

Creative Expressions and Art

Syllabus for 8 Week Program

What's the structure for the class?

- Class is available online and in-person (El Segundo, California).
- 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.**

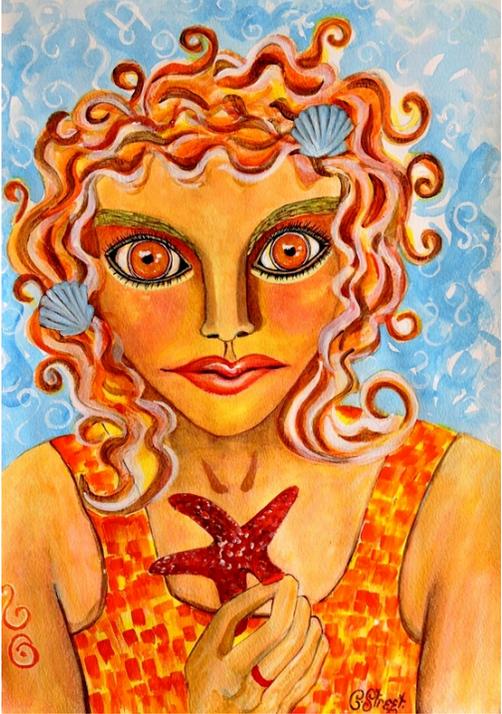
What materials do I need for the class?

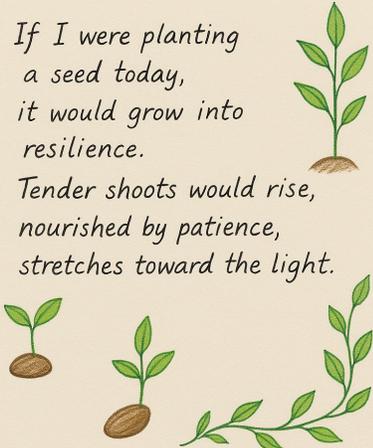
If you are **attending in-person**, we will have all materials provided for you. If you are attending online, please have these materials ready for class. There are recommended materials for all classes, and materials required for **specific weeks**. Please check the class info page to see which week 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

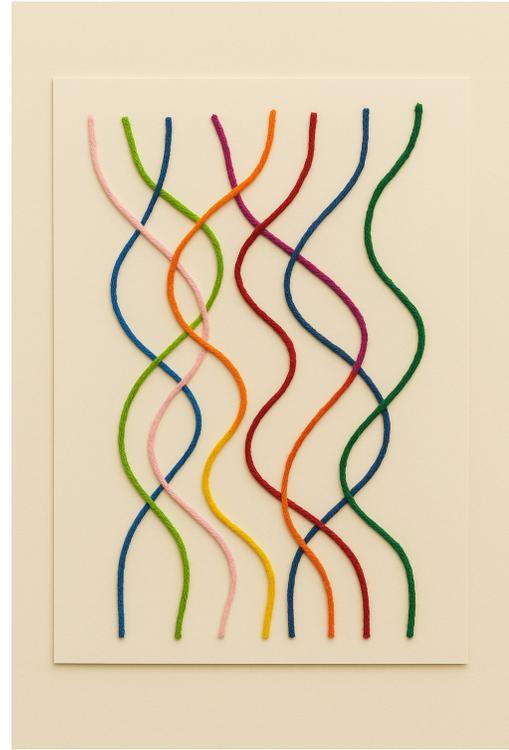
Materials to Prepare for Each Week

Week	Material	Examples
Week 1	<ul style="list-style-type: none">• Colored pencils• Watercolors• Cardstock• Seasonal color palette images• optional nature sounds	
Week 2	<ul style="list-style-type: none">• Colored or patterned paper• Scissors• Glue sticks• Markers• Tissue paper	

<p>Week 3</p>	<ul style="list-style-type: none"> ● Pastels ● Tissue paper ● Cotton ● Glue ● Construction paper, ● Optional instrumental music 	
<p>Week 4</p>	<ul style="list-style-type: none"> ● Writing paper or journals ● Pens, colored markers, or watercolor pencils ● Optional: decorative paper, glue sticks, small seed imagery for collage ● Calming instrumental background music 	<div data-bbox="963 793 1382 1352" style="border: 1px solid #ccc; padding: 10px; background-color: #f9f9f9;"> <p style="text-align: center;"><i>Seeds of Renewal</i></p> <p><i>If I were planting a seed today, it would grow into resilience.</i></p> <p><i>Tender shoots would rise, nourished by patience, stretches toward the light.</i></p>  </div>

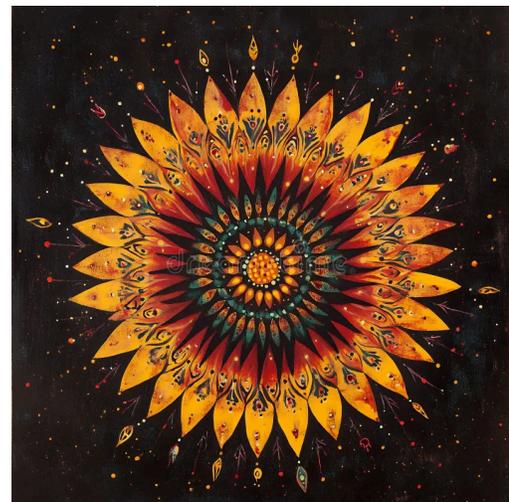
Week 5

- Yarn or embroidery thread (various colors)
- Scissors
- Glue sticks
- Liquid glue
- Heavy paper or canvas board
- Optional markers
- Labels for written reflections



Week 6

- Compass/circular templates
- Marker
- Watercolor pencils
- Gold/silver pens



<p>Week 7</p>	<ul style="list-style-type: none"> • Notebook or paper for mapping • Pens, markers, or colored pencils • Access to a music streaming app or playlist (Spotify, YouTube, phone library) • Optional: small percussion object for rhythm (desk tap, pen, drum, tabletop) • Optional: shared playlist or link space (Google Doc or chat thread) for participants to post songs 	
<p>Week 8</p>	<ul style="list-style-type: none"> • Mixed-media materials from prior weeks • Glue • Scissors • Optional journaling sheets • Calming music 	

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!