



## COMMUNITY HEALING DURING COVID-19

We are following CDC and state guidelines during the pandemic. **For winter 2021 we will be offering virtual workshops. Please see the other side, which explains our offerings during this stressful time.**

### Children's Workshops

#### Fish Puppets (Grades 3 – 6)

1 day

**Monday, Jan 25, 4:30 - 6:30 pm**  
Students will create dynamic fish puppets with moving tails and fins. Underwater ecosystems will be reflected upon with a focus on native Minnesota waterways. To pique their interest, participants will be encouraged to make whatever fish or underwater creature inspires them. Once made, these puppets are wonderful for playing with and to use for storytelling.

Tuition: \$20 (\$17 members)  
Instructor: Eva Adderley

#### Life Cycle Animations (Grades 3 – 6)

1 day

**Thursday, Jan 28, 4:30 - 6:30 pm**  
Students will learn about the fundamentals of hand drawn animation while looking at the life cycles of plants and animals. Students will use everyday household materials to create their own flip books and form connections to the natural world around them by observing and animating plants and animals in their different lifecycle stages.

Tuition: \$20 (\$17 members)  
Instructor: Maxwell Green

#### Cardboard Architects (Grades K – 2)

1 day

**Monday, Feb 1, 4:30 - 6:00 pm**  
Let's have some fun becoming architects for a day. We will dive into our recycling bins for materials to design and create the perfect cardboard dream home, room, or tree house! We will reflect on family, home, and community connections, as we delve into our imaginations to make these awesome dwellings.

Tuition: \$15 (\$13 members)  
Instructor: Eva Adderley

#### Majestic Woodlands (Grades 3 – 6)

1 day

**Tuesday, Feb 9, 4:30 - 6:30 pm**  
Even in our urban environment we have natural spaces made up of native trees and grasslands. In this workshop let's bring some of that beauty inside. With the use of a few basic art supplies we will use techniques of adding, subtracting, and layering designs to create something unique with impressive effects.

Tuition: \$20 (\$17 members)  
Instructor: Erin Sandsmark

#### Snuggle Animals! (Grades K – 2)

1 day

**Thursday, Feb 11, 4:30 - 6:30 pm**  
Are you yearning for the quarantine puppy you never got? Or are you staring lovingly at your quarantine puppy right now, and thinking that it deserves its own stuffed puppy friend? Regardless of your quarantine puppy status, you will surely enjoy this workshop. Students will make their own stuffed animals (not just puppies) from common household items such as (you guessed it) socks! No sewing is required for these fluffy friends!

Tuition: \$20 (\$17 members)  
Instructor: Eva Adderley

#### Characters & Stories (Grades 3 – 6)

2 weeks

**Mondays, Feb 15 & 22, 4:30 - 5:30 pm**  
In this fun storytelling class, students will develop characters and stories through drawing and writing. By brainstorming with each other, digital drawing, and writing prompts, students will create personalities and short stories about the unique characters that they created.

Tuition: \$20 (\$17 members)  
Instructor: Emily Dziewieczynski

#### Bird Puppets (Grades K – 2)

1 day

**Thursday, Feb 18, 4:30 - 6:30 pm**  
Online schooling got you feeling like a caged bird? Make your dreams of flying away (almost) come true by making your own flapping bird puppet! Though this is an online workshop, it is sure to lead to hours of offline fun. It's perfect for stir-crazy kids missing both art and gym classes, since these bird puppets are best enjoyed while running around!

Tuition: \$20 (\$17 members)  
Instructor: Eva Adderley

#### Imaginary Worlds (Grades 3 – 6)

2 weeks

**Mondays, Mar 1 & 8, 4:30 - 6:00**  
In this fun and creative development workshop, we will work together to imagine realms of fantasy. Through drawing and writing, students will create an imaginative world, complete with characters, an ecosystem, and more. Through collaborative building, students will learn important creative, conceptual, and team skills in artmaking. This world creation will be compiled into a digital format, which students can share with friends and family!

Tuition: \$30 (\$26 members)  
Instructor: Emily Dziewieczynski

#### Found Object Prints! (Grades 3 – 6)

1 day

**Tuesday, Mar 2, 4:30 - 6:30**  
Ever wonder how stamps are made, or how books are printed? You will have fun using unconventional printmaking materials and techniques to create multiple pieces of art with the creative use of found materials. You will leave this exciting workshop session with many pieces of art to have and share. And you will know techniques that can be used over and over again to create new work!

Tuition: \$20 (\$17 members)  
Instructor: Maxwell Green

### Body Movement

#### Connect & Let Go! (Grades 3 – 6)

3 weeks

**Mondays, Mar 15 - 29, 4:30 - 5:30**  
Is your child missing social interactions, do they need more opportunities for playing and connection with others? In the spirit of light-hearted fun, students will learn healthy ways to ease their stress, ground themselves, and expand the capacity to have fun together as an online group! Using the arts of storytelling, music, and movement, students will explore activities that build self-confidence and social emotional learning, in addition to boosting their creativity.

Tuition: \$30 (\$26 members)  
Instructor: Carrie Hatcher

#### Underground Zines (Grades 7 & up)

2 weeks

**Mondays, Feb 1 & 8, 5:00 - 7:00 pm**  
2020 has been a tumultuous year, so finding ways to observe, reflect, and share stories is as important as ever. Students will learn the fundamentals of creating zines using various techniques such as comics, writing, and graphic design for reflection and creating storylines. With zines built from scratch, you will have new ways of sharing ideas, and a solid start for creating more zines in the future.

Tuition: \$40 (\$34 members)  
Instructor: Maxwell Green

#### Creative Coding (Grades 7 & up)

2 weeks

**Tuesdays, Feb 11 & 18, 5:00 - 6:00**  
Technology is increasingly stretching the bounds of art. In this cool workshop, students will learn the basics of a coding language called P5.js. It was specifically built to be user friendly for non-programmers to learn the fundamentals of computer programming to create enhanced visual content. Students will gain basic knowledge on the first day to begin experimenting with P5.js. The second week will expand on those foundational skills for participants to continue exploring the possibilities on their own.

Tuition: \$20 (\$17 members)  
Instructor: Emily Dziewieczynski

#### Digital Bookmaking! (Grades 7 & up)

1 day

**Tuesday, Feb 23, 5:00 - 6:00**  
Books, both digital and physical, serve as valuable documents for learning, memory, and joy. Demonstrations will be given on how to use free design tools for the process of crafting a digital book. Participants will then begin to create their own digital books for chronicling memories, sharing and disseminating information, or for publishing their own work.

Tuition: \$12 (\$10 members)  
Instructor: Emily Dziewieczynski



This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural age fund.

2613 East Franklin Avenue • Minneapolis, MN 55406  
www.articulture.org • 612.729.5151

Scholarships available upon request. No student will be turned away due to the inability to pay.



## WINTER 2021 ARTICULTURE ADULTS & TEENS

### Adult Workshops

#### Hardcover Journals 2 weeks Thursdays, Jan 21 & 28, 7:00 - 9:00 pm

There's never a wrong time to keep a journal—and right now seems better than ever! What better way to keep your thoughts, doodles, and mental meanderings safe than putting them inside a creative journal? You will learn to adapt professional bookbinding techniques and DIY strategies to create your own unique hardcover journal.

Tuition: \$40 (\$34 members)  
Instructor: Eva Adderley

#### Nature Observations 1 day

Wednesday, Feb 17, 7:00 - 9:00 pm

Using art to observe green spaces is a meaningful way to connect with the natural world and share our unique perspectives. Using simple shapes and colors, students will learn a basic design approach to observational drawing to capture landscapes and natural spaces around us. A DIY "viewfinder" will help choose and focus on a subject matter in the community or right outside your window! Beginners encouraged!

Tuition: \$20 (\$17 members)  
Instructor: Maxwell Green

#### Tunnel Books 2 weeks

Mondays, Feb 22 & Mar 1, 7:00 - 9:00 pm

Missing the world? Dreaming of escaping to a beautiful, faraway place? Transport yourself through the magic of tunnel books! Using the art of paper engineering, students will create multi-layered scenes that spring to life when unfolded. Keep for yourself as a creative pick-me-up, or give as the perfect gift to quarantine-fatigued family member or friend.

Tuition: \$40 (\$34 members)  
Instructor: Eva Adderley

#### Printing & DIY Inks! 2 weeks

Wednesdays, Mar 10 & 17, 7:00 - 8:30 pm

You will learn some cool DIY printmaking hacks using basic household items and natural "inks" from your kitchen. Students will prep the inks, learn about and make collagraphs, and then get to work creating awesome images that can be kept and shared alike!

Tuition: \$30 (\$26 members)  
Instructor: Emily Dziewieczynski

### Body Movement

#### Let Go & Live Free! 3 weeks

Tuesdays, Feb 11 - 25, 7:00 - 8:30 pm

Dealing with information overload and anxiety? Release stress through practices that will leave you relaxed, make you smile, and even laugh. Using movement, voice, and stories we will let out frustrations and grief, while cultivating gratitude, joy, and ease. This body-based series is dedicated to healing from negativity and distress in the face of present day challenges.

Tuition: \$45 (\$38 members)  
Instructor: Carrie Hatcher

#### Magic of Reverence 3 weeks

Thursdays, Mar 4 - 18, 7:00 - 8:30 pm

Do you feel overwhelmed with emotions, or feel a lot of weight on your shoulders? Take this time to let go by exploring wishes, hopes, and dreams through active movement, stories, and vocal play. You will find yourself making inspired connections with others, and leave this workshop feeling refreshed and rejuvenated.

Tuition: \$45 (\$38 members)  
Instructor: Carrie Hatcher

### Class

#### Drawing and Painting 7 weeks

Mondays, Jan 25 - Mar 8, 7:00 - 9:00 pm

If just beginning, benefit from individual guidance through a variety of skill-building projects. More advanced students can expand their basic skills in a creative support system. Both dry and water based materials will be explored. **Note: All levels welcome.**

Tuition: \$140 (\$119 members)  
Instructor: Erin Sandsmark

### COMMUNITY HEALING DURING TRYING TIMES

The need for arts education has changed during the pandemic. High anxiety about physical and mental health, finances, and job security are on the minds of many at present.

With this in mind, we have suspended our regular class offerings. Instead, over the winter session, we have decided to do our part and design virtual **ART & HEALING** workshops. This type of programming is very familiar to us through our grant funded partnership programs for vulnerable populations. Many of us feel vulnerabilities at present, thus we are here to offer our resources and experience to cultivate meditative and healing approaches in creativity for all ages, all abilities, and all walks of life.

These workshops are short and sweet, inexpensive, using a minimum of supplies often found at home, and are intended as a respite for solace, grounding, or just plain fun during an unprecedented and unpredictable time. Supply lists online.

### Workshops Cont.

#### Written Word

#### Visual Art Poetry! 1 day

Tuesday, Feb 16, 7:00 - 8:30 pm

Visual poetry or concrete poems are unique art forms using words to create imagery that relate back to the words being used. Participants will be able to discuss or brainstorm ideas and poem subjects, and then work on creating visual or concrete poems as they consider their specific concepts. The fun reveal will be showing and reading final products to each other!

Tuition: \$15 (\$13 members)  
Instructor: Eva Adderley

#### Text & Art 1 day

Wednesday, Mar 3, 7:00 - 9:00 pm

Students will explore using text and art as forms of healing expression, and finding ways to integrate this type of journaling into daily practice. We will look at examples of written and visual language in both art and design, and then experiment with creating visual responses to short writing prompts. Emphasis will be on conceptual development of work with an open space to share creations. You will leave with a collection of writing prompts to continue discovering on your own.

Tuition: \$20 (\$17 members)  
Instructor: Emily Dziewieczynski

### Family Workshops

#### Virtual Valentines! 1 day

Saturday, Feb 6, 10:30 - noon

Let's do something different this year for Valentine's Day with a special someone in mind. In this workshop, we will make cards that truly pop! How's that you ask? We will be learning how to make pop-up cards out of paper. The fun is in both in the making and receiving with these unique tokens of affection. Plenty of time for sending in the mail to family and friends.

Tuition: \$15 (\$13 members)  
Instructor: Eva Adderley

#### Family Game Night 1 day

Saturday, Feb 13, 10:00 am - 12:00 pm

Looking for a way to put a new spin on a family game night? Put away that dusty old board game with missing pieces! Let's make games of our own! In this workshop families will learn about some of the fundamentals of making games and work together to create unique games of their own. By the end, participants will have a fleshed out game idea, rules and all, to play together at the end of the night! All ages welcome.

Tuition: \$20 (\$17 members)  
Instructor: Maxwell Green

**Our Mission is to empower individuals and communities to create positive change through the visual arts.**



2613 East Franklin Avenue • Minneapolis, MN 55406  
www.articulture.org • 612.729.5151