

# ART NEST LEARNING HUB'S CURRICULUM

At Art Nest Learning HUB, our mission is to foster creativity, community engagement, and personal growth through the power of art. We believe in the transformative effects of artistic expression, both on an individual and collective level. Our curriculum is designed to boost confidence, reduce stress, and promote well-being through a variety of creative workshops, tailored for people of all ages and skill levels.

## THE SCIENCE BEHIND ART AND WELL-BEING:

Engaging in creative activities stimulates the brain's reward system, increasing dopamine and serotonin, which are linked to feelings of happiness and relaxation. Art also reduces stress and boosts mood by activating regions in the brain associated with emotional regulation and resilience. Studies support that both creating and viewing art can improve mental health and overall well-being.

- **ART AND HAPPINESS: PSYCHOLOGY TODAY:**

<https://www.psychologytoday.com/us/blog/arts-and-health/201109/art-and-happiness>

- **THE BENEFITS OF ART THERAPY: NATIONAL INSTITUTES OF HEALTH,**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>

## OUR FOCUS: EMPOWERING CONFIDENCE THROUGH ART:

Our curriculum is structured to build participants' confidence through hands-on learning experiences in a safe and supportive environment. Whether it's creating a simple animation or designing a poster, each workshop aims to help individuals discover and nurture their creative potential. Our programs cater to all skill levels and emphasize practical outcomes and personal growth.

## CUSTOM PROGRAMS TAILORED TO YOU:

We understand that every individual and community is unique. That's why we offer customized programs tailored to your specific needs and interests. Whether you're an organization or an individual, we work closely with you to create meaningful, personalized experiences. Our instructors are committed to creating a safe, inclusive space where everyone feels empowered to explore their creativity.

# BC School District and Cultural Center Policies:

## 1. Alignment with BC Arts Education Curriculum (For Schools):

This curriculum aligns with the BC Ministry of Education's Arts Education Curriculum framework for schools, providing a flexible framework that can also be adapted to cultural centers.

**Big Ideas:** Students and participants will explore and express complex themes through various forms of art, including digital and traditional mediums.

### Curricular Competencies:

- **Communication:** Participants will use visual mediums and digital platforms to communicate their ideas.
- **Thinking:** Emphasis on critical thinking, problem-solving, and creative expression.
- **Personal and Social Responsibility:** Encouraging personal expression and respecting cultural diversity and reconciliation principles.
- **Content:** The program covers various art forms, including digital art, augmented reality (AR), traditional painting, and sculpture.

## 2. Incorporation of BC Core Competencies (For Schools):

The curriculum promotes BC's three core competencies for school programs:

- **Communication:** Encourages the use of art as a tool for storytelling and communication.
- **Thinking:** Fosters critical and creative thinking through artistic challenges and problem-solving.
- **Personal and Social Responsibility:** Promotes cultural awareness, reconciliation, and personal artistic expression.

## 3. Inclusivity and Accessibility (For Schools and Cultural Centers):

**Inclusivity:** The curriculum is designed to engage diverse learners and participants, promoting participation from different cultural backgrounds and abilities, whether in schools or community settings.

**Accessibility:** All art activities are accessible to individuals with disabilities, ensuring everyone can participate. Accommodations include:

- Audio descriptions for the visually impaired.
- Alternative tools for physically challenged individuals.
- Language accommodations for English Language Learners (ELLs).

# **BC School District and Cultural Center Policies:**

## **4. Policies and Disclaimers (For Schools and Cultural Centers):**

- Privacy and Consent:** All participation involving photography, video recording, or public display of artwork requires parental/guardian consent (for schools) or participant consent (for cultural centers). Consent forms will be provided to meet BC privacy regulations.
- Digital Safety:** For programs involving digital art or augmented reality, guidelines will be provided to ensure participants' digital safety. This includes safe usage of online platforms and digital art tools.

## **5. Health and Safety Policies (For Schools and Cultural Centers)**

- Physical Safety:** Detailed guidelines for safe use of art materials, tools, and equipment (e.g., scissors, paint, AR devices) are provided to ensure the safety of all participants.
- Emergency Protocols:** Schools and cultural centers should follow their established emergency procedures. Additional safety instructions will be provided in the workshop guides.
- COVID-19 Guidelines:** (If relevant) Safety protocols, including social distancing, sanitization, and other health measures, will be followed according to BC Ministry of Health guidelines.

## **6. Instructor and Facilitator Qualifications (For Schools and Cultural Centers)**

**For Schools:** Instructors must be certified through the BC Teacher Regulation Branch and possess experience in digital media, AR technology, and traditional art techniques.

**For Cultural Centers:** Facilitators should have experience in arts education or community-based art facilitation, as well as proficiency in digital and traditional art forms. Cultural centers are encouraged to offer professional development for their instructors.

## **7. Assessment and Reporting (For Schools and Cultural Centers)**

**For Schools:** Student assessment includes both formative (ongoing feedback during projects) and summative (final project evaluations) assessments. Regular progress updates will be provided to parents and school administrators.

**For Cultural Centers:** Program facilitators will gather feedback from participants and provide summaries of progress and engagement. Peer feedback and self-reflection opportunities will be incorporated into the program.

# **BC School District and Cultural Center Policies:**

## **8. Implementation Timeline (for Schools and Cultural Centers):**

The curriculum is flexible to accommodate different program lengths, offering:

- Short-term Programs: 1–4 weeks (focus on specific skills or mini-projects).**
- Medium-term Programs: 1–3 months (explore multiple techniques or larger community projects).**
- Long-term Programs: 3 months or more (comprehensive projects combining several art forms, culminating in public exhibitions or major community projects).**

**This flexibility allows schools and cultural centers to structure their timeline according to their specific needs.**

## **9. Legal and Liability Considerations (For Schools and Cultural Centers)**

- Insurance: Both schools and cultural centers must ensure appropriate insurance coverage for all participants and facilitators, particularly for hands-on or high-tech art activities.**
- Liability Waivers: Liability waivers are required for activities involving risk (e.g., using tools, AR technology). Waivers protect both the institutions and facilitators from liability during the program.**

## **10. Cultural Sensitivity and Reconciliation (For Schools and Cultural Centers)**

**The curriculum is committed to respecting Indigenous protocols and perspectives, particularly in community and educational settings. Schools and cultural centers are encouraged to involve local Indigenous artists and knowledge keepers to ensure cultural sensitivity and adherence to traditional practices.**

## **11. Professional Development for Teachers and Facilitators (For Schools and Cultural Centers)**

**Workshops and professional development opportunities will be available for both school teachers and cultural center facilitators. These workshops will focus on:**

- Proficiency in traditional ,digital art and augmented reality technology.**
- Culturally sensitive teaching strategies.**
- Community engagement techniques.**

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## About Our Artists:

**Tarcila Neves:** Is an emerging artist known for her work in community-integrated art programs and her expertise in creating craft workshops for various age groups. Over the past three years, she has developed and led craft programs at daycares in Burnaby, where her innovative approach focuses on accessible and inclusive art activities. Tarcila specializes in combining traditional crafts with modern digital tools, helping participants from all walks of life engage in creative expression.

Her recent work includes leading a workshop in Richmond, where she directed an augmented reality (AR) inclusive art installation. The project emphasized recycled materials and welcomed participation from all age groups. Tarcila's commitment to sustainability and community engagement ensures that her art not only entertains but also educates.

**Dave Clode:** Brings years of experience as a wood artist with a focus on safety and structural integrity. His skills in assembling wood structures have been critical to several large-scale projects, including community workshops and public art installations. Dave's dedication to craftsmanship and safety ensures that the art projects he helps bring to life are not only visually appealing but also safe for participants and viewers alike.

Most recently, Dave contributed to the Richmond workshop by helping build the recycled material installations, working alongside Tarcila Neves to ensure the structures were both functional and safe for all ages.

**Joyce Bermejo:** Is an early childhood educator who brings a unique perspective to art education. With a background in early education, Joyce specializes in creating engaging and playful art experiences for young learners. Her passion for fostering creativity in children shines through in her ability to design programs that inspire curiosity and imagination.

Her recent contributions include assisting in recycled material workshops for children, where she helped create art programs that are not only fun but also teach environmental awareness.

# ART NEST LEARNING HUB'S CURRICULUM

## For All Ages

### **How to Create Simple Animations Using Procreate**

**Duration:** 2.5 hours | **Difficulty:** Moderate

**Positive Impact:** Introduces participants to the basics of animation using the Procreate app, focusing on creating short animations like making characters blink or move their mouths.

**Skills Enhanced:** Digital art, animation techniques, creativity.

### **Typography and Lettering Design for Beginners**

**Duration:** 2 hours | **Difficulty:** Easy

**Positive Impact:** Learn the basics of typography and lettering design, creating beautiful custom letters for posters, social media, or branding.

**Skills Enhanced:** Graphic design, creativity, attention to detail.

### **Logo Design Basics: Creating a Visual Identity**

**Duration:** 3 hours | **Difficulty:** Moderate

**Positive Impact:** Participants will learn the fundamentals of logo design, from concept to execution, exploring how to create an effective and memorable visual identity for a brand or project.

**Skills Enhanced:** Graphic design, creativity, branding.

### **How to Design Posters and Flyers for Events**

**Duration:** 2 hours | **Difficulty:** Easy to Moderate

**Positive Impact:** Participants will learn how to design eye-catching posters and flyers using graphic design software, focusing on layout, color theory, and typography.

**Skills Enhanced:** Graphic design, creativity, event marketing.

# ART NEST LEARNING HUB'S CURRICULUM

## For All Ages

### How to Use AI for Art and Life

**Duration:** 2 hours | **Difficulty:** Easy

**Positive Impact:** Enhances digital literacy and creativity, making technology accessible to improve daily life and art creation.

**Skills Enhanced:** Digital literacy, creativity, problem-solving.

### Painting Murals or Big Canvas Together Using a Number System

**Duration:** 4 hours | **Difficulty:** Easy to Moderate

**Positive Impact:** Develops motor skills, teamwork, and hand-eye coordination by working together on a large-scale project using a number-based guide.

**Skills Enhanced:** Cognitive function, hand-eye coordination, teamwork.

### Interactive Storytelling Through Sound and Art

**Duration:** 3 hours | **Difficulty:** Moderate

**Positive Impact:** Combines visual art and sound design, enhancing creativity and sensory engagement through ambient sound recording and storytelling.

**Skills Enhanced:** Creativity, storytelling, sensory engagement.

### How to Create Augmented Reality Art

**Duration:** 3.5 hours | **Difficulty:** Moderate to Challenging

**Positive Impact:** Introduces participants to innovative technologies and empowers them to blend art with digital interactions, creating an immersive experience.

**Skills Enhanced:** Digital literacy, creativity, technological fluency.

# ART NEST LEARNING HUB'S CURRICULUM

## For Seniors:

**Wood Sculpture with Resin Glossy to Make Sculptures for decoration**

**Duration: 3 hours | Difficulty: Moderate**

**Positive Impact:** Enhances fine motor skills and creativity while engaging seniors in tactile projects. Participants will create beautiful sculptures for gardens or as personal gifts.

**Skills Enhanced:** Hand-eye coordination, creativity, fine motor control, gift-giving and personal satisfaction.

**Using Fitness and Health Apps to Stay Active**

**Duration: 2 hours | Difficulty: Easy**

**Positive Impact:** Encourages a healthy lifestyle, increases comfort with technology, and promotes wellness by using apps that track fitness and health.

**Skills Enhanced:** Digital literacy, wellness, self-care.

**Using Virtual Assistants for Everyday Tasks**

**Duration: 1.5 hours | Difficulty: Easy**

**Positive Impact:** Promotes independence and technology literacy by teaching seniors how to use virtual assistants like Siri or Google Assistant for reminders, calls, and more.

**Skills Enhanced:** Digital literacy, independence, task management.

**Social Media Basics for Seniors: Staying Connected and Engaged**

**Duration: 2.5 hours | Difficulty: Moderate**

**Positive Impact:** Reduces isolation and promotes social engagement by teaching seniors how to use social media platforms like Facebook and Instagram to connect with family and friends.

**Skills Enhanced:** Social engagement, digital literacy, privacy awareness.



# ART NEST LEARNING HUB'S CURRICULUM

## For Children:

### How to Create Animal Forms Using Paper

**Duration:** 1 hour | **Difficulty:** Easy

**Positive Impact:** Boosts creativity and fine motor skills while teaching children to create fun and imaginative animal forms from simple materials.

**Skills Enhanced:** Creativity, fine motor control, spatial awareness.

### How to Do Small Sculptures Using Driftwood

**Duration:** 1.5 hours | **Difficulty:** Easy

**Positive Impact:** Encourages creativity, eco-consciousness, and tactile engagement with natural materials, allowing kids to explore and create freely.

**Skills Enhanced:** Environmental awareness, creativity, tactile skills.

### How to Draw Anime, Manga, or Cartoons

**Duration:** 2 hours | **Difficulty:** Easy to Moderate

**Positive Impact:** Enhances drawing skills, attention to detail, and encourages creative self-expression by teaching children to draw popular cartoon characters.

**Skills Enhanced:** Creativity, hand-eye coordination, attention to detail.

### How to Decorate Recycled Boxes and Crates to Make Beautiful Furniture

**Duration:** 2 hours | **Difficulty:** Easy

**Positive Impact:** Promotes creativity, problem-solving, and upcycling by transforming everyday materials into functional art pieces.

**Skills Enhanced:** Spatial literacy, patience.