Living Well – Today and Tomorrow

Course: Get Smart: Work out your Brain with Art.
Program # 3431-17-LAAS
Saturday, September 24, 2016, 9:00 am- 12:00 pm
Humanities Building, Rm 6411, 455 N. Park St.

Instructor: Kristen Vesbach
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A welcome note from your instructor:

This class is open to all levels of art making. There will be no right or wrong way to make art.

Get ready to engage your senses in simple art exercises that will enhance your creativity, and expand your perspectives. We will explore some art materials and techniques that will challenge you to think outside of the box. We will work individually and in small groups. Leave the workshop inspired to bring art into your everyday life as a key element in your wellness routine.

Tips for success:

Give yourself a chance to play with your art materials before you come to class. Don’t worry about using them the right or wrong way, just explore with lines, colors, and shapes. Notice how the materials interact with your paper including the quality, texture, vibrancy, and emotions that each different art medium brings to mind.

You may prefer one material over the other and that is ok. For example: Oil pastels are essentially adult crayons, with a great texture and vibrancy, they blend well and are easy to layer. Some students may gravitate towards the oil pastels and watercolor and others may gravitate towards the more controlled art medium like pen and pencils. Just notice the qualities of each one.

Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required supplies:

- Medium spiral bound art journal with quality paper. (Approximately 8x10) (I like Strathmore or Canson for mixed media art)
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- A sharpened graphite pencil with an eraser
- 1 artist ink or gel pen, non-bleeding. (In art/craft store near art markers and colored pencils)
- 8 or more student colored pencils (art/craft store near drawing supplies)
- 8 or more student grade oil pastels (I like Cray-Pas Expressionist)
- 1 large craft glue stick (near scrapbooking aisle)
- 1 pan of student grade watercolors with included brush (“Prang” brand is what I recommend)
- 1 large piece of white poster board (like the ones you used for book reports)
- 1 scissors
- Masking tape (good quality)
- a cup for paint water (a clean recycled plastic yogurt tub will do)
- An envelope of pre-cut magazine clippings: a large assortment of people, places, things, or words and quotes that inspire you.

Optional items:
- A smock or art clothes.