



# **EXPRESSIVE ARTS PROGRAM GUIDE**

**2023 - 2024**

# PROGRAM GUIDE

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*Confidence Building & Free Expression • Entrepreneurship • Learning the Language of Art  
Mindfulness & Mind-Body Awareness • Intentional Illustration • Earth's Canvas  
Multicultural Art • Art History & Famous Art Movements*



# THE *AYA ART CO.* INTENTION

At *Aya Art Co.* we curate transformative learning environments for young people to deepen their connection to their individuality. Our classrooms are consciously designed to inspire our students to trust their intuition and claim their creative power, while bringing detailed and unique works of art to life.

Within our lessons, we emphasize innovation, free expression, creative problem solving, confidence building, emotional awareness, mindfulness, multiculturalism, and environmental stewardship. Our students engage their creativity by experimenting with a variety of artistic techniques and mixed media materials.

Our intention behind this programming is to not only guide young artists to develop confidence and a profound sense of self through the creative process, but to also ignite awareness and compassion for the colors of life that exists around them.

# HI! MY NAME IS *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 transforms into so much more than making something beautiful to display on a wall. 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 transforming the way you naturally think or feel, that ability to dream and visualize something greater is the medium we use to bring our own unique visions 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.





# CORE VALUES

## MINDFULNESS

We practice mindfulness by observing our present sensations and feelings without judgement. Making space for our individual experiences and emotions helps us become aware of who we are and how we direct our energy. It is with this awareness that we are guided and equipped to create authentically.

## ENTREPRENEURSHIP

We craft our lives with intention, and because of this we are able to tap into infinite possibilities inside ourselves as well as in the outside world. Through entrepreneurial opportunities, we conquer internal blocks amidst external challenges. We understand the value of our work, and find ways to make a living while also fulfilling our life's purpose.

## CONFIDENCE BUILDING

The creative process presents many challenges, but provides a safe space to play out our struggles and build strength as we face our fears. Whether it is on the canvas or out in the world, we support ourselves compassionately through this journey. Our confidence grows as we do things we once believed were impossible.

## EMOTIONAL AWARENESS

The practice of art-making requires all of us: mind, body, and heart. Therefore, every artistic endeavor is an opportunity to engage and understand our emotional self. Furthermore, creating art in a group environment allows us to grow in our ability to empathize with others' experience.

## ENVIRONMENTAL STEWARDSHIP

Nature is both a source of inspiration and of material resources. As artists, we have a responsibility to be mindful of how our creative practices affect our natural environment. We chose to care for our planet by using sustainable art materials and developing mindful habits which foster lifelong appreciation for our precious environment.

## MULTICULTURALISM

We are not alone in this world. We are connected to a wealth of people and cultures which are different from our own. By inviting this diversity and welcoming new perspectives into our sphere of awareness, we gain unique insights, learn to celebrate differences, and build a harmoniously vibrant world.

# PILLARS OF INSTRUCTION

Each lesson we facilitate embodies the following Pillars of Instruction, which contribute to the holistic impact of art education with Aya Art Co. Advocating for historical foundations and technical excellence, while imparting intention and emotional awareness, ensures the benefits of our art curriculum extend beyond the classroom.

## HISTORY BASED

We believe that understanding the historical tapestry behind art enriches the very fabric of creative expression. Our History Based Instruction delves into answering the crucial “Who, what, when, where, why, and how?” in every lesson.

Each lesson magnifies a specific artist or artwork, guiding students to not only understand “what” they will be creating but, more importantly, the “why” behind it. We illuminate the origins, tracing back to the corners of the world where the art form blossomed, emphasizing its uniqueness and its peak of popularity.

By highlighting the historical impact of the art form, we reveal its transformative influence on artists and its revolutionary role in reshaping art perceptions. Students learn how this art form both educated and challenged artists of its time, prompting them to see and think differently.

With this historical foundation, students aren’t merely replicating past arts; they are contributing to the continuum of art history and charting their own journey in the expansive landscape of artistic evolution.

## TECHNICALLY BASED

We recognize that every art project offers a unique avenue for skill acquisition and material exploration. Through our Technically Informed Instruction, students are not only introduced to the distinctive qualities of each project, but they are also invigorated by the prospect of delving into a new creative medium.

This pillar of instruction places emphasis on the primary technical skills essential to the project. Instructors meticulously demonstrate material use, ensuring that students grasp crucial techniques, while encouraging an experimental mindset.

The projects are crafted with a discernible structure, whether they’re single or multi-phase endeavors, so students have clear direction on their artistic journey. Be it the nuanced use of shape, color, or line, the foundational elements and principles of art are highlighted and woven into the teaching process. And, in the spirit of a fluid classroom experience, students are also informed of essential guidelines for mess prevention, while ensuring they can focus purely on their artistic expression.

## INTENTION BASED

We regard art as a profound conduit for transformative experiences. Our Intention Based Instruction is designed to help students navigate the creative journey of introspection. The core of each lesson is anchored by the intention statement, which communicates what we desire our students to experience.

Each lesson carries an encouraging takeaway to cultivate positive thoughts and confident feelings in the student’s consciousness beyond the classroom. Whether it’s an invitation for students to connect deeply with their emotional core or a challenge to harness their capacity for inventive thinking, every project is shaped by an intention guided by our Core Values.

Moreover, our instructors are masterful at ensuring their guidance and feedback resonate with these cognitive and emotional focal points throughout the lesson. This alignment guarantees that learning isn’t just monochromatic, but is imbued with meaning every level.

## EMOTIONALLY INFORMED

We understand that art is an intricate dance of emotion and technique. Our Emotionally Informed Instruction is designed to acknowledge and support the emotional journey students undertake during each project.

Whether it’s the expressive exhilaration of fast-paced assignments, the reflective calm of slower projects, or the focused attention of meticulous ones, each lesson elicits distinct emotional responses. Instructors are trained to anticipate and guide these emotions, fostering an environment that promotes self-awareness and confidence.

We create empowering experiences for our students, where art becomes a bridge to their inner selves. Instructors curate an atmosphere of deep awareness and engagement with engaging questions and gentle affirmations. Aware that challenges can emerge in the creative process, our team remains present and ready to transform potential struggles into growth opportunities.

## PROGRAM THEME #1

# CONFIDENCE BUILDING & FREE EXPRESSION

### *Unleashing Your Inner Potential*

In this captivating branch of our expressive arts program, students embark on a journey of self-discovery, breaking free from self-doubt and unleashing the boundless power of free expression. In the safe and nurturing space of our classrooms, we create a positive and encouraging environment where self-expression thrives. Our experienced instructors serve as compassionate guides, offering gentle encouragement as students embark on this transformative journey of self-discovery.

We understand that each young artist possesses a unique spark within, waiting to ignite the world with their creativity. However, we also recognize that self-doubt and limiting beliefs can be formidable barriers on this transformative path. In our “Confidence Building + Free Expression” program theme, students embark on a quest to dismantle these obstacles, replacing them with the unwavering belief in their creative potential.

Our super fun and experimental mixed media art projects are intentionally designed to stretch the boundaries of creativity, encouraging students to explore uncharted territories within themselves. Through this bold and empowering approach, we inspire our students to step out of their comfort zones, discovering newfound depths of artistic expression they never knew existed. Every brushstroke, every splash of color, and every mark on the canvas is intended to act as a celebration of each student’s unique artistic expression.

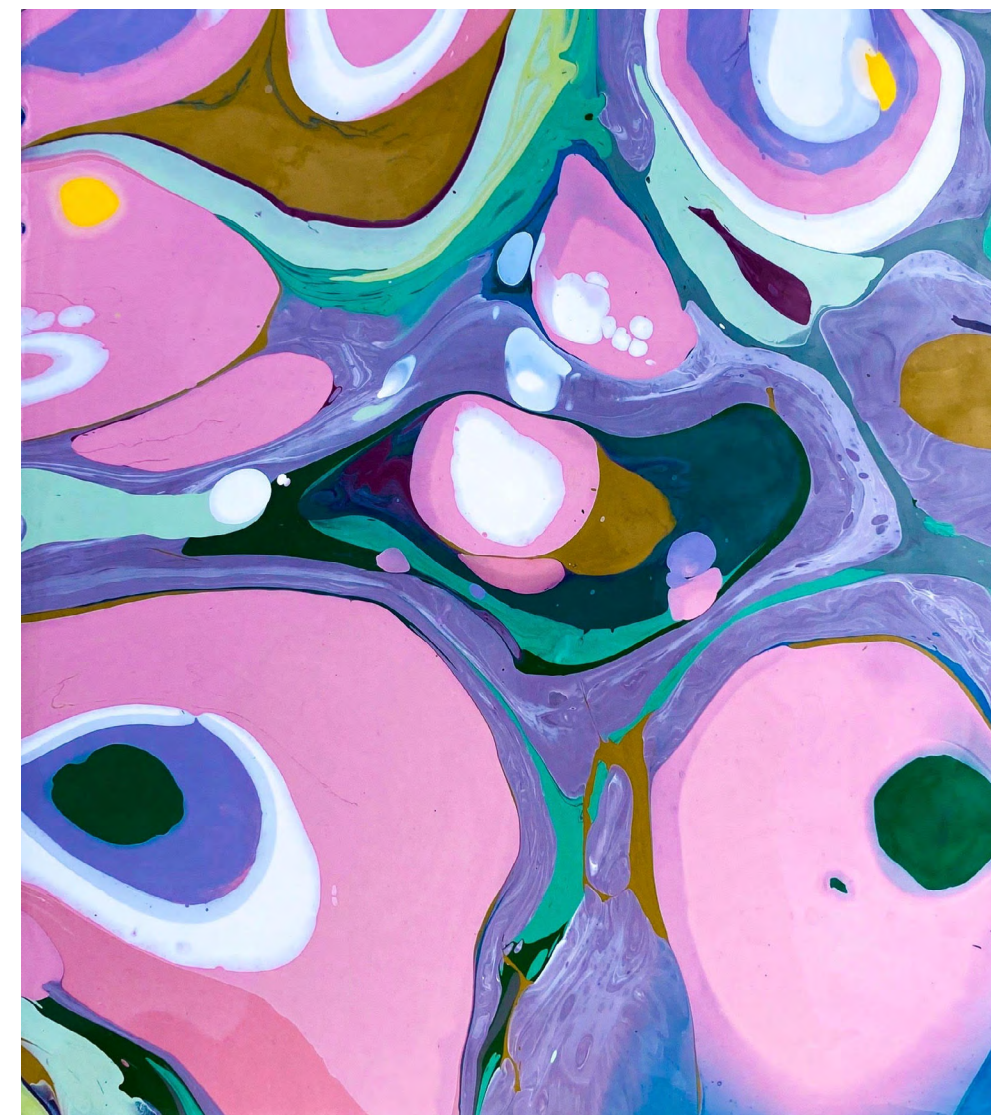
# CONFIDENCE BUILDING & FREE EXPRESSION

## *Project Examples*



***Impasto Texture Painting***

*Inspired by artist Ashley Mary*



***Fluid Cell Painting***

*Inspired by cellular structures and fluid processes which require creative surrender*



***Squeegee Painting***

*Inspired by the artist Clara Christina, and the importance of remaining present during the experimental process*



***Mixed Media Watercolor***

*Inspired by the natural world around us, depicting it through an abstract watercolor style*



## PROGRAM THEME #2

# ENTREPRENEURSHIP

*Empowering Dreams and Igniting Futures*

In this branch of our expressive art program, students embark on a captivating journey, exploring the lives and works of both world-renowned artists and local San Diego creatives who have transformed their passions into flourishing careers.

At Aya Art Co., we recognize the importance of providing our young artists with tangible and real-life examples of individuals who have achieved remarkable success by following their artistic calling. Through engaging and interactive sessions, our students will be immersed in the inspiring stories of these entrepreneurs, discovering the unique paths they took to carve their niche in the art world.

We believe that by learning about the triumphs and challenges faced by accomplished artists, our students can cultivate a resilient and entrepreneurial spirit within themselves. Witnessing the dedication, passion, and innovation that has propelled these creatives to success, our young artists are motivated to embrace their own artistic ambitions and dreams fearlessly.

# ENTREPRENEURSHIP

## *Project Examples*



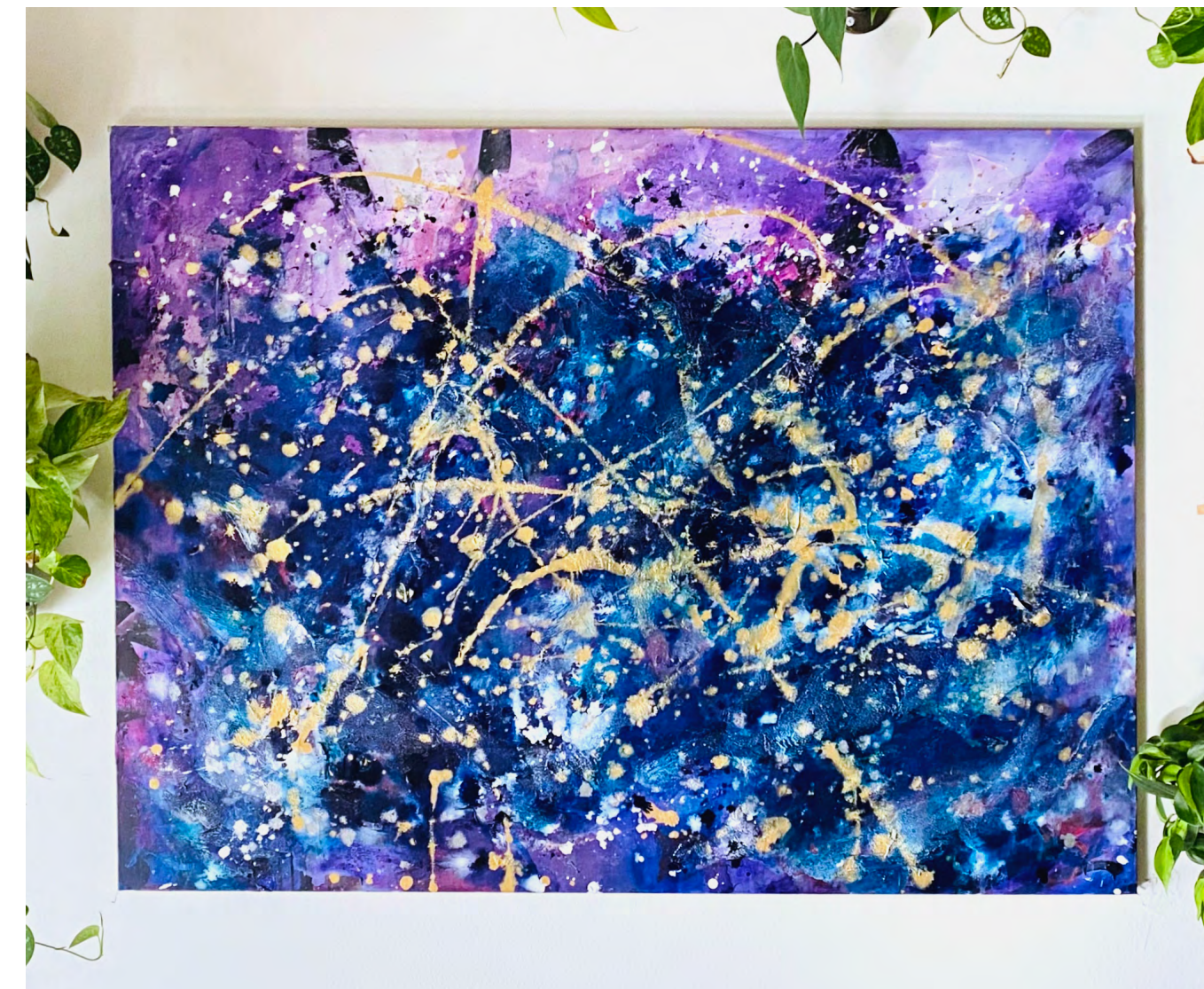
**Gelli-Plate Monoprinting**

*Inspired by artist Josie Lewis*



**Spray Can Mural**

*Inspired by street art and the power of murals to change the landscape of our cities*



**Abstract Expressive Splatter Painting**

*Inspired by artist Aya Chabayta, and splatter paintings of the Abstract Expressionist movement*



**Affirmation Graphic Painting**

*Inspired by artist Jason Naylor*

### PROGRAM THEME #3

# LEARNING THE LANGUAGE OF ART

## *Elements and Principles of Design*

In this program theme, students will be introduced to the elements and principles of art and design, the building blocks of visual language. Through focused projects, students grow familiar with 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.

Engaging with works of art past and present, students witness the real world application of these artistic tools to create a specific visual effect or aesthetic, and in turn elevate their own artistic fluency. This program theme equips students with the confidence to use these foundational elements and principles of art to amplify their artistic message across every medium.

# LEARNING THE LANGUAGE OF ART

## *Project Examples*



**Abstract Linework  
& Intuitive Layers**

*Inspired by artist Yomar Augusto*



**Geometric Spray Painted Records**

*Inspired by stenciling art and the interplay of positive and negative space*



**Pattern Portraits  
on Recycled Vinyl Records**

*Inspired by the process of creating rhythm with repeating detailed elements*



**Mixed Media Marbled  
Paper Collage**

*Inspired by the design of a desert landscape and the playfulness of unconventional marbling*

## PROGRAM THEME #4

# MINDFULNESS & MIND-BODY AWARENESS

### *Self Awareness Through Art*

In this thoughtfully crafted program theme, we create a nurturing space where young artists can explore the depths of their emotions and connect with their inner selves through their art-making process. Drawing from the principles of art therapy, mindfulness, journaling, meditation, and yoga, we encourage participants to tap into their creative potential and gain a deeper understanding of their own thoughts, feelings, and aspirations.

Throughout our extended and comprehensive program, young artists will learn to cultivate mindfulness, not only in their art practice but also in their everyday lives. We guide them through various art exercises that encourage present-moment awareness, helping them develop a strong sense of focus and concentration while fostering a calm and centered mind.

# MINDFULNESS & MIND-BODY AWARENESS

## *Project Examples*



**Acrylic Gradient Painting  
with Gold Leafing**

*Inspired by free expression of emotions  
and thoughts while leaning into self trust*



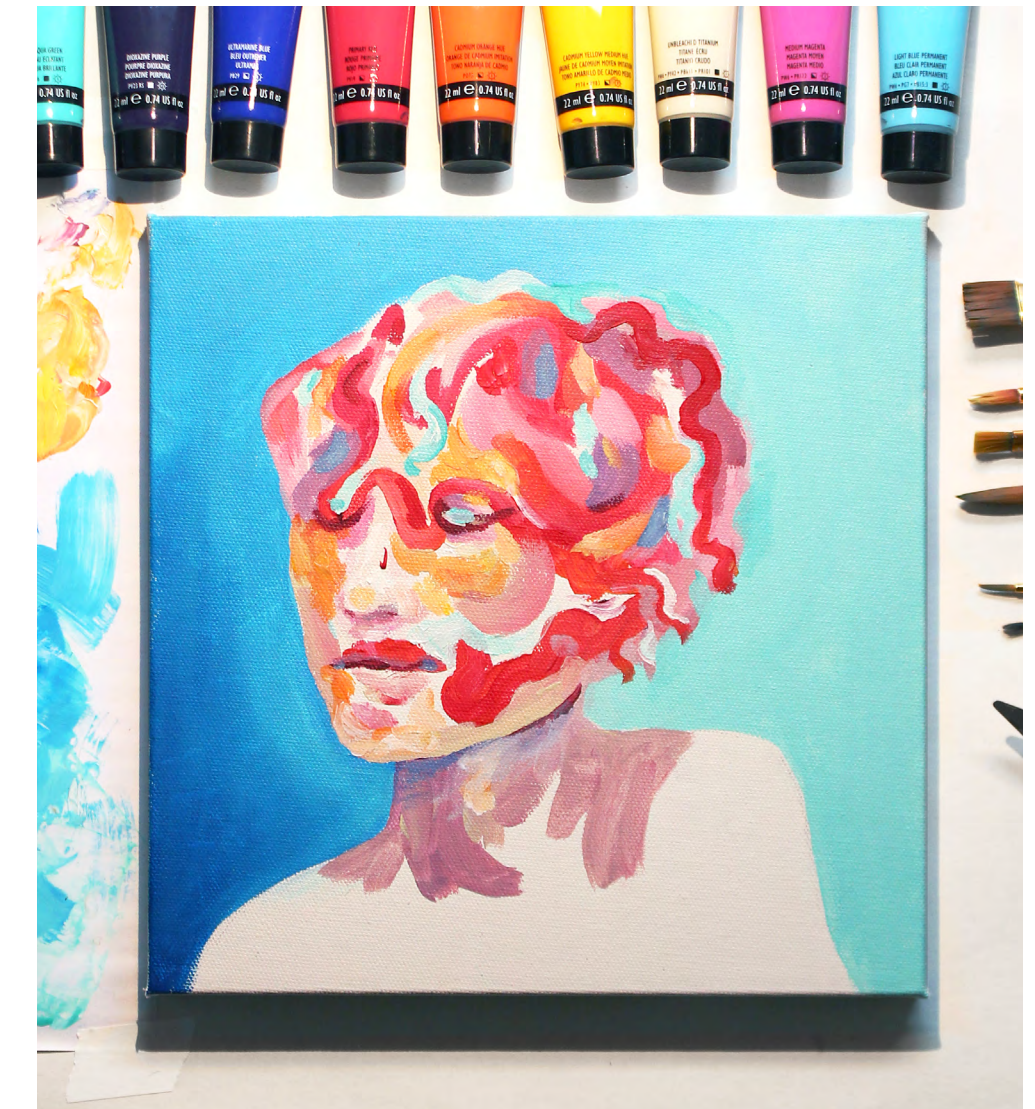
**Mixed Media  
'Watercolor Rivers' Painting**

*Inspired by an awareness of the natural ebb  
and flow of our emotions*



**Mixed Media Planet Painting**

*Inspired by the discussion of how each person  
can make a positive impact on the world*



**Abstract Self Portrait**

*Inspired by self reflection and  
celebration of inner growth*

## PROGRAM THEME #5

# INTENTIONAL ILLUSTRATION

*Unlocking the Wonders of Intentional Creation*

In our “Intentional Illustration” theme, we take a step-by-step approach, guiding students to break down complex drawings into simple shapes, lines, and patterns. This intentional method unveils the magic of artistic creation, empowering students to craft masterpieces piece by piece.

We believe in creating an empowering classroom environment where our students can explore, experiment, and let their imaginations run wild. As they embark on this artistic journey, they develop an eye for the smallest details and gain a deeper understanding of how intentional technical choices shape the grandest of illustrations, growing their confidence to draw whatever they can imagine.

# INTENTIONAL ILLUSTRATION

## *Project Examples*



**Watercolor Cactus Illustration**

*Inspired by nature's resilience*



**Paint Marker Illustrations  
& Affirmations on River Rocks**

*Inspired by the power of words and images to  
ground us and remind us of our power*



**Pen & Watercolor  
Mountain Illustration**

*Inspired by the appreciation of one's own  
personal journey*



**Affirmation Mandala**

*Inspired by the meditative process of mandala  
making and the power of self-belief*



## PROGRAM THEME #6

# EARTH'S CANVAS

### *Environmental Stewardship & Earth-Based Art*

Throughout our Environmental Stewardship + Earth Based Art program theme, our young artists will utilize natural materials and learn to harmonize their creative expression with the preservation of our Earth.

Students will develop an intimate understanding of a diverse array of tools, materials, and techniques as they immerse themselves in the tactile experience of working with earth-derived elements. Through this exploration they will develop an awareness of how art materials affect the environment and grow mindful habits around responsible use.

Beyond mastering artistic skills, our young artists will cultivate a sense of wonder and appreciation for the natural world as they learn to observe and embrace the beauty of our natural world through earth-based art projects.

# ENVIRONMENTAL STEWARDSHIP & EARTH-BASED ART

## *Project Examples*



***Underwater Ecosystems  
Alcohol Ink Painting***

*Inspired by preserving the beauty of coral reefs*



***Handmade Pinch Pots***

*Inspired by working with natural clay and professional pottery glazes*



***Nature Scene Cyanotype Print***

*Inspired by creations made with sun sensitive cyanotype paper, natural flowers, and sunshine*



***Natural Texture Painting***

*Inspired by the tactile and expressive exploration of natural materials combined on canvas*

## PROGRAM THEME #7

# MULTICULTURAL ART

### *Embracing Global Expressions*

Our “Multicultural Art” themed projects are a vibrant mosaic of ancient and modern art forms, originating from various corners of the world. From the intricate patterns of Australian dot painting to the graceful marbling of Japanese Suminagashi, to the patient process of Peruvian tapestry weaving – our young artists will embark on a voyage that transcends borders and embraces the beauty of cultural diversity.

By immersing themselves in the art of different cultures, students gain a deeper understanding of the unique ways people express their experiences and emotions through art. The brushstrokes, symbols, and colors become windows into the hearts and minds of those living oceans apart. As they explore these expressions of cultural identity, our students discover the universal language of art – a language that bridges differences and connects humanity in profound ways.

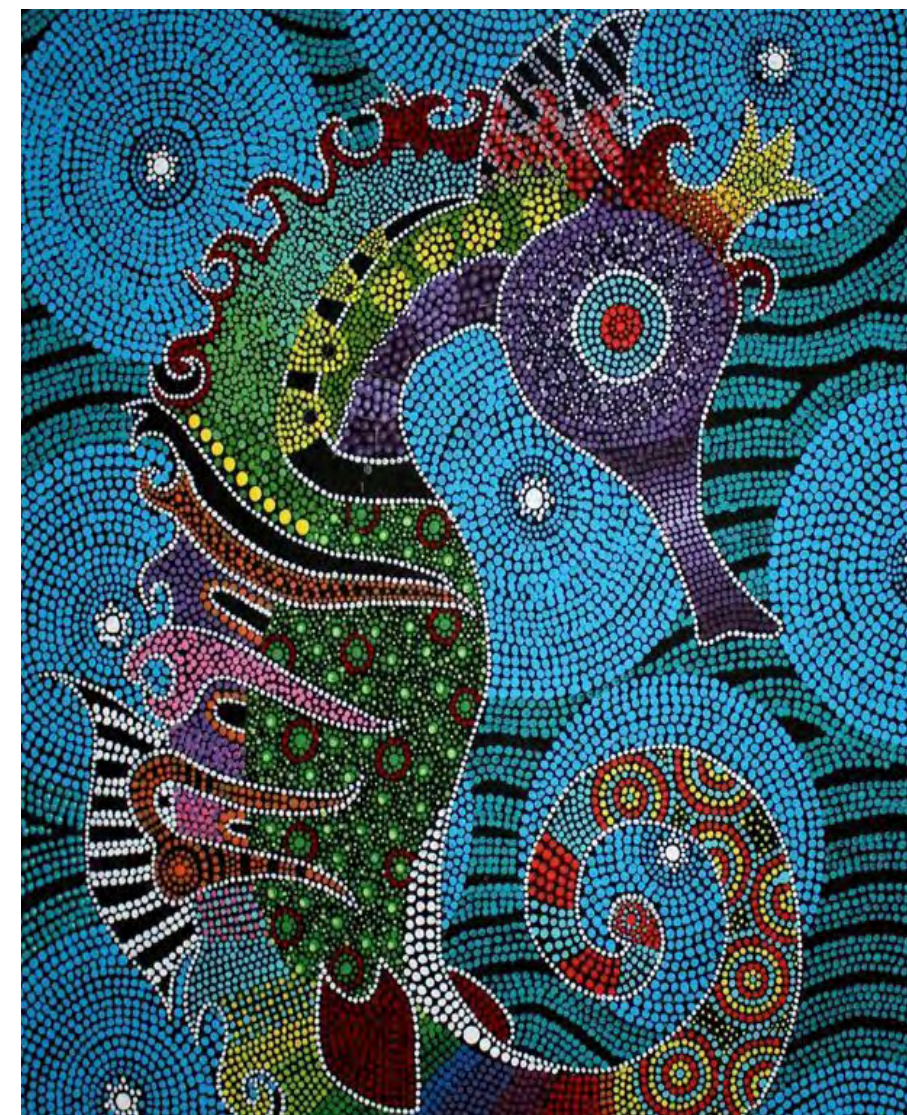
# MULTICULTURAL ART

## *Project Examples*



**Peruvian Tapestry**

*Inspired by the Peruvian weaving tradition*



**Aboriginal Dot Painting**

*Inspired by Australian Aboriginal artwork*



**Mandala Illustration on Alcohol Ink Painting**

*Inspired by Tibetan mandalas*



**Water Marbling on Paper**

*Inspired by the ancient Japanese art of suminagashi water marbling*

## PROGRAM THEME #8

# ART HISTORY & FAMOUS ART MOVEMENTS

*Exploring the Impact of Innovative Artists*

Our Art History and Art Movements program theme is a thrilling exploration of the masterpieces that have shaped human creativity across centuries. In this transformative branch of our expressive arts curriculum, we invite young artists to embark on an exciting journey through time, exploring the vast landscape of art history and the dynamic evolution of art movements.

As our young artists delve into the various art movements that have shaped the course of art, they witness the transformative power of creative visionaries who challenged conventions and redefined artistic boundaries. Through the study of art history and art movements, our young artists find inspiration and relevance for their own creative journeys. They draw insights from the genius of artistic masters, and they learn that the essence of innovation lies in pushing the boundaries of imagination and daring to envision the world anew.

# ART HISTORY & FAMOUS ART MOVEMENTS

*Project Examples*



**Colored Pencil Shell Drawings**

*Inspired by artist Georgia O'Keefe*



**Keith Haring Pop Art Illustrations**

*Inspired by artist Keith Haring*



**Fauvism Still Life Painting**

*Inspired by the Fauvist art movement*



**Jackson Pollock Glue  
Splatter Painting**

*Inspired by artist Jackson Pollock*