**. Please check the class info page to see which week we are in.

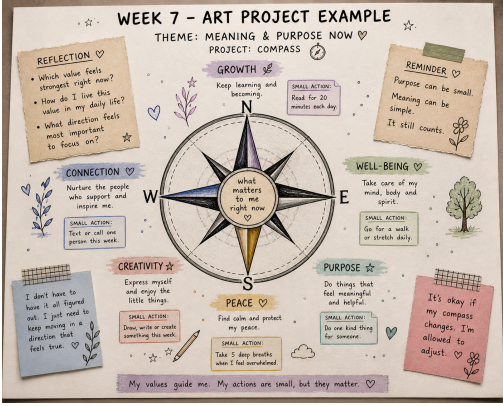

#### *General materials to prep for every class*

- Pen (any color)
- Pencil
- Paper
  - Mixed media paper if available (Copier paper is okay too!)
- Coloring materials — **at least one** of the following options
  - Acrylic paint OR tempera paint
  - Watercolors
  - Markers OR colored pencils OR crayons
- Paint tools — **at least one** of the following options
  - Paint brushes
  - Foam paint brushes OR paper towel
- Crafts supplies
  - Glue sticks OR Mod Podge
  - Scissors

## Materials to Prepare for Each Week

Week	Material	Examples
Week 1	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> 1–2 sheets of paper Pen or pencil</li> <li>● <b>Optional Materials:</b> Colored pencils, markers, or crayons Highlighters Stickers or simple decorative elements</li> </ul>	
Week 2	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> 1 sheet of paper Pen or pencil Highlighter or colored marker</li> <li>● <b>Optional Materials:</b> Multiple highlighters or colored pens Eraser (for soft fading effect) Pencil for lighter writing before highlighting</li> </ul>	
Week 3	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> Play-dough, clay, or any moldable material</li> <li>● <b>Alternative Materials (if no clay):</b> Paper (to crumple, tear, or shape) Tissue paper or napkins Aluminum foil</li> <li>● <b>Optional Materials:</b> Small tray or surface to work on Toothpick or pen (to add texture or detail)</li> </ul>	<p><b>Week 3 Art Project – Example</b> Theme: Identity &amp; Contrast Goal: Show different parts of who you are using contrast, color, and symbols.</p> 

<p>Week 4</p>	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> 1–2 sheets of paper Pen or marker</li> <li>● <b>Optional Materials:</b> Colored pencils, markers, or crayons Ruler (to create sections) Sticky notes (each note = a “piece”) Scrap paper for layering</li> </ul>	<p>WEEK 4 – ART PROJECT EXAMPLE THEME: PIECES OF ME STILL HERE PROJECT: PATCHWORK SELF</p>
<p>Week 5</p>	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> Paper or canvas Paint (watercolor, acrylic, or any available paint)</li> <li>● <b>Optional Materials:</b> Paintbrushes Cup of water Paper towels or cloth Alternative tools (sponges, fingers, cotton swabs) Palette or plate for mixing colors</li> </ul>	<p>WEEK 5 – ART PROJECT EXAMPLE THEME: REDEFINING ABILITY PROJECT: WINDING PATH</p>
<p>Week 6</p>	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> 1 sheet of paper Pen or marker</li> <li>● <b>Optional Materials:</b> Scissors Tape or glue (to stabilize structure) Colored pencils or markers Scrap paper for leaves or added layers</li> </ul>	<p>WEEK 6 – ART PROJECT EXAMPLE THEME: NEW WAYS OF BEING PROJECT: 3D STAND-UP TREE</p>

<p>Week 7</p>	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> 1 sheet of paper Pen or marker</li> <li>● <b>Optional Materials:</b> Colored pencils or markers Ruler (to structure compass) Highlighters Stickers or symbols for values</li> </ul>	
<p>Week 8</p>	<ul style="list-style-type: none"> <li>● <b>Core Materials:</b> 1–2 sheets of paper Pen or marker</li> <li>● <b>Optional Materials:</b> Scissors Tape or glue Envelope (if available) Colored pens or markers Small slips of paper or index cards</li> </ul>	

**Amazon Shopping List**

\*You do NOT have to purchase everything on the shopping list to participate in the class. You can choose similar products/materials and use what you have!