

ART

CLUB

WORKBOOK

This workbook, lesson plans, and supply lists were developed and curated by Rooted Sonshine.



# Art Analysis

Use the spaces below to analyze a piece of art.

## Artwork

Title:

Artist:

Year Made:

## Describe

- Describe what you see in the artwork.

***Write your answer here.....***

## Examine

- What elements of art do you see?

***Write your answer here.....***

- What principles of design do you see?

***Write your answer here.....***

## Interpret

- What is this artwork about?

***Write your answer here.....***

- What is the meaning of this artwork?

***Write your answer here.....***

## Critique

- What do you like about the artwork?

***Write your answer here.....***

- What do you dislike about the artwork?

***Write your answer here.....***

# Art Comparison

Use the spaces below to compare any two works of art.

## Artwork 1

Title:

Artist:

Year Made:

## Similarities

- What makes these two pieces of art similar?

***Write your answer here.....***

## Differences

- What makes these two pieces of art different?

***Write your answer here.....***

## Artwork 2

Title:

Artist:

Year Made:



# ART PROJECT PLANNING

What is your idea for your project and what inspired you?

What art materials or supplies will you need to create your project?

What do you still need to practice or learn before you start your project?

Draw a small sketch of your idea here.

What Elements of Art will your project use? Circle them below:

Line



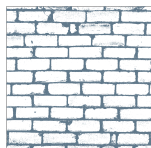
Shape



Color



Texture



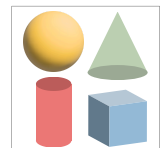
Space



Value



Form



## Personal Narrative: Brainstorm

**Small Moment:**

**Who was there?**

**What Happened:**

1

2

3

4

5

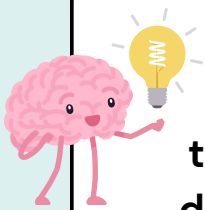
**Where were you?**

**When was it?**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# 3-2-1 Self-Reflection



**3**

things I  
did well

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**2**

concepts I still  
need to practice

- \_\_\_\_\_
- \_\_\_\_\_



**1**

question I have  
for my teacher

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# MINDFUL SCAVENGER HUNT



We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

1

Notice the weather. Is it sunny or cloudy? How does the air feel (warm, cold, windy)?

2

Find a tree and touch the bark and leaves. What do they feel like?

3

Smell a flower or a plant. How would you describe the scent?

4

Observe a bug without disturbing it.

5

Notice what you hear outside. Do you hear the wind, birds, or insects?

6

Look for seeds, pods, or nuts. How many types can you find?

7

Lay on the ground. How does the earth feel beneath you? What do you see in the sky?

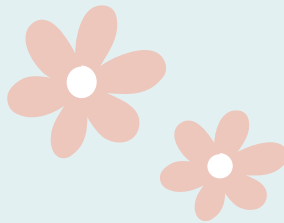
# MINDFUL SCAVENGER HUNT



## WHAT I SEE



Sky



Flowers



Seeds

## WHAT I HEAR



Birds



Wind



Insects

## WHAT I FEEL



Grass



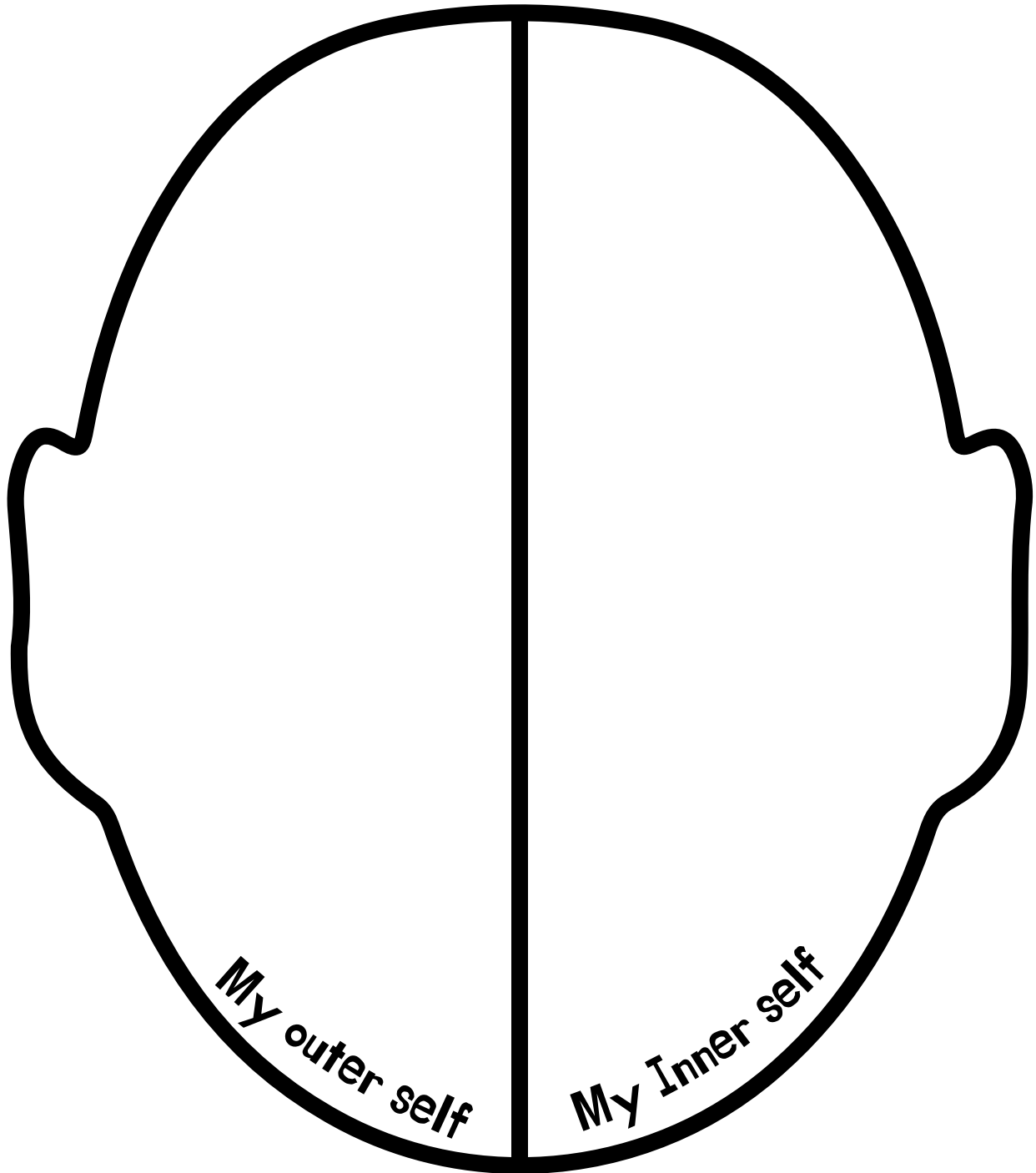
Leaves



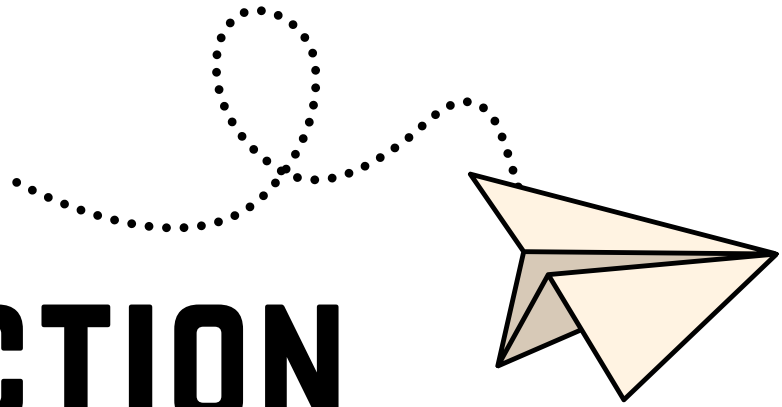
Bark

# My Self Portrait

Sometimes what others see is different from what we see. Color the left side how you think others see you. Color the right side how you see yourself.



# 3-2-1



## REFLECTION

Directions: Fill in the boxes below to reflect on your learning today. What did you learn, and what questions do you still have?

### 3 THINGS I LEARNED

1.

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2.

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3.

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### 2 INTERESTING FACTS

1.

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2.

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### 1 QUESTION I HAVE

1.

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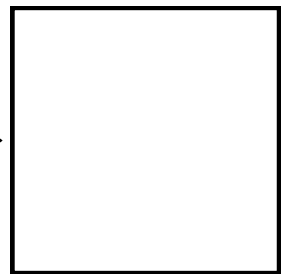
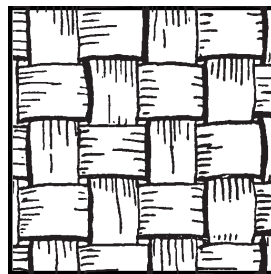
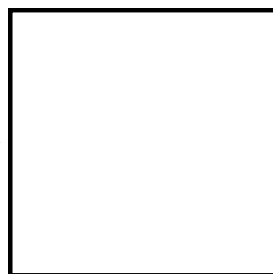
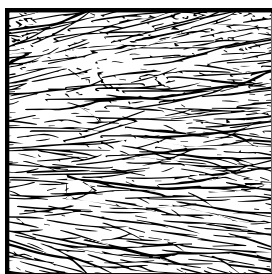
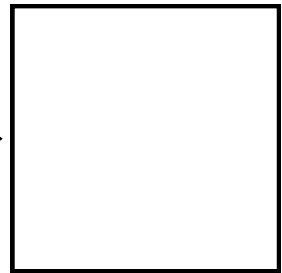
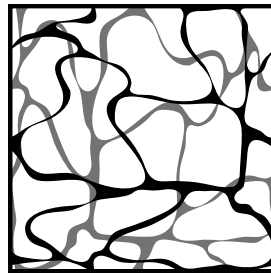
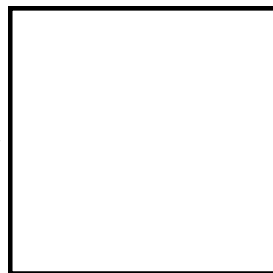
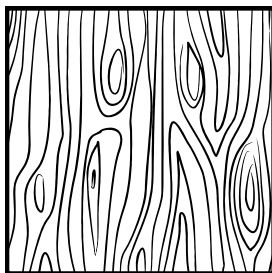
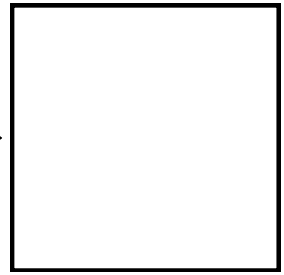
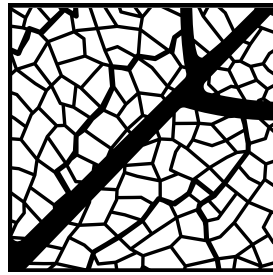
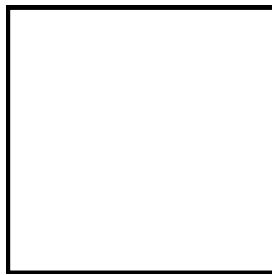
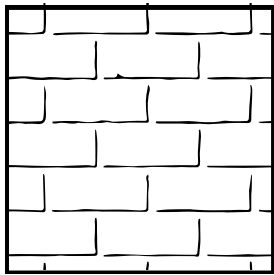
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# Texture

Texture is an element of art! Texture represents how something looks and feels.

## Drawing Texture

Repeat the texture in the boxes below.





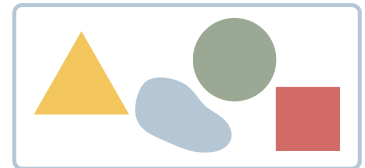
# ELEMENTS OF ART

Draw a line to match the Elements of Art on the left to the examples on the right.

SHAPE



SPACE



VALUE



TEXTURE



COLOR



FORM



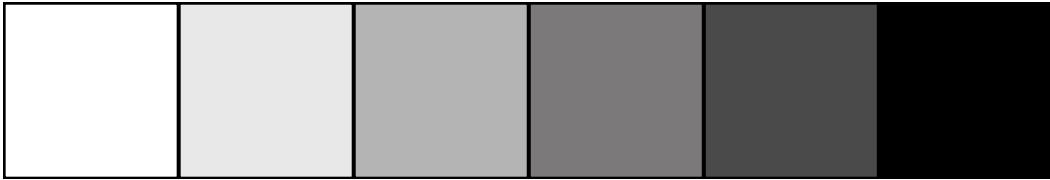
LINE



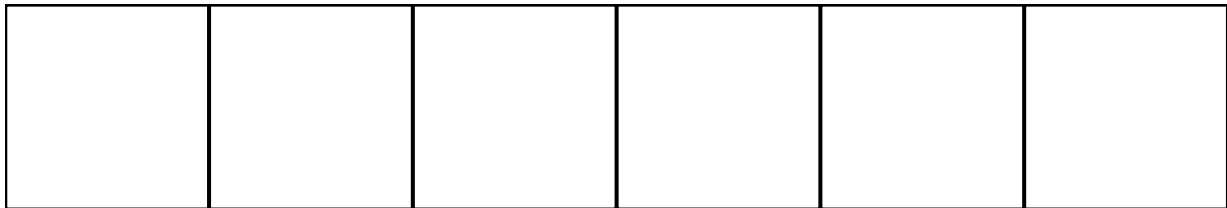
# Value

Name: \_\_\_\_\_

Value is an element of art!  
Value shows the lightness and darkness of a color.



Use a pencil to shade the value scale like the example above.

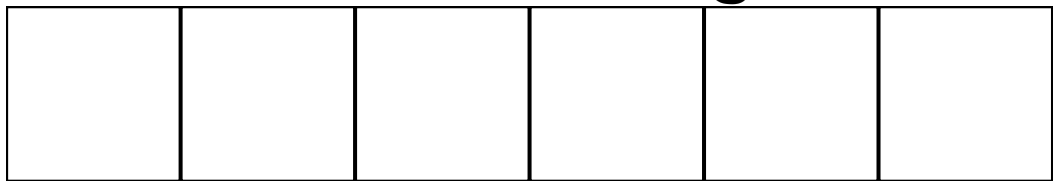
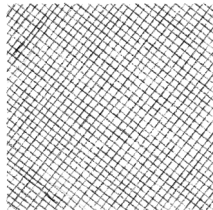


Light → Dark

## Try a New Technique!

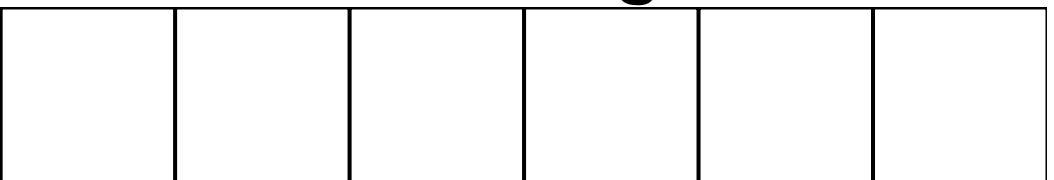
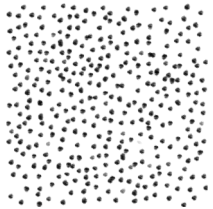
Create your own value scales using these new shading techniques!

### Cross Hatching



Light → Dark

### Stippling



Light → Dark

# Self-Reflection

Answer the questions below to reflect on your art. Reflection helps us to become stronger artists, so be sure to answer honestly and thoughtfully.

1

**What is something you feel you excelled at in this session?**

2

**What is one thing you found challenging today?**

3

**What is something you learned during this process that you will take with you into future projects?**

4

**How would you rate your effort throughout this project?**

Check one of the boxes below:

- ☐ I gave 100% of my effort on the entire project. This is my best work.
- ☐ There are some parts that I could have spent more time and effort on.
- ☐ I could have made quite a few improvements but chose not to.
- ☐ I didn't give this project my best effort.



# **SOCIAL MEDIA SELF-AWARENESS**



**Fill out this worksheet to evaluate your social media use and its affects.**

**1**

Which social media platforms do you use most?

**2**

What are things you enjoy or find positive about social media?

**3**

Are there aspects that affect you in a negative way?

**4**

How would you describe your online interactions with other people?

**5**

Do you think you present yourself authentically online?

**6**

Describe how social media affects your behavior.

**7**

Are there any changes you would like to make in your use of social media?

# self care challenge

month

year

take a 10  
minute walk  
outside

practice deep  
breathing for  
5 minutes

drink a glass  
of water

learn yoga for  
beginner

listen to your  
favorite song

stretch for  
5 minutes

have a  
healthy snack

meditate for  
10 minutes

call a friend  
or family  
member

take a power  
nap

do a quick  
decluttering  
session

watch  
a funny video

read a few  
pages of a  
book

do a quick  
workout

have  
a soothing  
cup of tea

try a new  
recipe

write in a  
journal for 5  
minutes

do a random  
act of  
kindness

take  
a relaxing  
bath

unplug from  
technology for  
an hour

watch the  
sunset or  
sunrise

do a mini  
DIY project

make some  
word of  
affirmation

dance to  
your favorite  
music

reflect on your  
day before  
going to bed

notes

goals

# ART REFLECTION

## SELF CRITIQUE SHEET

I'm really proud  
of the way I...

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My craftsmanship on this  
project was:

- ☐ Excellent
- ☐ Satisfactory
- ☐ Needs Improvement

Something I would do differently next time is...

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3 art vocabulary words I learned about with this project are:

1. 

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2. 

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3. 

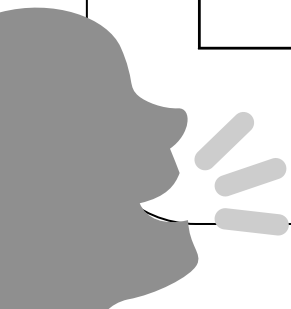
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# I'M DONE... NOW WHAT?

Here are some fun activities you can try with a partner



<p>Write your sound on small pieces of paper. Crumple the paper and toss it into a hoop.</p>	<p>Think of a word that has your sound in it. Act out the word so your partner can guess what it is.</p>	<p>Find an object in the room that has your sound in it. Describe the item to your partner.</p>
<p>Take turns saying words that have your sound in it. The person who can think of the most words wins!</p>	<p>Tell your partner what you did last weekend. How many times did you say your sound correctly?</p>	<p>Grab some playdough. Shape the playdough into the letter sound you are working on.</p>
<p>Pick a category. Name as many words as you can with your sound. Keep trying other categories.</p>	<p>Grab a book and find words that have your sound in them. Practice saying the words out loud.</p>	<p>Say a word that starts with each letter of the alphabet. Make sure the word has your sound in it.</p>





# THE HISTORY OF TACOS



Tacos, a culinary treasure, have a rich history that spans hundreds of years and crosses numerous cultures. The word "taco" originates from the Nahuatl word "tlahco," meaning "half" or "in the middle," referring to the way it is formed. Historians believe that the taco predates the Spanish arrival in Mexico. Indigenous people in the Lake Region of the Valley of Mexico traditionally filled corn tortillas with small fish.

These simple yet delicious meals have evolved significantly over the centuries. When the Spanish conquistadors arrived in Mexico, they introduced new types of livestock, such as pigs and cattle, expanding the taco filling options beyond fish. As tacos migrated to different regions, each area adapted the recipe using local ingredients, creating a diverse range of flavors and styles.

In the 20th century, Mexican migrants brought tacos to the American Southwest, transforming them once again. The introduction of hard-shell tacos, a departure from the traditional soft corn tortillas, marked a significant moment in the evolution of the taco. This innovation made tacos more accessible and longer-lasting, which contributed to their popularity in the United States.



Nowadays, people all over the world enjoy tacos. They come with all sorts of fillings, from beef and chicken to lots of vegetarian choices. What makes tacos so great is how they can be made in so many ways. They're simple, fun to eat, and always bring a smile to people's faces.

Tacos have also become a way for people to try new things with food. Chefs and everyday cooks like to mix up ingredients and come up with new kinds of tacos. This includes tacos with flavors from other countries, like Korean BBQ tacos, or healthier options with grains like quinoa. Tacos are a big part of parties and get-togethers, showing how food can bring people together.



# THE HISTORY OF MERMAIDS



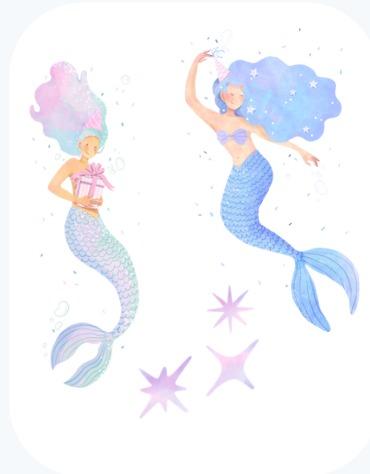
Mermaids have fascinated people for centuries, appearing in stories, art, and legends from many cultures. These mythical sea creatures, usually shown with the upper body of a human and the lower body of a fish, are both enchanting and mysterious. Mermaids have been portrayed in different ways throughout societies over time.

The idea of mermaids goes back to ancient times. One of the earliest mermaid-like figures was Atargatis, a Syrian goddess who turned into a mermaid because she felt guilty for having a child with a shepherd. In Greek mythology, there were Sirens, who were originally half-bird and half-woman. They lured sailors to their doom with their beautiful voices. Over time, Sirens were often shown as mermaids instead.

In medieval Europe, people believed that seeing a mermaid was a bad omen, meaning that something terrible, like a storm or shipwreck, was about to happen. Mermaids appeared in bestiaries, which were books describing various animals, both real and mythical. During the Renaissance, people became interested in ancient myths again, and mermaids were often shown in art and stories, representing beauty and mystery.

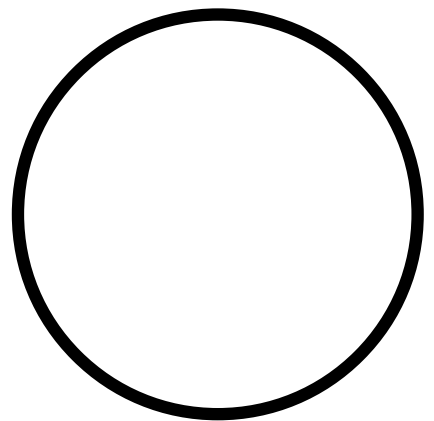
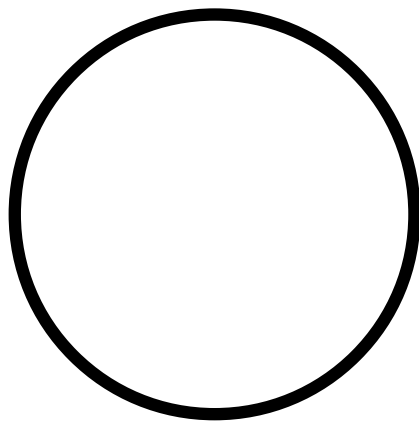
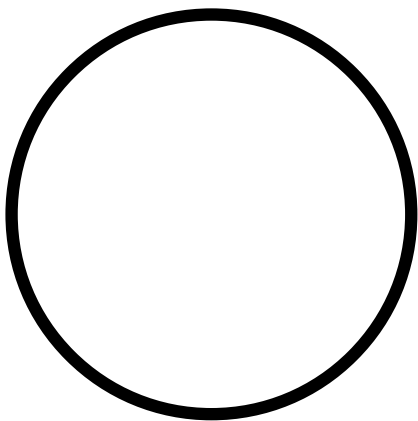
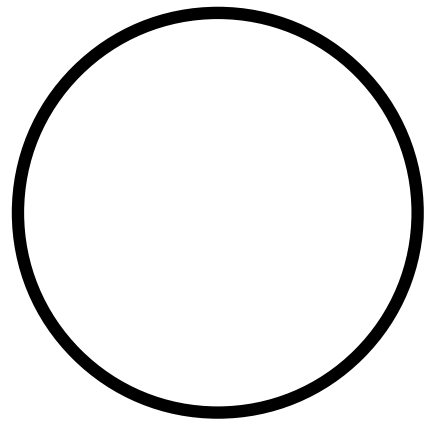
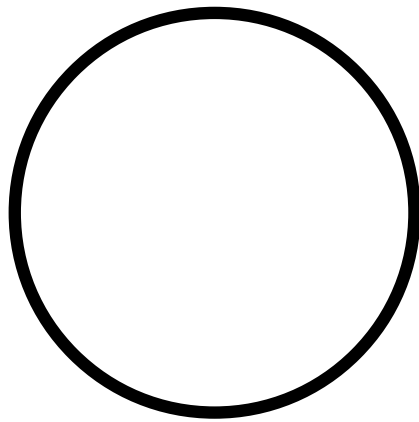
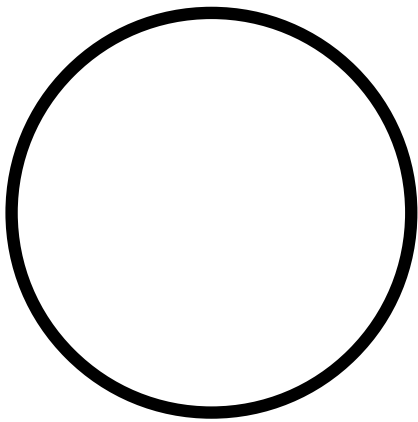
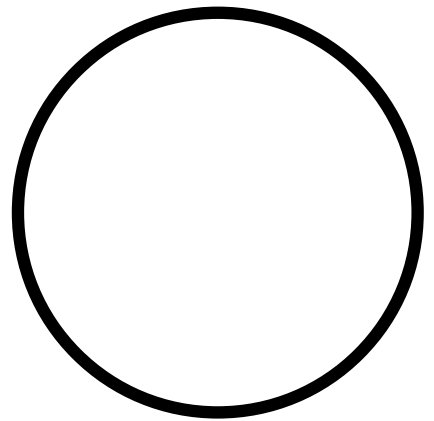
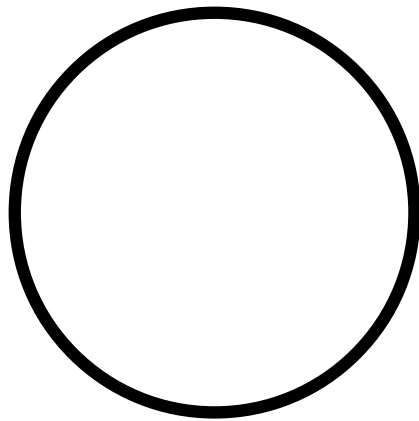
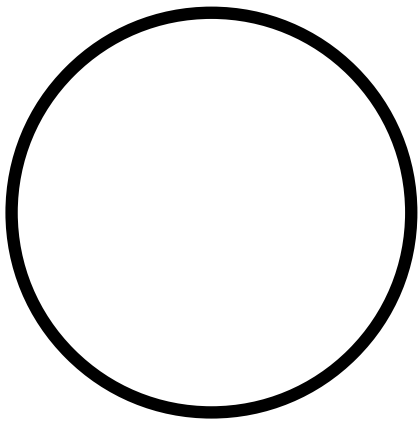
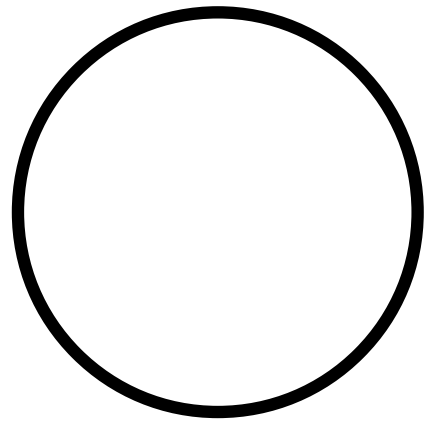
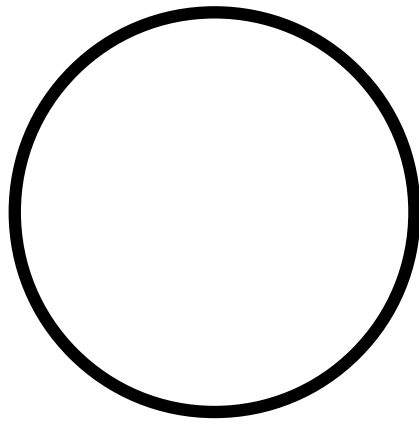
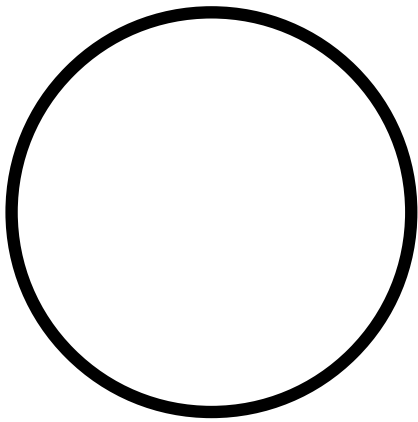
Mermaids are not just a European legend. In Japan, there is a creature called the ningyo, which has a human face and a fish body. It was believed to bring bad luck if caught. In Africa, Mami Wata is a water spirit often shown as a mermaid and is associated with fertility and healing. In Caribbean folklore, the Aycayia is a mermaid who can turn into a human and walk on land.

Today, mermaids are still popular in movies, TV shows, and books. They symbolize freedom, mystery, and the unknown, and continue to capture our imaginations.



# ***THE CIRCLE CHALLENGE***

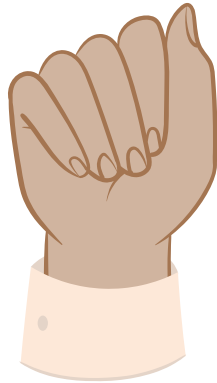
Directions: What are you able to make out of a circle? You have 3 minutes to turn as many circles as you can into an object



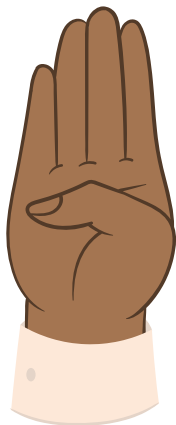
# Sign Language

Practice these signs with your hands.

Compare and contrast.



**Aa**



**Bb**



**Cc**

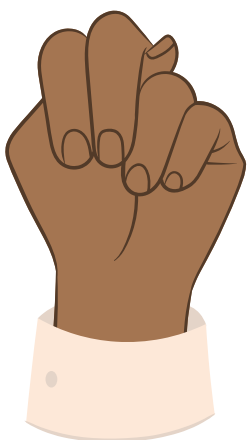
# Sign Language

Practice these signs with your hands.

Compare and contrast.



**Mm**

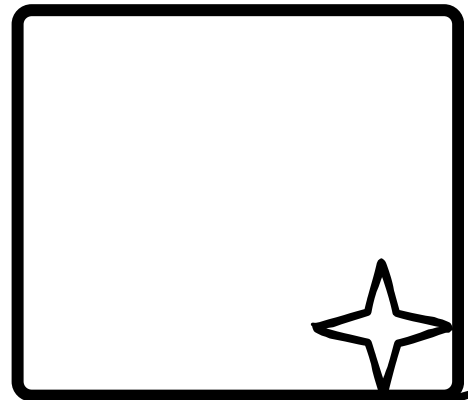
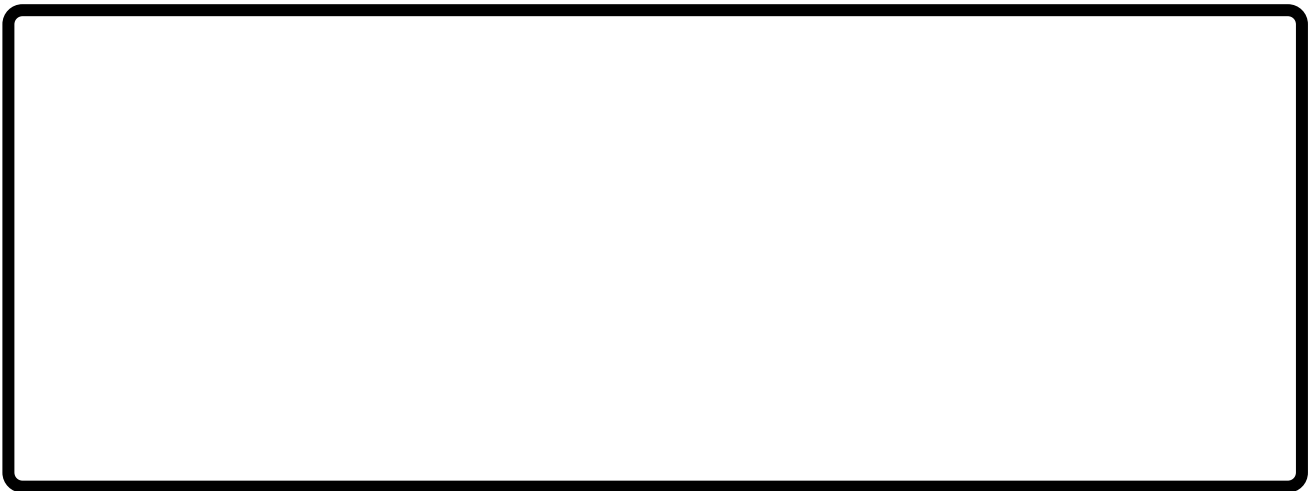
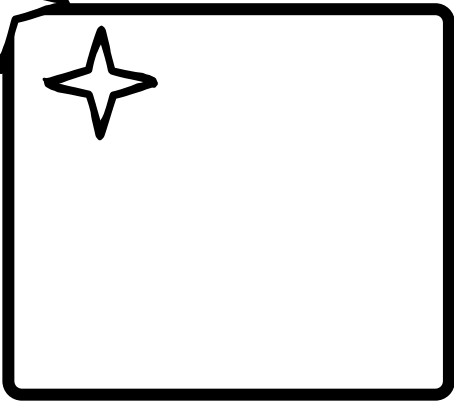


**Nn**



**Oo**

# CREATE A COMiC STRiP!



# I SPY COLORING BOOK

Name, write down and color ten things you can spy in the picture.



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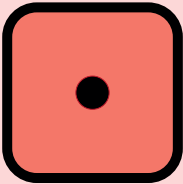
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# ROLL AND TELL

Let's get to know each other!  
Roll the die and share something about yourself.



What is the yummiest meal you've ever had?



If you could have a superpower,  
what would it be?



If you could have any animal as a pet,  
what would it be and what would you name it?



What is something you are really good at?



If you won a million dollars,  
what would you spend it on?



If you were a teacher, what would you teach  
and what would you do to make your class fun?



# I Belong

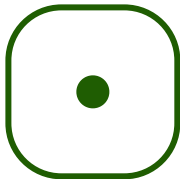


# Dice Brain Break

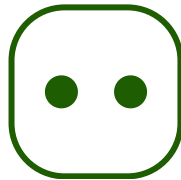
Roll the dice and perform the Yoga Position of the number you get.



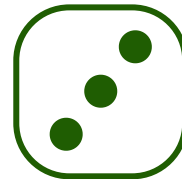
**Viveksana**



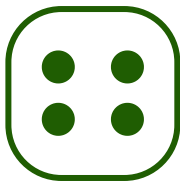
**Utthita Trikonasana**



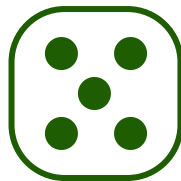
**Vatayanasana**



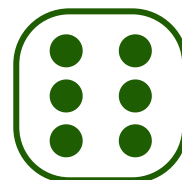
**Bhujangasana**



**Ardha Chandrasana**



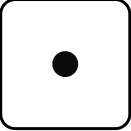
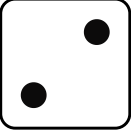




**Ardha Padmasana**



# ROLL A SPRING STORY

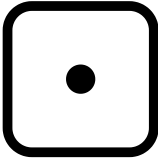



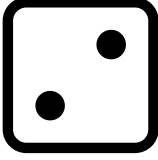







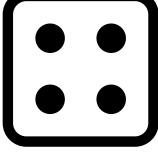



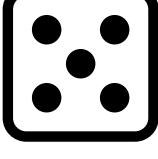



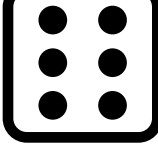



Roll the dice 3 times. Every time you roll, a different element of your story is revealed. Once you have finished rolling the dice, write or tell your story.



	1ST ROLL CHARACTER	2ND ROLL SETTING	3RD ROLL CONFLICT
	A playful bunny	A blossoming garden	Someone saves the spring festival from a storm
	A friendly gardener	A spring meadow	All the butterflies have disappeared
	A grumpy ladybug	A forest on a rainy day	Someone is stealing all the pollen from the flowers
	A busy bee	A cherry blossom grove	Someone casts a spell of eternal winter
	A lively squirrel	A pond on a sunny day	A kite gets lost on Spring day
	A colorful snail	A springtime farm	The picnic items disappear

# Roll a Story

Roll a die three times to pick a character, setting, and problem.  
Then, use these to write your own creative story.

	Character	Setting	Problem
	A zoo keeper 	In a dark forest 	Finds a magic wand 
	A beautiful princess 	On a ship 	Gets stuck in a fire 
	A big bear 	In a desert 	Meets a big monster 
	An old man 	In a hidden cave 	Gets lost 
	A friendly alien 	At a farm 	Is chased by a wolf 
	A brave policeman 	On a spaceship 	Sees a ghost 

# Talk for a minute

Work in groups and take turns choosing a topic to talk about for 1 minute each.

How music impacts your life.	Your family.	The city you grew up in.	Your favorite singer/band.	A famous person you like.
Your future plans.	Your last holiday.	Travelling.	Your favorite place in the world.	Places you'd like to visit.
Best day of your life.	Your most embarrassing moment.	Your favorite holiday.	Pets.	Your favorite food.
Your favorite book.	Perfect date.	Your country.	What makes you happy.	What makes you sad.
What makes you feel proud.	Your favorite movie superhero.	Favorite movie.	How music impacts your life.	Your hobbies.
Favorite sport.	Ways to improve your English.	Something you enjoy doing.	Something you don't like to do.	Activities you do after class.
Favorite movie genre.	Favorite music genre.	Weather.	Favorite season.	Your friends.
Something that makes you nervous.	Something you'd like to learn.	Healthy habits.	Something that makes you angry.	Favorite vacation.



# Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry =

Happy =

Sad =

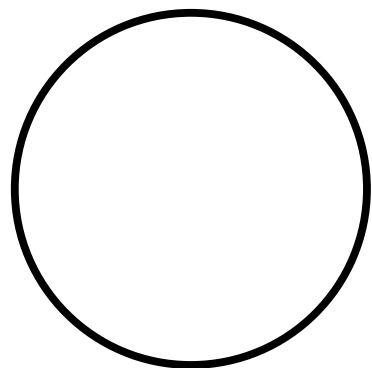
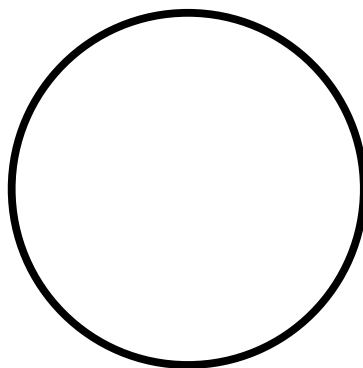
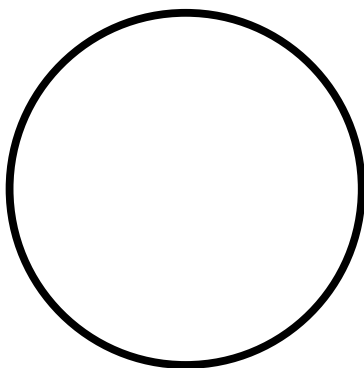
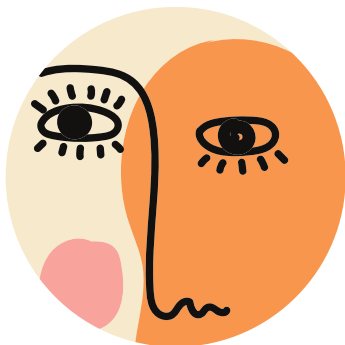
Nervous =

Excited =

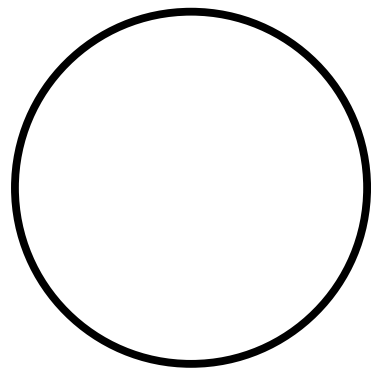
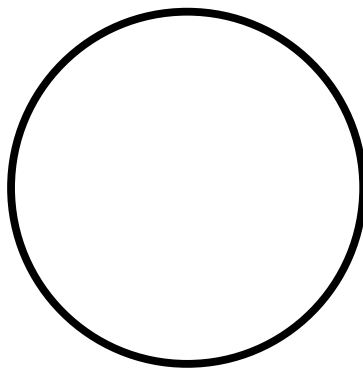
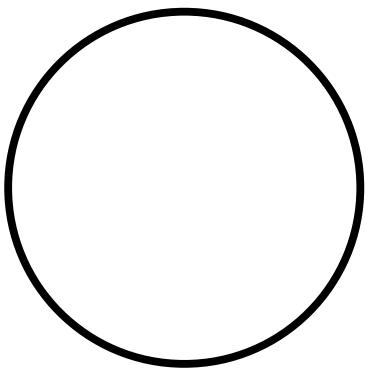
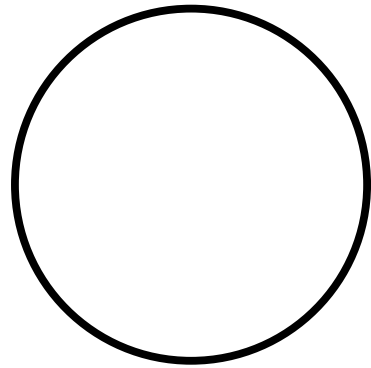
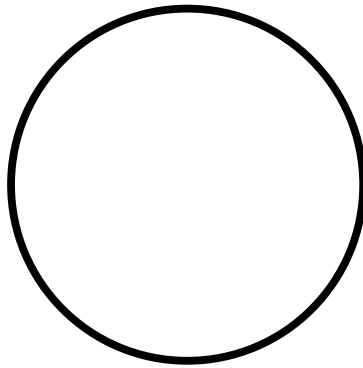
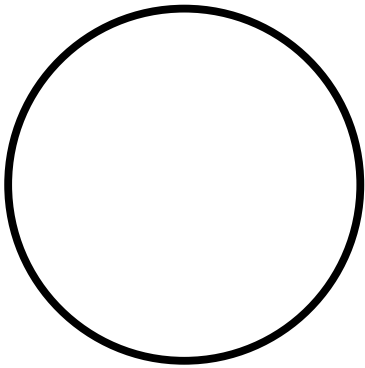
Calm =

# ABSTRACT ART

Abstract art is art that does not represent something real, but instead uses shapes, lines, textures, effects and colors to create a symbolic depiction. Practice some abstract techniques, gaining inspiration from the following examples:



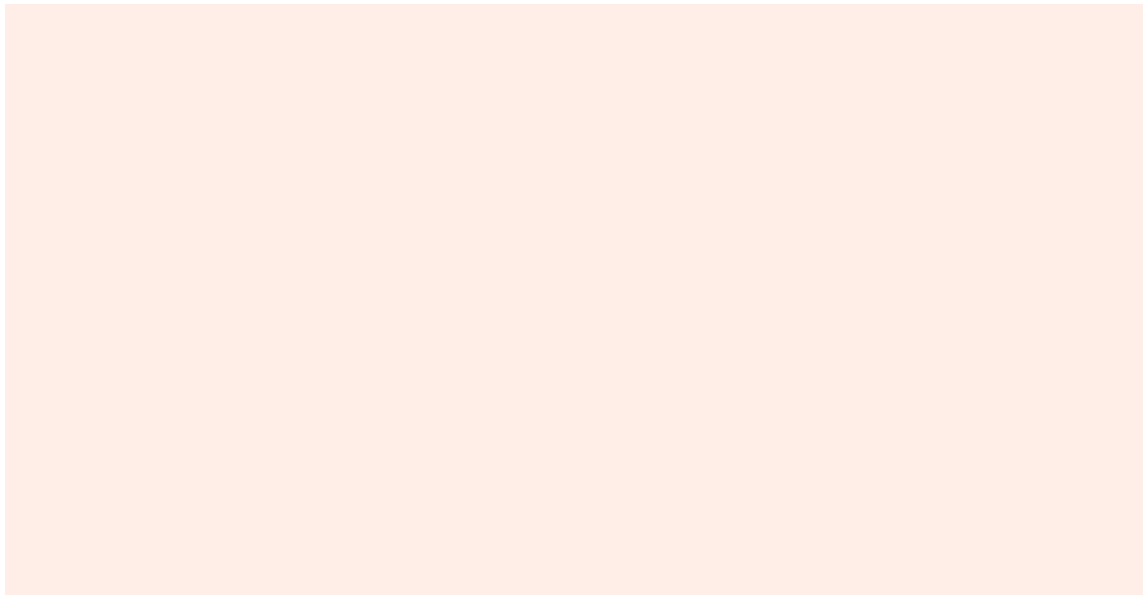
# ABSTRACT ART





# \* \* the artist's muse \*

People say that artists have muses who inspire them to create their work and fill them with a passion for artistic pursuits. Recall the artwork you submitted during our last session. Do you remember what inspired you to create it? **In the space below, paste 5 images of people, photos, or things that became your reference or source of inspiration.**



\* Based on the images above, what do you think is the overall theme of your artwork?

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\* What artistic movement is your artwork most similar to? Why do you think so?

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\* What meaning or message were you trying to convey in your artwork?

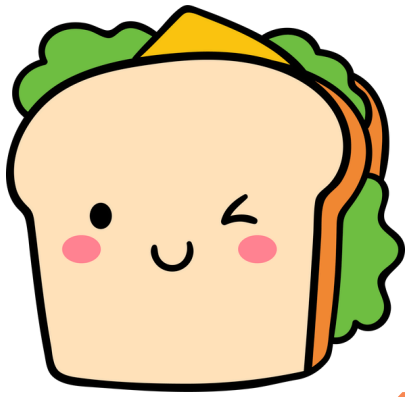
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\* If you could change something in your artwork, what would it be? Why?

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# ART SANDWICH

Something I  
like about  
your  
artwork

Something  
that inspired  
me in your  
artwork

Something  
else I like  
about your  
artwork



# ARTIST STATEMENT



## WHAT

What have you made? What did you make it with?

## HOW

How did you make it? How did you solve any problems??

## WHY

Why did you choose this idea? how does it send a message to other people?



# The Artmaking Process

Inspiration

Idea Generation

Exploration

Refine

Final creation

Evaluation

The artmaking process is a series of steps we can take as artists to create an artwork or series of works. Most people instinctively follow this creative process to make art.

Being aware of and following these steps helps us create more fully resolved works of art that reflect our experiences.

*Follow the prompts on each of the following pages of this mini workbook to learn about, and learn to, develop an idea into an artwork.*





# Inspiration

Inspiration and ideas can come from nature, people, places, music, experiences and other artworks.

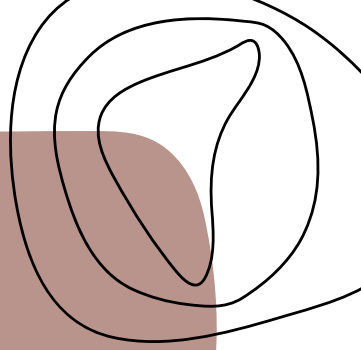
*Use this page to brainstorm all the things that inspire you that you could make an artwork about.*

*I am  
inspired by*



Draw, photograph,  
brainstorm, and collage  
images, textures, and  
found pictures related  
to your idea on this page

# Idea Generation



*TIP: don't worry about creating 'perfect' images here. This is a page for visually representing your ideas. It helps to annotate\* your sketches for later reference.*



*Use more paper if you need more space.*

*\*Annotate: Annotations are extra information like comments or explanations*

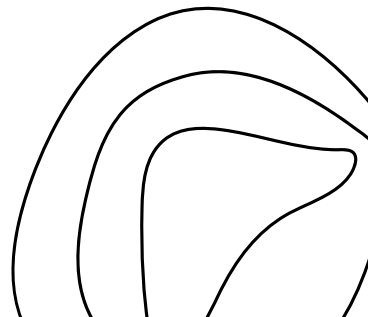


# Exploration

Time to play! Explore lots of different ways you could create your artwork. How could your choices add layers of meaning to your work? E.g., using ochre in a painting about earth.

*On this page, play with color, explore media, and have fun! Your explorations don't have to look like a picture.*

*Use more paper if you need more space.*



Decide on your composition and materials and craft a final sketch.

Make any adjustments then transfer to your chosen material such as canvas or paper.



# Refine

*My final Sketch*



*To make my artwork, I will be using...*







# Final creation

Take your time creating your final artwork. It should represent your completed idea..

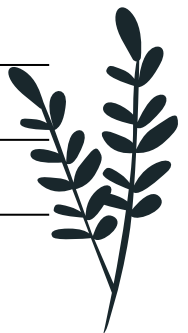
*Paste a picture of your completed artwork here..*

Artist Name: \_\_\_\_\_

Artwork Title: \_\_\_\_\_

Material: \_\_\_\_\_

Dimensions: \_\_\_\_\_



Reflect on your journey from inspiration to artwork creation.

Write an evaluation of your work as an artists statement.

# Evaluation

*Use the following sentence starters to help write your statement. You can write your final copy on the following page.*

## Introduction:

This artwork explores the idea of...

I chose to explore this idea because...

I was inspired by...

## Introduction notes:

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## Body:

This artwork represents this idea in the following ways...

I used the following methods and materials to show/symbolize/teach others about...

I like... about my artwork because...

I would change...about my artwork because...

## Body notes:

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## Conclusion:

In exploring this idea... I learned about...

In exploring this idea... I learned to use...

## Conclusion notes:

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Reflect on your journey from  
inspiration to artwork creation.

Write an evaluation of your work as an artists statement.

## Evaluation

## My artist Statement

[illegible]

