

Description of Classes

Artdemics: Academics through Art

Artdemics adopts an interdisciplinary approach towards learning, bringing together academic learning and art, giving learners opportunities to interpret and understand the world around them in a creative and fun way through their own artistic explorations. For younger learners, Artdemics taps into the wonder and curiosity of the living and non-living world around them through hands-on exploratory art activities. For junior students, the Artdemics approach provides an opportunity for learners to explore an academic topic, gaining innovative ways of reflecting the world around them through a visual and artistic eye and from learning how art, both now and in the past relates to our human and physical world.

Conventional subjects of science, geography, history and literature that are normally studied within an academic setting can ignite interest and creativity within young minds through a uniquely art perspective, facilitating original thinking that expands your child's learning experience beyond traditional curricula and into the living and active world around them. For creative thinkers, this expansion of learning can be as poignant as being inspired by a strange and beautiful cloud in the sky to delving deep into a creative project sparked by curiosity and imagination.

Within a small group setting, I work individually with learners to explore a chosen topic within science, history, geography or literature. The way it works is simple: a student chooses what he or she is interested in studying and I will help him or her explore this topic through an art project, guiding the student from inspiring idea to completed project. I provide and facilitate ideas on how to begin, everything from brainstorming to experimenting with various art mediums to develop the student's ideas into artistic form.

Within Artdemics, students can choose to work independently or collaboratively in small groups to complete a creative project around an academic topic of interest that they wish to explore. Kept to a maximum of 4 participants per session, Artdemics groups are small but creatively big.

ArtSci: Exploring Science through Art

ArtSci explores scientific concepts within the living and physical world around us through the wonders of art. Everything from fibonacci patterns in nature to the microscopic world of multicellular organisms are explored through hands-on art activities and projects that include drawing, painting and mixed media. Scientific subjects of study are drawn from the B.C. school curriculum and include topics within Life Science, Physical Science of matter and energy on earth and beyond into Space.

Arts & Crafts

This course gives the opportunity of working with different materials (e.g. paper, paint, fabric, wood) and techniques (such as collage, print making). Each session starts with a topic to explore which leads to develop thematically related activities. These fun activities help the participants express their feelings and imaginations through arts and crafts.

Art & Inquiry (for Children)

“Art washes away from the soul the dust of everyday life.” ~ Pablo Picasso

This course is about engaging children in discussion around topics related to art or famous pieces of art. For instance, children may read a storybook such as *‘The Lion and the Little Bird’* or *‘Something Beautiful’* and explore questions such as “What is art?”, “What relationship does art have to nature?”, “What makes something beautiful?”. Through the process of exploring, examining, and expressing freely, children create different paintings, drawings, crafts or collage and make them their own.

Art & Inquiry (for adults)

“Art washes away from the soul the dust of everyday life.” ~ Pablo Picasso

This course is about discussing works of famous artists or topics related to art and then creating art based on our discussion. Through the process of exploring, examining, and expressing freely, we create different paintings, drawings, crafts or collage and make them our own.

Artists for Children

“If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced.”
Vincent Van Gogh

Artists for Children is about introducing great artists to children and exploring their lives and arts. We watch (parts of) documentary videos of their lives, study their works and have a discussion. Through the process of exploring, examining, and expressing freely, we then create different paintings, drawings, crafts or collage related to the chosen artist and make them our own. Some of these artists are: Van Gogh, Klimt, Anne Whitney, Matisse, and Dali.

Big, Fun Questions

Children must be taught how to think, not what to think. ~ Margaret Mead.

Good questions can spark ideas and lead to discoveries—personal or otherwise—like Isaac Newton’s, “Why should the apple always fall to the earth?” A ‘good question’ can make us look at something from a new perspective. This course is about developing good questions, including questions that are important to children and youth. Children and young people are naturally inquisitive and curious. In our *Big, Fun Questions* course, we provide a space to explore questions that matter to children and for their inquisitive minds to imagine, wonder, and develop more questions.

Collage and Inquiry

Making a collage needs imagination. Children are great at imagining and creating. Having known the importance of imagination, especially in coming up with new ideas and inventing, this course focuses on imagination and imaginative inquiry (asking “what if” questions). In this class, we choose a topic—topics that are relevant and meaningful in their lives (e.g. emotions, identity, happiness, friendship, ...), explore it together, and then make a collage. We use the simplest materials such as magazines/newspapers, plain/colored papers, fabric, buttons, natural items (such as leaves, sticks, etc.) to create a collage.

Creative Movements

Following the teaching methodology of Anne Green Gilbert from the Creative Dance Centre in Seattle, this class focuses on learning 10 out of the 15 foundational concepts in dance such as: Levels, Relationships, Speed, Size, and Rhythm. Each class begins with a Brain Dance: a warm-up designed to take bodies through 8 developmental movement patterns found in humans. Guided through playful explorations, improvisations, and simple choreographies students encounter a variety of opportunities to experience the concepts directly. Musicality comes into play with a new musical artist being featured each week, selected for young listening ears and to broaden our horizons. Students are asked to bring a water bottle with them to class, and to come wearing clothes that are easy to move in, go upside down in and have access to bare feet.

Creative Painting

Creative Painting is about painting, creating, and sharing. The focus of Creative Painting is not on talent or skill but on expressing ourselves through art, exchanging ideas and creating in an atmosphere of exploration and enjoyment while sitting together, painting/creating art, and becoming friends. All material and guidance provided.

Digital Storytelling

"We live stories that either give our lives meaning or negate it with meaninglessness. If we change the stories we live by, quite possibly we change our lives." ~ Thomas King, The Truth about Stories

We usually tell stories to the children. But what about children telling us *their* stories? This course is about offering the art of storytelling to the children for its use of imagination and creativity, its positive effect on their social and emotional development, and of course for the improvement of their literacy skills.

What is interesting about 'digital' storytelling is that it combines text, images, and music with narration in children's own voice to create their story in a digital movie format. Throughout the digital storytelling course, children have the opportunity to work with peers, share and explore ideas, and learn from each other in so many ways. The technology involved in this course is an online video editing software which could be run from any computer without any need for software installs. The stories can be published online and (if the storyteller wishes so) watched by others.

Drug Education & Inquiry

"I cannot teach anybody anything, I can only make them think." ~ Socrates

This course is about helping youth develop drug literacy—the knowledge and skills they need to survive and thrive in a world where drug use is common. Research shows that 72% of 18 year-olds have tried alcohol, many will have tried cannabis and some will have experimented with other drugs. Children and youth try drugs for a variety of reasons that may have little to do with the drug itself. The most common reason is to have fun.

Developing drug literacy involves much more than acquiring knowledge about drugs and their potential impacts. It involves exploring deeper questions about human relationships with these psychoactive substances as well as developing the capacity to survive and thrive in a world where people use drugs. The aim of this course is to provide a space where children and youth can have an open, honest discussion about drugs and explore their questions. It allows children and youth to analyze better and make proper decisions when they find themselves in situations where they have to decide whether to accept offers to drink/use drugs or not.

Fun with Fabric

In this class, we focus on fabric crafts that do not involve sewing. We use fabrics with different colors, textures and patterns, as well as felt, yarn, string, buttons, fabric glue and the like. Cutting fabrics to make different shapes, we create fabric crafts that are easy, bold, colorful, fun and creative. On last day of class, everyone will show their fabric craft and show off their creations!

Learn/Practice French with Stories

Learn/Practice French with Stories is a fun class for beginners to learn how to read, speak and write in French through storybooks. Sitting together, we read classic literature stories such as *Le petit Chaperon rouge* (Little Red Riding Hood) or *le boucle d'or et trois ours* (Golden Hair and the Three Bears) and learn new words and phrases and do related activities.

Miniature Baking/Cooking

This is an absolutely fun, creative and delicious class for children! Children will have the opportunity of making their own dough, pastry and food while working with tiny pans, pots, bowls and spoons, and even mini stoves! Each child will have his/her own *doll house* and *mini kitchen* so that they can have more ownership and agency over the material and are more engaged in class.

Paint Night (for adults, 16+)

"A good painting to me has always been like a friend. It keeps me company, comforts and inspires." ~ Hedy Lamarr (actress and inventor)

Paint Night is about painting, creating, sharing and socializing. Come individually or bring a friend, family member/children and create together (all ages are welcome). The focus of Paint Night is not on talent or skill but on exchanging ideas and expanding our mind in an atmosphere of exploration and enjoyment while sitting together, painting/creating art, and becoming friends. All material and guidance provided (and small refreshments:). Just bring an open mind and enthusiasm.

Storytelling and Inquiry

This course is about exploring and discussing topics that are relevant and meaningful in children's lives. Using story books, pictures, short videos, poems or other kinds of stimuli, we encourage children to develop and ask questions, give reasons and have discussions on topics such as friendship, happiness, identity, rules, bullying, power and the like. The discussions help children improve their critical thinking skills, learn how to solve problems, and how to understand their own ideas, thoughts and emotions as well as others'.

Yoga for Adults (Hatha Flow)

This class will be a slow flow sequence of traditional hatha yoga postures to strengthen the body and calm the mind. This class is suitable for all levels. (Admission by donation)