

AMA ART Co.

# EXPRESSIVE ARTS PROGRAM GUIDE

2022 - 2023

# THE *AMA ART CO.* INTENTION

Creating environments for students to deepen their connection to their individuality, our classrooms are consciously designed to inspire our students to trust their instincts and claim their creative power while bringing extremely detailed and unique mixed media works of art to life.

Emphasizing innovation, free expression, creative problem solving, confidence building, emotional awareness, mindfulness, multicultural art, and environmental stewardship, our students explore diverse art forms through experimenting with a large variety of artistic processes and mixed media materials.

Our intention behind this is to not only guide children to develop confidence and a profound sense of self, but to simultaneously help them be more motivated and compassionate young adults who are attentive to the colors of life that exists around them.

# HI! MY NAME'S *AYA*

I founded Aya Art Co. in 2018 with the intention of creating soul-enhancing, empowering, and safe creative spaces for youth to learn of their power to create infinitely. For my students, art becomes so much more than creating something beautiful to display on a wall. Making art becomes a bridge between our dreams and our ability to manifest those dreams in the world.



Whether you are creating a painting, building a business, redesigning your home, or even transforming the way you naturally think or feel, that ability to dream and visualize something bigger is the medium we use to bring something new into existence.

I believe that by helping my students trust in their ability to create anything, they will naturally develop skills that allow them to lead their lives with confidence and curiosity. My goal through Aya Art Co. is to contribute to building a world where people are empowered to create, innovate, and unapologetically give their magic back to the world to help make it a better place.

# PROGRAM THEME #1

## **MIXED MEDIA ART THAT CREATES CONFIDENCE**

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It is really hard to access your inner potential and enjoy the process of creating something if you yourself do not believe in what you have to give the world. In this branch of our program, students will be guided through super fun, empowering, and experimental mixed media art projects that will challenge any self doubt or limiting self beliefs. In the positive, safe space that is created in our classrooms, students will be encouraged to simply take notice of what they feel, think, or energetically hold as their inner force of creativity calls them to create freely and without judgment.

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# MIXED MEDIA ART THAT CREATES CONFIDENCE

## — PROJECT EXAMPLES —



*Mixed Media Abstract Painting  
created with watercolors, paint markers,  
colored pencils, and oil pastels*



*Acrylic Pour Painting on canvas*



*Geometric Spray Painted Records  
featuring hand made stencils and  
eco friendly spray paint*

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# MIXED MEDIA ART THAT CREATES CONFIDENCE

## — PROJECT EXAMPLES —



*Spray Paint & Stenciling Abstractions*



*Hydro Dipping on Ceramic*



*Intuitive Alcohol Ink Painting  
on Yupo Paper*

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# PROGRAM THEME #2

## **INTENTIONAL ILLUSTRATION**

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This program theme is designed to create experiences for our students that allow them to truly surprise themselves with their creations! Our Intentional Illustration projects guide students through a step by step process in which they learn how to break down a complex drawing into simple shapes, lines, and patterns. Through this approach to illustration, students develop an eye and an understanding of how complex illustrations may come together piece by piece. This approach to illustration simultaneously supports our students during their time illustrating outside of our classes, and helps them become more confident when working on realistic art projects.

# INTENTIONAL ILLUSTRATION

## — PROJECT EXAMPLES —



*Colored Pencil Butterfly Illustration  
inspired by transformation & personal growth*



*Pencil and Watercolor Cactus Illustration  
inspired by nature's resilience*

# INTENTIONAL ILLUSTRATION

## — PROJECT EXAMPLES —



*Paint Marker Illustrations & Affirmations on River Rocks*



*Pencil & Watercolor Mountain Illustration*

# PROGRAM THEME #3

## **MINDFULNESS & MIND-BODY AWARENESS**

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Our Mindfulness & Mind - Body Awareness inspired projects are consciously designed to demonstrate how art and creativity can be an outlet for positive self expression and deep self discovery. Utilizing practices derived from art therapy, mindfulness, journaling, meditation, and yoga, young artists are supported as they begin connecting to their creativity and self awareness on a deeper level.

# MINDFULNESS & MIND-BODY AWARENESS

## — PROJECT EXAMPLES —



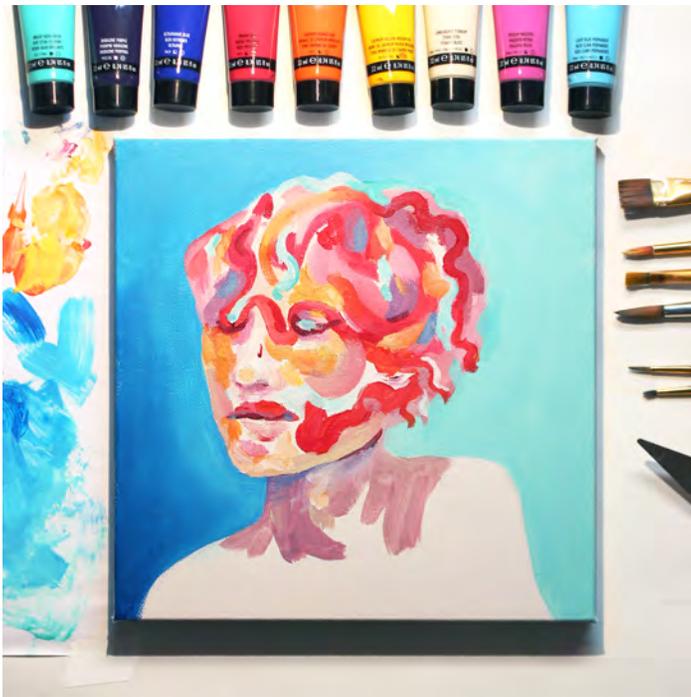
*Mixed Media 'Watercolor Rivers' Painting  
inspired by the natural ebb and flow of our emotions*



*Mixed Media Planet Painting  
inspired by the discussion of how each person can make  
an impact on the world and make our planet a better place*

# MINDFULNESS & MIND-BODY AWARENESS

## — PROJECT EXAMPLES —



*Abstract Self Portrait*  
*inspired by self reflection and celebration of inner growth*



*Acrylic Gradient Painting with Gold Leafing*  
*inspired by free expression of emotions*  
*and thoughts while leaning into self trust*

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# PROGRAM THEME #4

# **MULTICULTURAL ART**

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Our Multicultural Art inspired projects feature a variety of ancient and modern art practices from cultures all over the world. Through learning about the art of different cultures, students are able to further understand how people in different parts of the world experience life through their free expression. Understanding the experiences of different cultures inspires our students to have compassion and empathy for people of all walks of life.

# MULTICULTURAL ART

## — PROJECT EXAMPLES —



*Batik on Canvas Fabric  
inspired by traditional Indonesian  
fabric batik*



*Mandala Illustration on Alcohol Ink Painting  
inspired by Tibetan mandalas that symbolize the universe*



*Water Marbling on Paper  
inspired by the ancient Japanese  
art of suminagashi*

# PROGRAM THEME #5

## **LEARNING THE LANGUAGE OF ART**

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In this program theme, students will be introduced to the foundational concepts of art and design. Learning these concepts will support students on their journey to becoming fluent in the language of art and the pillars of design that inspire of every work of art on the planet. Students will learn about the visual principles of art that include balance, rhythm, pattern, emphasis, contrast, unity, and movement, as well as the elements of art that include line, shape, texture, form, space, color and value. Students will review different works of art that showcase how each principle and element of art may be used to create a specific visual effect in a work of art. Each project will feature one or a combination of two principles and elements of art. Students will have the freedom to create their own concepts to craft a truly unique work of art in which they demonstrate the project's featured elements and principles of art.

# LEARNING THE LANGUAGE OF ART

## — PROJECT EXAMPLES —



*Color Value Circles*

*Demonstrates how to manipulate watercolor paint to create different values of color*



*Music Inspired Abstract Scrape & Drag Painting*

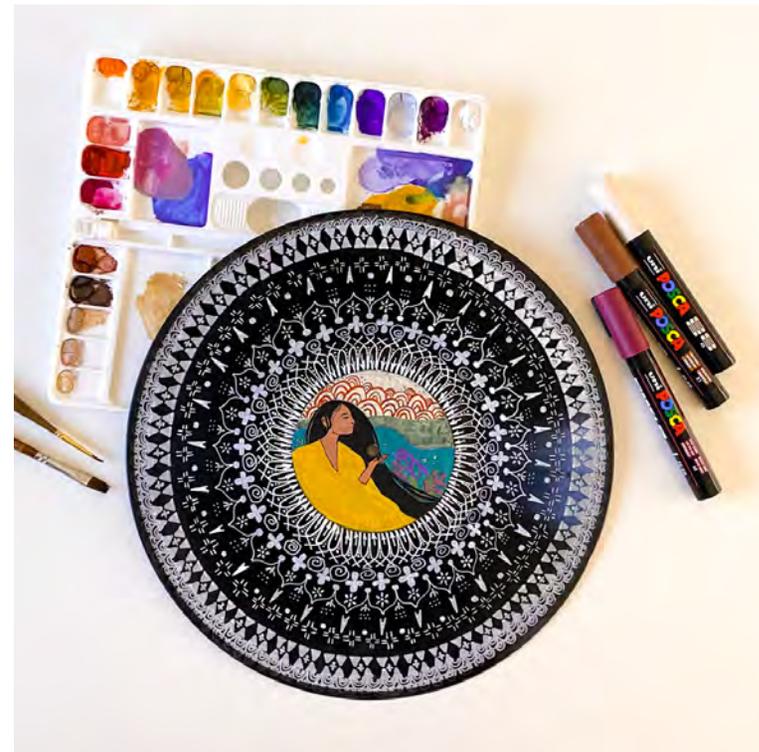
*Demonstrates how to create rhythm and movement in art*

# LEARNING THE LANGUAGE OF ART

## — PROJECT EXAMPLES —



*Abstract Black and White Mark Making*  
Demonstrates how to create and utilize contrast in art



*Abstract Pattern Creation on Recycled Vinyl Records*  
Demonstrates how to utilize line, shape,  
and patterns to create detail and dimension in art

# PROGRAM THEME #6

## **EARTH INSPIRED ART**

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You can make art with SO much more than typical paint and drawing tools! All of the projects in this branch of our program feature natural materials derived from the earth. Examples of some natural materials that will be used are clay, natural plant pigment dyes, sand, flowers, rocks, concrete, and soy candle wax.

The intention behind these projects is to help our young artists become skilled creators through understanding a variety of tools, materials, and techniques that can be used to create something magnificent in the world.

# EARTH INSPIRED ART

## — PROJECT EXAMPLES —



*Ice Dyed Pillowcases Made With Plant Based Pigments*



*Mixed Media Natural Texture Paintings*

# EARTH INSPIRED ART

## — PROJECT EXAMPLES —



*100% Natural + Eco Friendly  
Essential Oil Soy Wax Candles*



*Hand Made Pinch Pots created with  
natural clay and professional pottery glazes*



*Cyanotype created with sun sensitive  
cyanotype paper, natural flowers, and sunshine*

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# PROGRAM THEME #7

## **CREATIVE CAREER PATHWAYS**

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In this branch of our program, students will learn about the work and lives of inspirational world known and San Diego local artists. The intention behind these projects are to give students real human examples of local and world famous artists that have truly turned their passion into their career, while also learning about unique art practices that make their work unique and well known. Through showcasing real life examples and stories of successful creatives in the world and in our local community, we aim to inspire our students to believe that they can truly have their dreams become their reality.

# CREATIVE CAREER PATHWAYS

## — PROJECT EXAMPLES —



*Abstract Expressionism Splatter Painting  
inspired by Jackson Pollock*



*Freeform Line Art Inspired by  
San Diego Based Artist Yomar Augusto*

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# CREATIVE CAREER PATHWAYS

## — PROJECT EXAMPLES —



*Unbound, Playful Creation  
Inspired by William Kandinsky*

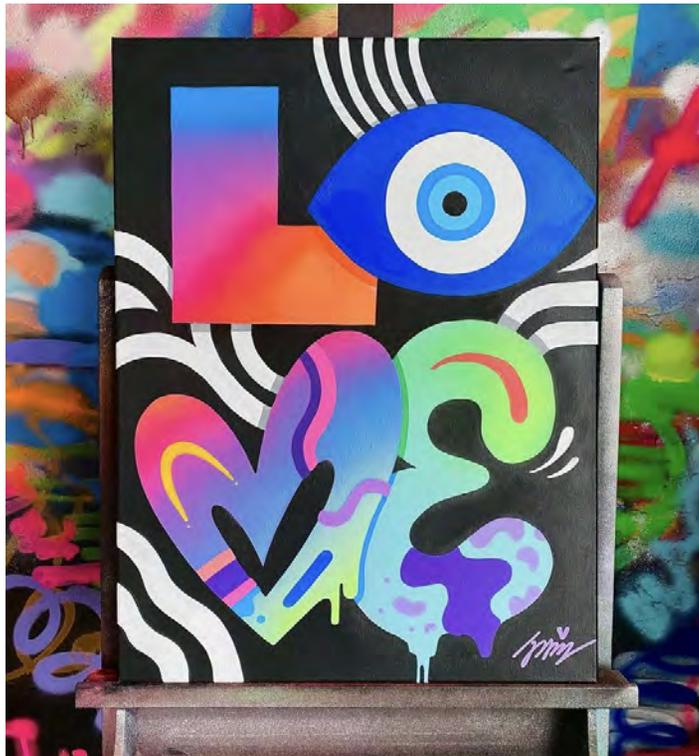


*Abstract Color & Texture Studies  
Inspired by Caitlin Carney*

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# CREATIVE CAREER PATHWAYS

## — PROJECT EXAMPLES —



*Affirmation Art Inspired by Jason Naylor*



*3-Dimensional Art inspired by  
modern artist Josie Lewis*

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