

## Description of Classes

### Arts & Crafts

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

### Artists for Children

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

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 start each class with a stimulus (a storybook, video clip, poem, painting, etc.) and have conversation in a friendly environment. We provide a space to explore ideas and questions that matter to children and let their inquisitive minds to imagine, wonder, and develop more questions.

### Creative Painting (for adults)

*“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*

Creative Painting is about painting, creating, and sharing. We'll start with a stimulus (a poem, story, piece of art, video clip, etc.) and introduce a topic, then paint freely about that topic. The focus of Creative Painting is not on talent or skill but on imagining and creating in an atmosphere of exploration and enjoyment while sitting together, painting, 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 them telling us *their* stories? This camp is about offering the art of storytelling to children for its use of imagination and creativity, as well as its positive effect on their social and emotional competences.

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 camp,

children have the opportunity to work with peers, share and explore ideas, and learn from each other in so many ways. The technology involved is an online (free) 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.

### **Fun with Fabric**

In this class, we focus on fabric crafts, some may involve sewing (by hand). 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 sew and 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!

### **Healthy Minds, Healthy Kids! Healthy Minds, Healthy Teens!**

*"The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It is the one that stands in the open, where it is compelled to struggle for its existence against the winds and rains and the scorching sun." —Napoleon Hill (1883–1970)*

These two courses are the same in nature, though offered for different age groups.

*Healthy Minds, Healthy Kids/Teens* is about improving children/teens social and emotional skills and promoting their capacity and agency to control over their health and well-being. In today's complex changing world, children and youth need the skills to think, feel and act on their own, so they not only survive but also thrive.

In *Healthy Minds, Healthy Kids/Teens*, we start each class with a stimulus (a storybook, video clip, poem, painting, etc.) focusing on a (social-emotional) health-related topic, explore different thoughts and feelings, and have conversations in a friendly environment.

### **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.

### **Sculpture**

This course is about thinking, imagining and building. Through this course we will explore natural/environmental art and challenge what we think art is. In each session, we will read and create inspiring stories and build sculptures from natural materials and clay. Children will practice their creativity while thinking about art, the environment and sustainability.

### **Self-Exploration Through Writing (for adults)**

Our writing takes many different forms in our daily lives: our journals, texts, letters, lists, and emails demonstrate how we use writing for both reflection and communication. In this course, we will explore writing as a means of creative exploration and self-knowledge. Guided by written and visual prompts to spark our inspiration, we will explore our world and ourselves through creative writing. This workshop is a welcoming space for you to nurture your expression, your ideas and stories—whether you write regularly, journal occasionally, or want to try new forms of creative writing for the first time. By connecting with our words, we can connect with ourselves and to the world around us.

### **Sketchnoting (for children and for adults)**

Sketchnoting is expressing and exploring ideas in visual way. Taking visual notes from a talk, a book, or series of ideas is a practical way to map your thoughts, observations and interpretations through combination of text and sketches. You do not have to be illustrators to be sketch noters. It is a fun way to explain yourself, practicing creative thinking and record ideas in more personal and memorable way. You can use it for taking notes in class, explaining projects and working with ideas.