

ART

FEBRUARY: 26 & 27 MARCH:5-6

This is designed for you to explore and express yourself while developing new coping skills.

Different colors evoke different feelings in individuals.

Color therapy:

- Meaning of various colors
- What do colors represent?
- The importance of colors
- How to use colors appropriate to express self

Art provides the opportunity to uplift spirits and attitudes.

The purpose of art:

- Why is art important in life
- What makes a work of art
- The importance of art in our culture and life

Fashion

MARCH:12-13 & MARCH 19-20

This will look at how color, image, style and beauty affect human behavior, while addressing cultural norms and cultural sensitivities.

Fashion Psychology we look at:

- Behaviors
- Emotional state
- Risk factors

Self-love:

- What is self-love
- The importance of self-love and its effectiveness
- How to improve self-love
- How to gain self-love
- What does self-love do

Journaling:

- Importance of journaling
- How to journal for therapy
- Healthy benefits of journaling
- How to heal through journaling

Design

MARCH: 26-27 & APRIL 2-3

Let's have some fun. After going through phases 1 & 2, it is now time to make your work of art come to reality.

Dressing according to body size:

- How to choose the right garment to compliment your body type.

Styling concept:

- Understanding the intricacies of styling
- Being able to identify your fashion style (. Chic, vintage, sophisticated, etc)
- Use the visualization of your story on a mood board or sketchbook then explore all elements in styling.
- Creation of mood boards

How to design:

- Learning to use design software
- Putting your ideas together
- Choosing colors that represent you.
- Choosing the artwork you love
- Deciding how to proceed with your art.
- Print your work

FINAL

APRIL 9-10- APRIL: 16-17