
Creative Critters

Healthy Relationships Art & Emotional Intelligence Lessons



Kids' guided art & introduction to the concept of self-advocacy brought to you by *Curious Critters!*

My mission

I offer kids a guided 10-day art course that allows them to discuss any difficult emotions, explore their origins, and learn about what constitutes proper and improper behavior in various relationships that define abuse.

I hope to give kids aged 4-7 & 8-12 an outlet for their creativity, as well as a safe space to question and learn what appropriate and inappropriate behavior looks like in any relationship, whether parental, with a teacher, a friend, a caretaker, a friend of a parent, or classmates. I offer 10 high-quality sensory-focused art projects, one for each day of my course.

My promise to you!

- ★ QUALITY INTERACTIVE & EDUCATIONAL ART CLASSES
- ★ FORMATIVE EMOTIONAL INTELLIGENCE EDUCATION
- ★ EXCITING PICTURE DAY SURPRISES!
- ★ GIFTS FOR PARENTS - EXCLUSIVE PERSONALIZED CALENDAR
- ★ END-OF-CLASS NEWSLETTER!



What comes with Every CreativeMe Art course

- Classes in 1 hour time blocks
- 10 classes to complete the course - classes can be spaced out as you wish
- Available once, twice, or three times a week (Mon/ Tues/Sat or Sun after 12 pm availability)
- 30 maximum students per group, ages 4-7 & 8-12
- Optional NO CHARGE animal picture days!
- 10 different possible art projects! + light-up music player!
- Parents receive an **end-of-class newsletter** saying: what their child learned, what their child experienced, and any quotes said by the child relating to the lesson that I feel the parent would want to know
- Participating individual parents' **personalized calendar** at the end of the course! Feat Pictures of their child during the course and holding live friendly animals!
- Participating **public art display board** for replacing art projects
- Participating Art gallery showing an end-of-course, life-sized project "**graduation**" event with a certificate and custom calendar
- **Complete media and form creation:** any forms, permission slips, flyers, advertisements, sign-in / sign-out sheets, newsletters, calendars, itineraries, class breakdowns, materials lists and more are provided by our graphic designer for your organization.



What does Emotional Intelligence Education mean?

This revolutionary program involves a new concept of emotional intelligence learning in children as young as 4! This sector of education focuses on normalizing, at times, uncomfortable emotions and therapy words we might not understand, such as “abuse,” to gain a foothold on future emotional self-awareness, self-advocacy, and emotional well-being.

These classes will use hypothetical examples to give younger kids a better understanding of the topic, such as: *Ashley tells Johnathan she won't tell the teacher he's talking in class if he gives her his test answers. How does this make you feel? How would it make you feel as Jonathan? What do you think Ashley is feeling?* This is used as a guidepost for children to grasp different concepts of abuse, promoting analysis of what goes into healthy vs unhealthy relationships at every point of life and emotional intelligence.

These lessons come with guided images and/or sensory toys to retain an excited and joyful energy. The teacher will ensure the lesson retention by asking the students, “What example can you give us of abuse?” and, in an age-appropriate fashion, explaining what abuse means. Abuse is just a scary word for someone hurting someone else, whether physically or even just hurting their feelings. I will only be utilizing age-appropriate terminology.

While the students are working on their free-time art piece, the teacher will question and explore what they are creating to see where the artistic inspiration comes. Is it from an emotional place? Using age-appropriate language, for example: “Is this a happy painting or an unhappy painting?” “What would make it happier? Can we make it happier together if you use my magic brush? The teacher will focus on highlighting “why this is a safe space, what a safe space is, and how to make your home a safe space for yourself.

After learning about an abuse topic, we will learn about its opposite emotion-concept, for example, the opposite of peer abuse is friendship! And we will discuss and learn what makes a good friendship! These classes always end on a happy, positive note and a self-love phrase of the day!



Itinerary of each REGULAR class

1. Welcome/welcome back! Sign in and **get settled: 10 minutes**
2. To start, the teacher will introduce the art of the week with a captivating **15-minute watch and color lesson** with slides, hands-on portion, or video! Lessons will always have a visual and interactive component to gain attention.
3. After the media lesson, there will be a **25-minute follow-along** interactive how-to lesson with the given media and art supplies. The teacher will show the kids an easy but impressive art technique to complete a take-home art piece of their own!

During this lesson, we will have the class discuss the abuse example of the week, using the toy stuffed animal: the listening lizard! as a sign for who is talking and who should be listening (keep hands busy but ears open: they may continue practicing on the smaller sheets if you can focus)

4. At the end of class, there is a **10-minute wrap-up & clean-up**, and sign-out process

10 min	Sit, settle	Welcome class! What you see in front of you at your station is:
15 min	Watch the video or the slides	Touch a cool toy or equipment related to our lesson while you watch a cool video and/or animated slides
25 min	Hands-on practice time with a follow-along 30-minute lesson	Now let's all follow the teacher's lead and, with your art sheet, try the art style you just learned about! Follow the steps to create: _____. Class discussion abuse example of the week:
10 min	Solo teacher cleanup	+ Final disinfection phase

Optional Special event Animal Picture card days

IMPORTANT TO NOTE: LIVE ANIMALS ARE COMPLETELY OPTIONAL: pictures can be replaced by regular classes with activity pictures



Itinerary of each ANIMAL PICTURE CARD DAY class

1. Welcome/welcome back! Sign in and **get settled: 10 minutes**
2. To start, the teacher will introduce the art of the week with a captivating **20-minute visual and interactive how-to lesson** with the given media and art supplies. Lessons will always have a visual and interactive component to retain attention. During this lesson, we will have the class discuss the abuse example of the week, using the toy stuffed animal: the listening lizard!
3. After the art lesson, we will wrap up our current art project and start the **Animal Picture Day presentation (5 minutes)** and the picture day photobooth
4. We will finally take **15 minutes to complete 3 quick photos per child**, followed by said child cleaning their hands with the provided materials, and signing out
5. At the end of class, there is a **10-minute clean-up & disinfection by the teacher**

These days will utilize the time differently as so:

10 min	Sit, settle	Welcome class! What you see in front of you at your station is:
20 min	Hands-on practice time with a follow-along 30-minute lesson	Now let's all follow the teacher's lead and, with your art sheet, try the art style you just learned about! Follow the steps to create: _____. Class discussion abuse example of the week:
5	Wrap up art project + mini animal presentation	Finish and put away art project listen to animal introduction
*15 min	If animal picture day! Photo time + sign out	Photo time! , clean hands with disinfection wipes and damp mini hand towels, and finally signing out
10 min	Solo teacher cleanup	+ Final disinfection of all surfaces

Animal Guests like: a dwarf bunny, a giant iguana, a giant albino corn snake, a tiny king snake, a puppy, or a kitten

THIS IS THE ICING ON THE CAKE!
At NO COST TO the organization





just +\$10 per edited picture card if the hourly sum to the organization: pricing is desired Card edits will be personalized to the child's taste favourite color favourite animal and will feature the child's name and the best edited image of them holding the animal of the day!



What sets me apart

Your students will always receive:

- safety checks such as attendance sign-in and sign-out student sheet,
- all permission slips and forms printed AND emailed via YOUR contact's school email
- A 15-minute media crash course (on regular non-picture days)
- A 20-minute practice lesson
- Optional Animal Picture days! (different itinerary)
- Optional edited picture cards tailored to them!
- A personal art materials set per child, per class, **is provided!**
- All relevant additional materials and equipment will be provided in class. (Shared equipment)

As the organizer/teacher, YOU: will always have full control to customize your classes and with full transparency: the Itinerary and materials list for the class is always supplied to the teacher and the organizer BEFORE the class! You will also receive access to an app on your phone that shows LIVE 24/7 video camera access to the Curious Critters Reptile Room! Get motion alerts if you want to catch the action!

For the Parents

Parents will look forward to our classes as well! Parents will receive personal bonuses such as the **Exclusive personalised end-of-course calendar** featuring all the pictures they received. Parents will also receive 3 unedited photos of thier child **each picture day**, edited & personalized picture cards cost \$10 each, or they come incorporated into the per child ticket price options. Parents will enjoy the



convenience of having all the class materials provided! No hassle of shopping around, which includes the smock rental! Parents can also enjoy optional add-ons such as the lil artist's luxury apron and art supplies canvas case to take home!

More about The Host / Animator

Certifications and experience include: CICE special needs adult counseling, Red Cross special needs certified caretaker, ECE teaching, compassion fatigue, and founding group member at McGill. Currently working for McGill MED with days off Monday & Tuesday, and availability Sat & Sun after 1:00 pm, knowledge and understanding of EMDR, talk therapy, group, and children's art therapy.



On a personal note: Diagnosed with CPTSD due to severe childhood trauma/neglect, personally, I wish to prevent emotional isolation, abuse, shame, and silence from happening to another child/teen. Some of my readings: The autistic brain by Temple Grandin, The Book You Wish Your Parents Read and Your Kids Will Be Happy You Did, The Body Keeps the Score, Chicken Soup Series on therapy, relationships, grief, and loss.

Optional take-home deluxe lil-artist's apron & canvas case

\$25 each - 3 colours



\$15 each - 6 patterns





Here you can see the Itinerary and Materials List that would be sent to the teacher and organizer before each class

Regular Class Itinerary

- | | |
|---|-------------|
| <input type="checkbox"/> starts: sign in, and work set-up instructions | 10 minutes, |
| <input type="checkbox"/> Introduction to equipment and media lesson: | 15 minutes |
| <input type="checkbox"/> Guided follow-along lesson in that media | 25 minutes |
| <input type="checkbox"/> Wrap up, clean up , and sign out: | 10 minutes |

1 hour total

Animal Picture Day Class Itinerary

- | | |
|--|-------------|
| <input type="checkbox"/> starts: sign in, and work set-up instructions | 10 minutes, |
| <input type="checkbox"/> Guided follow-along lesson in that media | 20 minutes |
| <input type="checkbox"/> Wrap up & put away art and listen to intro | 5 minutes |
| <input type="checkbox"/> Animal picture time! + sign out | 15 minutes |
| <input type="checkbox"/> Teacher clean-up and disinf all surfaces | 10 minutes |

1 hour total



Materials List

#	Personal art kit per Child	Class equipment	Optional extras
1	Plasticine kit of 6+ colors, plasticine mat, small cloth, 1 color block to practice with	Hand wash, paper towels, extra small towels	Extra unmixed take-home kit: \$25
2	1 latex glove per child, paper towel sheets cut into squares	Oil pastels x5 large kits to share, stencils, smudge sticks	Lil artist's luxury canvas case - 6 designs \$15
3	3 large square cardstock sheets, 3 stamps, black ink pad, glue stick	Many stamps to choose from, ink blot pads of various colors, hot glue (<i>teacher use only</i>), large box of crafting bits & decor, glitter, stickers	Mini take-home paintbrush and palette set \$20
4	Tub fingerpaint kit of x4 colors Small towel, large sheet of multimedia cardstock paper	Warm water, hypoallergenic baby soap solution, towels	Lil artist's luxury apron - \$25
5	Large foam board	Acrylic markers x6 large kits	Extra black foam board \$8
6	Oven-dry clay container, tool set, paper towel sheets, large wax paper sheet	3 water bowls, extra tools, latex gloves, nitrile gloves,	Extra unopened take-home kit: \$25
7	Plastic pallet, small towel, 1 standard brush set + Oven-dry art from the previous class and a cardstock sheet	acrylic sets of many colours, x5 water bowls, towels, paper towels, extra brushes of various sizes	Take home 1 large stamp of choice \$6
8	Key chain ring, acrylic shrinking paper sheet, several charms, DIY earring set or dogtag chain	Many charms and decorations, hot glue (<i>teacher use only</i>), large box of crafting bits & decor	DIY keychain take-home kit in a gift box \$30
9	Watercolor palette-set, large watercolor sheet, paintbrush set	Painter's tape, 6 bowls of water, towels, paper towels, extra brushes, markers	Mini watercolor kit with brush \$20
10	5.5-foot by 3.5-foot paper sheet, large markers, 3 stamps, glue stick	Most crafting supplies listed! All-in-one final activity!	No damage, removable wall hanger \$10



Pricing Contract

→ Must commit to the entire 10-day course, per group (days can be spaced out as you please)

Recommended: once a week for possibly 5 groups of 15-30

Day of the week	Time A	Time B
Mon	Group 1) 9am - 10am	Group 2) 1pm - 2pm
Tue	Group 4) 8am-9am	Group 4) 11am - 12pm
Sat OR Sun	NA	Group 5 1pm - 2 pm

Graphic Final Schedule for you

Example:

WEEKLY SCHEDULE

Sunday

Tuesday
 GROUP 1
830am - 310am

Thursday
 GROUP 2
830am - 10am
 GROUP 4
10:30am-12:pm

Saturday
 Daycare group B
2pm - 3:30pm

Monday

Wednesday
 After school daycare group A
2pm - 3:30pm

Friday

Notes
Animal Picture Card Day Tuesday!



#	Art Media	Subject and Lesson plan	Optional Picture day
1	Plasticine of many colors	What is abuse? Examples of types of abuse	No animal - first day class picture
2	Pastels	Who can abuse? Friend abuse example & lesson on good friendship	Bunny Picture day!
3	Craft card making with stamps	Classmate abuse example & lesson on being a good student	No animal picture of each child painting
4	Fingerprints	Parental abuse example & lesson on good parenting and being a good child to that parent	Snake Picture day!
5	Acrylic paint markers on black foamboard	Strangers abuse example & lesson on good behaviour in public and to the public service	No animal, picture of the class art board!
6	Oven-dry clay	Teacher abuse example & lesson on what good teachers are	Mushu the Iguana, Picture day!
7	Acrylic paint with brushes - painting the previous project's dry statues	Friend of family abuse example and lesson on Bad secrets vs good secrets & how <i>just because they know your parent doesn't mean they are your parent</i>	No animal picture of each child making your card!
8	Key chain acrylic shrinks	Animal abuse example and lesson on being a good pet owner and wildlife lover	Snake Picture day 2!
9	Watercolor + brushes	"Am I being abusive?" <i>questionnaire and class discussion on abusive behaviours!</i>	No animal picture of each child painting
10	Tracing & decorating me! projet	Be kind to yourself! What did I learn final lesson, <i>have a teacher or a friend trace your body on a large sheet of paper, and then decorate yourself with things you love about yourself!</i>	Puppy or kitten day!

