

Art Break with the AGH: Workshop Schedule

Date/Time	Workshop Description	Materials Needed
Monday, January 24 10:30 - 11:00am	<p>Shake Your Bones with Jody Boston Recommended age: Primary</p> <p>Let's move! Jody Boston will lead your class through a full body warm up and imaginative movement play. We will spend the final five minutes engaged in a breath-based, regulation wind down so that students can return to their desks calm, confident and ready to learn.</p>	Safe, unobstructed space to move around freely
Wednesday, January 26 10:30 - 11:00am	<p>Marvelous Mandalas with Nancy Benoy Recommended age: Junior</p> <p>Mandalas are unique and special, just like you! Create your own special circle, using your favourite colours, patterns or objects. Each Mandala will begin with a focal point and radiate outward in a circle. In nature we see mandalas in snowflakes and flowers! Where else can you spot them?</p>	Paper, any drawing tool like markers and crayons OR toys/objects such as Lego or small toys
Monday, January 31 10:30 - 11:00am	<p>Rapping + Poetry with LTtheMonk Recommended age: Intermediate</p> <p>During this rap/poetry workshop, participants will learn the various elements that go into making their own rap verse/poem, going from building rhyming dictionaries and understanding different rhythms, to thinking about which topics participants may want to talk about to really express themselves as artists. This will all culminate in being able to write a full verse/poem, using playful rhythms, creative topics and inventive rhyme schemes!</p>	Pen + Paper
Wednesday, February 2 10:30 - 11:00am	<p>Marvelous Mandalas with Nancy Benoy Recommended age: Junior</p> <p>Mandalas are unique and special, just like you! Create your own special circle. Using your favourite colours, patterns and object. Each Mandala will begin with a focal point and radiate outward in a circle. In nature we see mandalas in snowflakes and flowers! Where else can you spot them?</p>	Paper, any drawing tool like markers and crayons OR toys/objects such as Lego or small toys
Friday, February 4 10:30 - 11:00am	<p>Dramatic Perspective with Cornelia Peckart Recommended age: Primary</p> <p>Learn about optical illusions in art and how you can doodle your way to success! Create cool effects using simple lines and shapes that are readily available at home or in school.</p>	Paper, pencils and/or any drawing tool like markers and crayons
Monday, February 7 10:30 - 11:00am	<p>Rapping + Poetry with LTtheMonk Recommended age: Intermediate</p> <p>During this rap/poetry workshop, participants will learn the various elements that go into making their own rap verse/poem, going from building rhyming dictionaries and understanding different rhythms, to thinking about which topics participants may want to talk about to really express themselves as artists. This will all culminate in being able to write a full verse/poem, using playful rhythms, creative topics and inventive rhyme schemes!</p>	Pen + Paper
Wednesday, February 9 10:30 - 11:00am	<p>Marvelous Mandalas with Nancy Benoy Recommended age: Junior</p>	Paper, any drawing tool like markers and crayons OR toys/objects such

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<p>Friday, February 11 10:30 - 11:00am</p>	<p>Dramatic Doodles with Cornelia Peckart Recommended age: Primary</p> <p>Learn about optical illusions in art and how you can doodle your way to success! Create cool effects using simple lines and shapes that are readily available at home or in school.</p>	<p>Paper, pencil and/or any drawing tool like markers and crayons</p>
<p>Friday, February 18 10:30 - 11:00am</p>	<p>Dramatic Doodles with Cornelia Peckart Recommended age: Intermediate</p> <p>Learn about optical illusions in art and how you can doodle your way to success! Create cool effects using simple lines and shapes that are readily available at home or in school.</p>	<p>Paper, pencils and/or any drawing tool like markers and crayons</p>