

Enchanted Journeys: A Journaling Word and Paint Workshop
Curriculum Plan and Schedule

Age Group 9-11
Schedule Options: Saturdays, 9:00-11:00 AM

Format:

Creative Writing: Develop narrative skills through structured, reflective diary entries, each week exploring different literary elements.
Visual Arts: Engage in a range of artistic mediums and techniques, from traditional to experimental, with a strong emphasis on art therapy methodologies to promote emotional insight and growth.
Objective:

Facilitate a holistic learning experience that integrates cognitive, emotional, and creative development.
Provide children with advanced tools for self-expression and emotional literacy through the combined power of storytelling and art.
Expert Approach:

Art Therapy Integration: Leveraging evidence-based art therapy techniques, the workshop will provide a therapeutic environment where children can explore and articulate emotions, build resilience, and enhance self-awareness.

Developmentally Appropriate Challenges: Activities are carefully designed to be challenging yet accessible, encouraging cognitive growth while ensuring emotional safety.

Weekly Schedule:

By the end of the semester, each participant will have created a sophisticated, multi-dimensional booklet, documenting their creative journey and emotional milestones.

Week 1 (September 7 & 11): Introduction to Narrative and Therapeutic Art

Begin with an exploration of storytelling fundamentals and the role of art in personal expression. Introduce narrative structure and discuss how storytelling can be a powerful tool for emotional exploration.

Week 2 (September 14 & 18): Descriptive Language and Symbolism in Art

Focus on enhancing descriptive writing skills, with a parallel exploration of symbolism in art. Children will use colored pencils to create symbolic representations of their diary entries, learning how to encode complex emotions and ideas in visual form.

Week 3 (September 21 & 25): Emotional Landscapes: Watercolor Techniques

Delve into the emotional dimensions of stories by exploring watercolor techniques that evoke different moods. Children will learn to use color theory and watercolor washes to create emotional landscapes that correspond to their diary themes.

Week 4 (September 28 & October 2): Storyboarding and Emotional Visualization

Introduce the concept of storyboarding as a tool for both planning narratives and visualizing emotional journeys. Children will create detailed storyboards, incorporating elements of foreshadowing and emotional pacing, guided by therapeutic principles.

Week 5 (October 5 & 9): Collage as a Metaphor for Memory and Identity

Explore the art of collage as a metaphorical technique to represent complex memories and aspects of identity. Children will create multi-layered collages that serve as visual metaphors for their written stories, fostering deeper self-reflection.

Week 6 (October 12 & 16): Dialogue Writing and Art as Catharsis

This session focuses on the power of dialogue in storytelling and its parallel in art as a means of emotional catharsis. Through the use of speech bubbles in their diaries, children will explore inner dialogues and externalize unresolved emotions in a safe, creative format.

Week 7 (October 19 & 23): Perspective-Taking through Narrative and Art

Develop perspective-taking skills by creating narratives and corresponding artwork from the viewpoint of different characters. This exercise promotes empathy and helps children understand the complexity of emotions and motivations, both in themselves and others.

Week 8 (October 26 & 30): Midterm Review: Integrative Reflection and Sharing

Midway through the course, children will present their work in a reflective sharing session. This review is designed to encourage integrative thinking, where students can connect their creative and emotional insights, building confidence in their expressive abilities.

Week 9 (November 2 & 6): Mixed Media Techniques for Emotional Depth

Expand artistic skills by incorporating mixed media into their visual storytelling. Using materials like ink, charcoal, and fabric, children will explore how texture and layering can add depth to their narratives, reflecting the complexity of their emotions.

Week 10 (November 9 & 13): Character Development and Emotional Projection

Focus on creating richly developed characters that serve as projections of the children's own experiences and emotions. Through detailed illustrations and narrative writing, students will explore how characters can act as vessels for their emotional journeys.

Week 11 (November 16 & 20): Art as a Tool for Overcoming Adversity

This session will emphasize resilience through art by guiding students to create visual and written representations of overcoming personal challenges. Utilizing therapeutic art techniques, students will explore narratives of struggle and triumph, reinforcing their capacity for resilience.

Week 12 (November 23 & 27): Abstract Art and Advanced Creative Writing

Introduce advanced creative writing techniques alongside abstract art forms. Students will learn to express abstract ideas and emotions through both written and visual mediums, promoting sophisticated levels of self-expression and introspection.

Week 13 (November 30 & December 4): Symbolism and Emotional Resonance in Storytelling

Explore the use of symbols to add emotional resonance and layers of meaning to stories. Students will create symbolic artwork to accompany their narratives, learning how symbols can powerfully encapsulate and communicate complex emotions.

Week 14 (December 7 & 11): Final Project Planning: Synthesizing Creativity and Emotional Insight

Begin the synthesis of the semester's work into a final, comprehensive project. Students will plan and begin executing a cohesive story and corresponding artwork that reflects their creative and emotional growth, guided by expert feedback and therapeutic techniques.

Week 15 (December 14 & 18): Final Project Presentations: A Celebration of Creative and Emotional Growth

In the final session, students will present their completed projects. This celebration will highlight not only their creative achievements but also the emotional growth and self-awareness they have developed throughout the course.

Age Group 7-8

Schedule: Saturdays, 11:00 AM - 12:00 PM

Format:

- **Foundational Storytelling:** Children will explore basic storytelling through simple narratives, enhanced by visual arts techniques that support early emotional expression.
- **Art Therapy Techniques:** Gentle, developmentally appropriate art therapy methods will be integrated to help children navigate and express their emotions in a nurturing environment.

Objective:

- Lay the groundwork for creative expression and emotional awareness.
- Foster basic writing and artistic skills while nurturing emotional intelligence and resilience.

Expert Approach:

- **Age-Appropriate Art Therapy:** Techniques are selected to suit young children's developmental stages, ensuring they can safely explore and express emotions through art.
- **Engaging and Safe Learning Environment:** Activities are designed to be both engaging and emotionally supportive, encouraging children to feel comfortable exploring their inner worlds.

Weekly Schedule:

By the end of the semester, each child will have created a colorful and emotionally resonant booklet, representing their first steps into the world of storytelling and self-expression.

- **Week 1 (September 7): Introduction to Visual Storytelling and Emotional Exploration**
Start with a simple introduction to storytelling through pictures, focusing on drawing a favorite memory. This activity encourages children to begin exploring their emotions and expressing them through art.
- **Week 2 (September 14): Combining Words and Art for Emotional Expression**
Children will add simple sentences to their drawings, using crayons to create vibrant illustrations that help them articulate and express their feelings in a supportive environment.
- **Week 3 (September 21): Color Theory and Emotional Awareness**
Introduce the concept of color as a tool for emotional expression. Children will draw and color scenes that reflect specific emotions, learning to identify and express their feelings through art.
- **Week 4 (September 28): Story Planning and Emotional Sequencing**
Guide children through the process of planning a simple story using stickers and cutouts. This activity helps them understand the flow of emotions in a narrative and how to visually represent that flow.
- **Week 5 (October 5): Dialogue and Emotional Communication through Comics**
Focus on simple dialogues in storytelling. Through creating a comic strip, children will learn to express emotions and thoughts through their characters, providing a healthy outlet for their inner experiences.

Week 6 (October 12): Exploring Excitement with Chalk Art

Use colored chalk to illustrate an exciting event. This session focuses on the use of bold, expressive colors to capture high-energy emotions, encouraging children to express and release excitement and joy.

Week 7 (October 19): Imaginative Expression and Emotional Freedom

Encourage imaginative thinking by having children create fantasy scenes. This activity supports emotional freedom and allows children to explore their creative potential without constraints.

Week 8 (October 26): Midterm Review and Reflective Sharing

Mid-semester sharing session where children present their stories and artwork. This reflective activity promotes self-awareness and helps children articulate their creative and emotional journeys in a safe, supportive environment.

Week 9 (November 2): Texture Exploration and Tactile Emotional Expression

Introduce various textures in art using materials like fabric and paper. This tactile experience helps children connect with their emotions and express them through different textures and materials.

Week 10 (November 9): Animal Stories and Emotional Connections

Guide children in creating stories about animals, encouraging them to reflect on their emotional connections to