E X C E R P T

Art & Mindfulness for School Groups.

Virtual Program for Creativity and Well-being

USER GUIDE FOR THE SCHOOL LEADER

INDEX

1. Introduction

Dear school leader,

Welcome! I'm Veronica Huacuja (pronounced wu-a-koo-ha). I'm a professional plastic artist and a seasoned online art teacher. (1)

As an art teacher, I believe all people can create art and, in doing so, enrich their lives.

Besides reading this User Guide, I suggest that you also review the Session Plans that accompany it in order to understand the program, its educational method, objectives, and benefits for the students.

2. Background

Nowadays, school authorities know that parents who cultivate a stress-free lifestyle become invaluable guides for their children's emotional well-being. Through leading by example, fostering open communication, teaching emotional regulation, promoting balance, and setting realistic expectations, these parents empower their children with the skills necessary to navigate life's challenges with resilience and serenity.

By imparting these invaluable life lessons, parents can equip their children to lead fulfilling, stress-free lives well into adulthood.

This program encourages these aims for school parents.

The key elements of the program are the following:

·   Help avoid stress by introducing plastic arts and artistic creation to parents, encouraging self-awareness of their artistic creative abilities and developing them.

· In addition, the practice of Mindfulness complements the previous goal, since it promotes in parents the use of techniques for achieving a serene physical, emotional, and intellectual state. The latter because the practice of Mindfulness enhances their experience for achieving meaningful learning.

3. Program goals

- **For the school. The comprehensive aim is to enhance motivation** by helping generate harmonious home environment for parents and children, offering the former a space for artistic creation–drawing, painting or sculpting in clay–. In this way, the school promotes the enrichment of the lives of its community.

- **For the parents. The comprehensive aim for the parent** is to make him or her aware of the opportunity to build a personal space, their own "window" to a different world from their daily reality that stimulates on them artistic recreation and creation. And thus, to enhance their lives.

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4. Participants profile

The participants must have:

- The interest and understanding of the benefits of the course. Also, they must know its length, frequency, and duration of each session, as defined in the following section. They must have a punctual attendance in each session to achieve the desired group and individual results.
- A desktop computer or digital tablet.
- A good internet speed.
- Access to Zoom or Teams.

5. Program structure

Each course comprises:

- 6 sessions.

- Each session lasts 90 minutes.

- The frequency of each session is weekly (in consecutive weeks).

- The schedule is previously defined according to the availability of the group and myself as the facilitator.

- The dynamic of each session is contained in a Session Plan, in which the learning aims are described in detail. There are 6 Session Plans: 1 for each session. This component is described in Point 7.

- The group must select the course, activity, and technique of their interest. Based on this, I provide advice on the material they must acquire from the vendor via online I recommend, which is amazon.com.

The following is the structure of the program and its courses:

ART & MINDFULNESS
FOR SCHOOLS
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veronica.mx/artprogram1
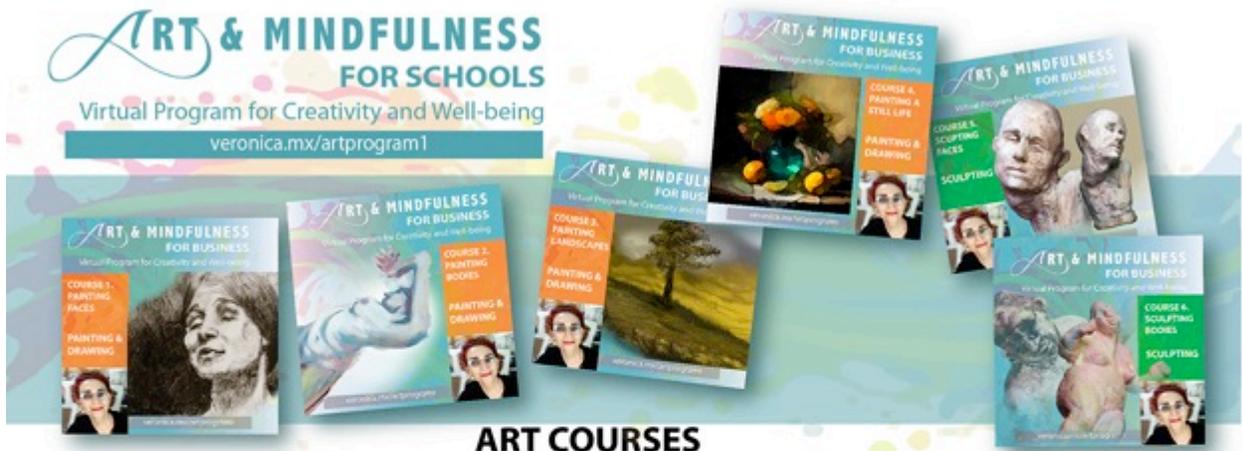
ART COURSES

ACTIVITIES (To select)	TECHNIQUES (To select) & materiales	COURSES (To select)	DESCRIPTION of the Course	No. SESSIONS (90 min each)
PAINTING & DRAWING	**Tradicional Techniques.** Pencil, oil painting, watercoloring, pastels or color pencils O else: **Digital Technique.** Desktop or digital tablet, Photoshop	**COURSE 1.** Painting Faces	Male & female face and head. Construction, proportion, front view, profile, three-quarters, head foreshortening.	6
		COURSE 2. Painting Bodies	Male & female human body. Construction, proportion. At rest and in movement	6
		COURSE 3. Painting Landscapes	Vanishing points. Composition. Seascapes, forests, deserts, mountains.	6
		COURSE 4. Painting A Still Life	Vanishing points. Composition. Vase, flowers, fruits, tableware, glass bottles and coppermade pots.	6
SCULPTING	**Traditional Technique.** plasticine, epoxic clay or cold porcelain. Base, spatulas, clamps, wire (armor).	**COURSE 5.** Sculpting Faces	Male & female face and head. Construction, proportion. Emotions on a face.	6
		COURSE 6. Sculpting Bodies	Male & female human body. Construction, proportion. At rest and in movement.	6

URL: https://veronica.mx/artprogram1
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1 You'll find my academic training and professional experience at

https://veronica.mx/resume vh-Engl.jpg