

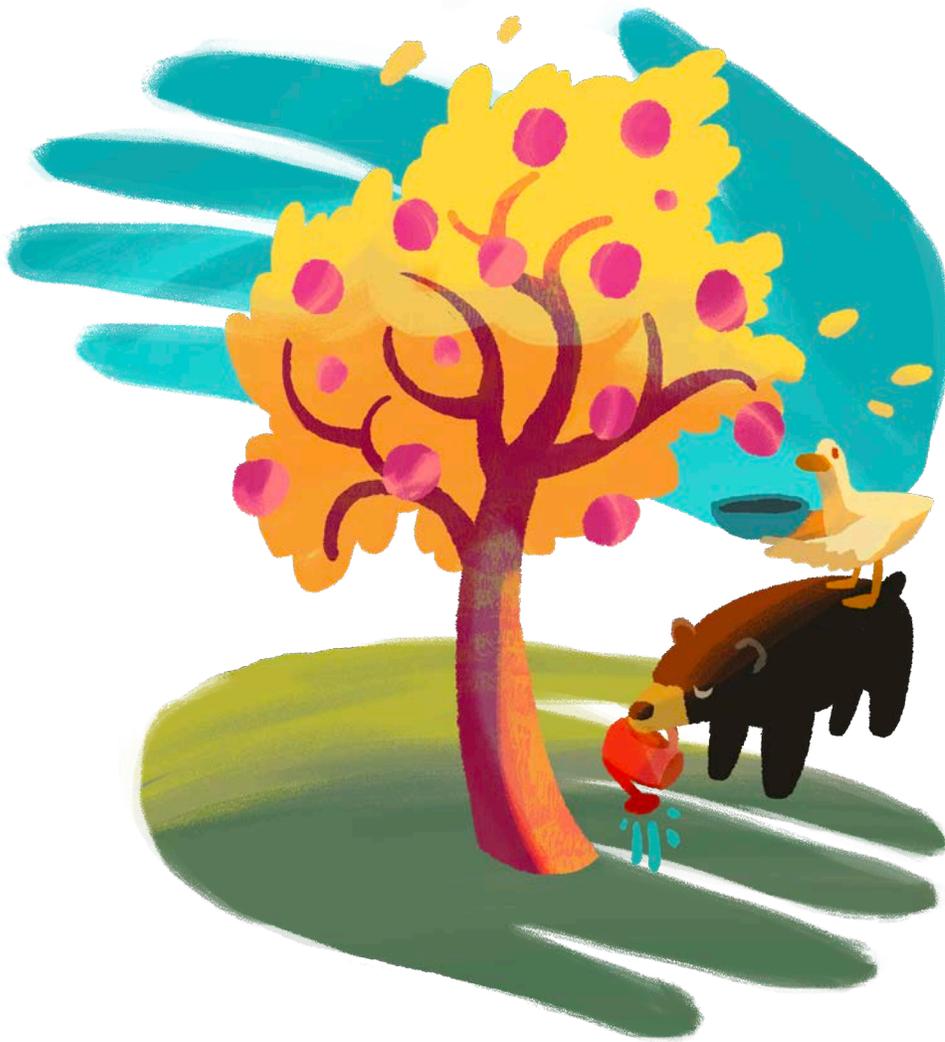


Art Sphere Inc.
Transforming Lives Through Art
STRENGTHENING OUR COMMUNITIES SINCE 1998

THE ART OF GIVING

Connecting with Others Through Art

for ages: 6-12



Lessons by Carey Talbot-Sanders
Illustrations by Blair Nakamoto

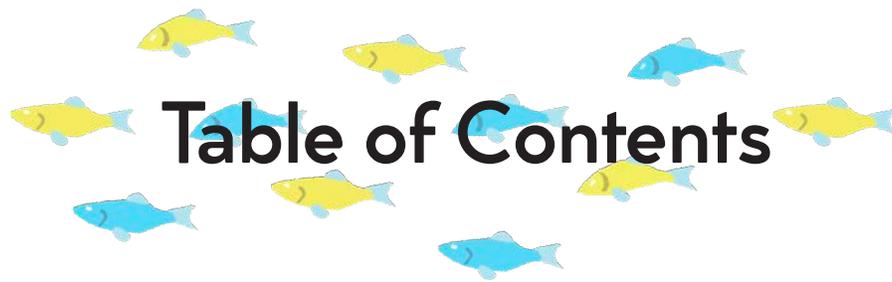


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Art Sphere Inc.
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CREATING JOURNEYS THROUGH THE ARTS

Follow your creativity and go beyond where the path leads so you can leave a trail to inspire others to express themselves, too!

Preface

We are pleased to present *The Art of Giving* to take you on a path to transform everyday materials into art, to explore the intersections of art with nature, literacy, technology, theater, music, mindfulness and STEAM and to learn how to use the arts to express your core values. Throughout this journey, we invite you to reflect on the legacy that can be created through the arts.

How to Use Our Online Materials and This Book

Not everyone learns the same way. Some people are more visual, some more musical, some more mathematical¹. Our lessons include symbols at the top of each page that indicate the different learning styles to be found in each project. By pointing out the different ways that a project can be approached, parents and teachers can guide their children to their individual paths to artistic success and ways to express their unique creative voices. The different learning styles and the symbols used to represent them in this book include:



Literacy and Verbal-Linguistic
(using words effectively)



Recycling and Naturalistic
(responding to nature)



Technology and Logical-Mathematical
(reasoning, calculating)



Health and Intra-personal
(understanding one's own interests, goals)



Theatre and Bodily-Kinesthetic
(using the body effectively and creatively)

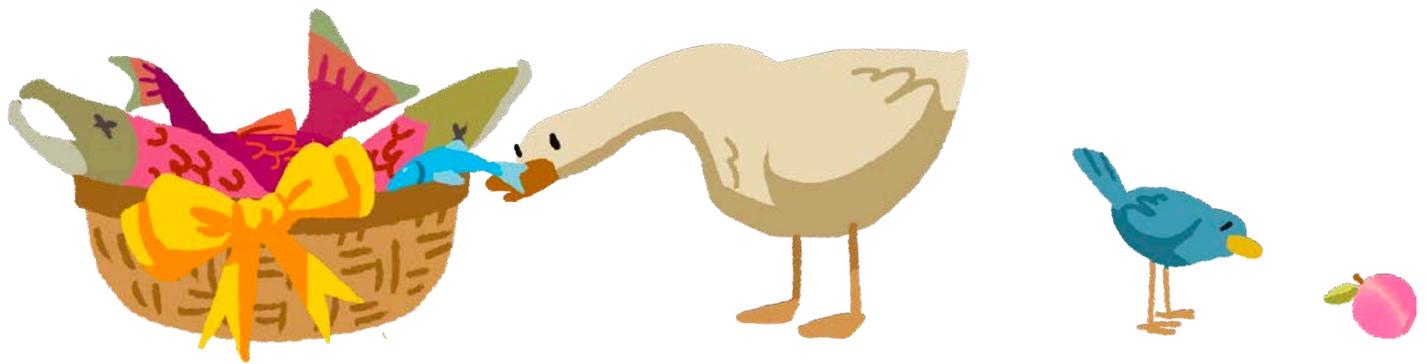


Musical-Rhythmic
(sensitivity to rhythm and sound)



Multicultural and Interpersonal
(understanding, interacting with others)

¹ These learning styles are based on Howard Gardner's discussion of types of intelligences. For more detail, see: Howard Gardner, *Frames of Mind: The Theory of Multiple Intelligences* (New York: Basic Books, 1983).



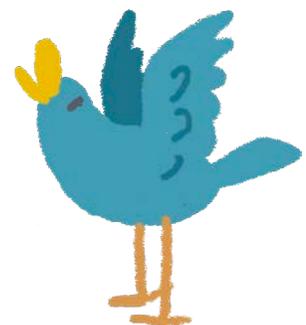
The lesson plans are more than just making art objects. They incorporate ideas such as compassion, mindfulness, respect for nature, healthy eating, cooperation, and other ideas for living in a way that contributes to a civil society. The pages are laid out as if you and the class are taking a journey:

- **Your Destination:** summarizes the outcome of the project
- **Travel Kit:** list of materials you will need for the project
- **On the Path:** ideas and directions for each child to make an art object, and ideas to explore
- **Group Tour:** how to transform the individual process into an interactive and collaborative group experience
- **Extend your Journey:** vocabulary, helpful references, and links to explore additional ideas

Find ways to express yourself - it's okay to think outside the box!

Please note: These lessons are supplemented by (but do not all require) materials accessible through a computer or phone, a printer, and the Internet. A parent or guardian's permission is advised for lessons requiring Internet usage, especially for social media lessons.

Knowing that links sometimes become inactive or are changed is beyond our control, and we apologize for the inconvenience. Please check our blog and Instagram: <https://artsphere.org/free-resources/curriculum/> <https://instagram.com/artsphereinc/> for more suggestions on creative art projects. All the referenced links in this book have been checked for accuracy.





Aesthetic Appreciating beauty or a common theme/principle that guides the style of artwork.

Bond A relationship between people based on shared experiences, interests, or feelings.

Bullet journaling This type of journaling was originally created for personal organization practices and is often used to track habits, to-do lists, reminders, and schedules.

Cohesive Something that looks and seems unified and/or works well together.

Crumple To crush something, resulting in the object becoming creased or wrinkled.

Depth The distance between the top and bottom surface of something; the deepness of something.

De-stress The act of relaxing after working or feeling tension.

Detachable Something that can be easily removed or separated from something else.

Dilute The weakening of a substance, such as color pigment, caused by adding water or another solvent to the original substance.

Dimension Something that is measurable to some extent, using measurements such as height, length, or depth.

Distress Negative stress; stress that is overwhelming and impacts mental health negatively.

Doodles Drawing or scribbling without much thinking.

Dry brush A painting technique where a dry paint brush has a small amount of paint applied to it, giving the paint a scratchy-type of texture when applied to canvas or other art mediums. media.

DIY An acronym that stands for "Do It Yourself."

Eustress Positive stress; stress that leads to productivity.

Excess The amount of something that is more than necessary or desired.

Gratitude Being appreciative and/or thankful.

Horizontal Something that is parallel to the horizon (follows the directions right/left).

Index finger The finger next to the thumb. Also known as the pointer finger.

Kusudama A Japanese term with the literal translation of "medicine ball" (the word "Kusudama" is a combination of two Japanese words "kusuri" which means 'medicine' and "tama" which means 'ball'); it is associated with the origami flowers that are glued or sewn together in multiple, identical units to form a ball or spherical shape.

Layer A sheet of paper or other material (usually one of many) that covers a surface.

Meaningful Having purpose, useful quality; communicating a message that is not directly expressed.

Nostalgic Fondly thinking of a past time, memory, or condition.

Oil pastel An art material made of non-drying oil and wax, creating a waxy texture on the paper when used.

Outlet A way to express a person's talent, energy, or emotions.

Parallel Lines that always have the same distance between them; these lines will never touch or intersect.

Pentagon A figure with five straight, even sides and five angles.

Perishable Something that will likely go bad or rot quickly (especially food).

Personalization Designing or creating something that is unique and personal to one individual.

Glossary

Pointillism A painting technique where small, colorful dots or lines are applied in patterns that form an image.

Quilling A type of artwork that is made of paper shaping and arranging.

Repetition A repeating action (doing something over-and-over again) or repeating image (pattern).

Self-care Actively taking care of one's self to improve their mental and physical health and well-being.

Silhouette A dark shape or outline of something against a lighter background.

Stippling A drawing technique that is created with only dots to make different light values. (For darker areas, dots are closer together and for lighter areas dots are farther apart.)

Subjective An opinion based upon a person's tastes and feelings.

Vertical Something that is perpendicular to the horizon (follows the directions up/down).

Visual journaling A reflective journaling process that explores concepts and ideas using words and images in order to understand and create meaning.

Washi tape A type of thin, decorative tape that does not leave a mark on surfaces.

Watercolor A type of paint that can be dissolved in water and works with water to become thinner and more transparent.

Well-being The state of being physically and mentally comfortable, healthy, and happy.

Wet-on-wet A watercolor painting technique where wet watercolor paint is applied on wet paper or previous layers of wet paint.

Worry stone A smooth stone that often has a small indentation for a person's thumb; rubbing the worry stone should help lessen stress and anxiety.

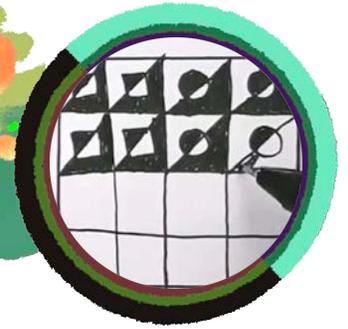
Zig-zag A line or object that moves right and then sharply turns left or vice versa alternatively.





I. Giving to Yourself

1. REPETITIVE PATTERNS & DOODLING



Travel Kit:

pen, sheet of paper, ruler, jar lid or another circular object

Your Destination:

Use this time to practice making repetitive patterns and doodles. This should help you find peace of mind and increase calmness. Allow yourself to create a relaxing and peaceful mental state that will help your creative flow. Try not to get frustrated if you mess up a design.

On the Path:

Step 1 Use your ruler and/or circular object to create lines and circles in various places on the page. The outlines of these shapes should overlap and create a series of uniquely shaped spaces.

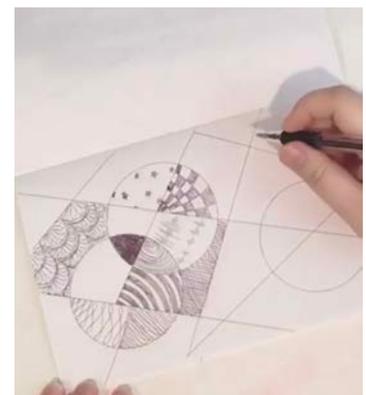
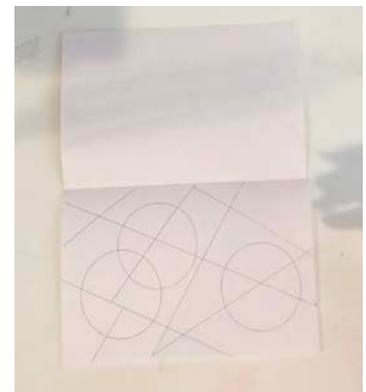
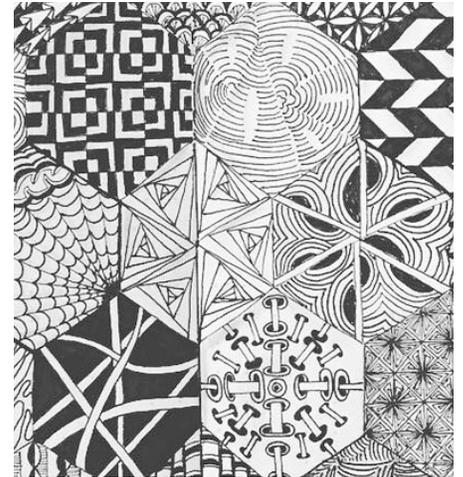
Step 2 In each of these individual spaces, create a pattern or design using repetition. It can be as simple or as complex as you would like. Try to be as careful as you can so your pattern looks consistent throughout your space.

Step 3 Once you understand the basics, you can begin to decorate your booklet with more complex shapes, letters, or outlines of your favorite characters. You can use these doodle patterns to decorate your booklet in lesson two and customize it even more.

Group Tour:

This activity can be done in small groups or as a class. Create an outline that represents your group. The outline could be of a class pet, room number, or something simple like a pencil. Then divide the outline up into sections and have every group member be responsible for an equal number of sections which will vary depending on how the outline was divided.

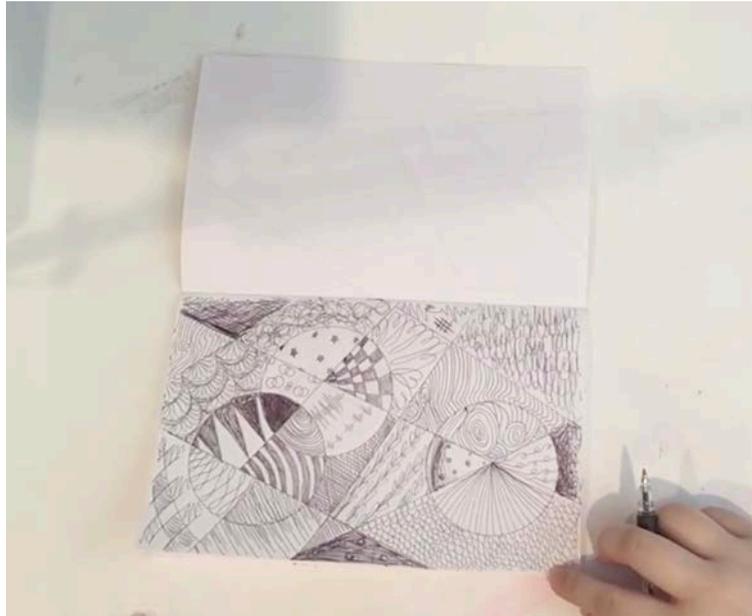
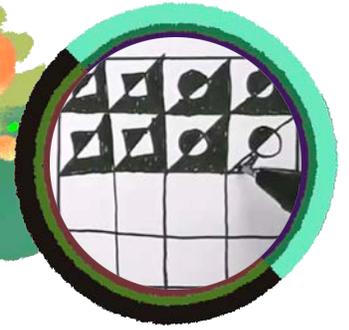
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I. Giving to Yourself

1. REPETITIVE PATTERNS & DOODLING (CONTINUED)



Extend the Journey:

It is common for people to doodle and it is likely that they get scolded for doing so. However, doodling comes with mental health benefits. Read more here:

<https://www.healthline.com/health/mental-health-benefits-doodling>

Learn New Vocabulary: doodles, repetition

Resources and Visual Aids: Examples of doodled art patterns: <https://bit.ly/3cKLFa1>

Access Our Instructional Video: <https://www.youtube.com/watch?v=HUqb1cD8iYQ>

Watch the Entire Video Series:

<https://artsphere.org/interactive-programs/classes/the-art-of-giving-connecting-with-others-through-art/>



I. Giving to Yourself

2. PERSONAL SKETCHBOOK/JOURNAL



Travel Kit:

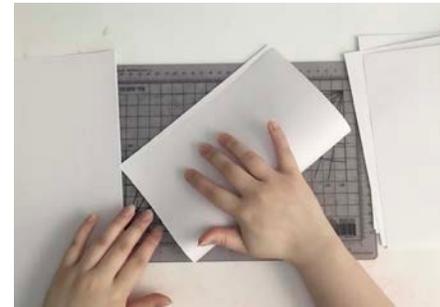
around ten sheets of blank paper (any kind), colored piece of paper, stapler, a pin or thumb tack, tape (washi tape, painter's tape, or masking tape), pen, scissors, a small flat object, decorating supplies

Your Destination:

Use this time to create a personal sketchbook/journal, and give yourself a safe space to let out your thoughts and emotions. Use this journal as a healing space that allows you to process your emotions in a healthy way. Additionally, you can use this journal/sketchbook as a space to brainstorm ideas, draw, make fun collages, or other projects.

On the Path:

Step 1 Take your ten pieces of paper and fold all of them in half, horizontally (like in the photo). Open each piece of folded paper and place another piece of folded paper into the previous ones, stacking them into the fold of the previous one. It should look like a booklet.



Step 2 Fold the piece of construction paper/colored paper and place the folded colored paper on the outside of the blank paper booklet.

Step 3 Staple near the folded area on the colored paper two or three times. If you do not have a stapler follow the next several steps in order to create your sketchbook/journal. Note you will still need staples. Otherwise, skip to the step seven.



Step 4 Unfold the entire booklet and use a pen and an individual staple to mark where the holes will go. Use a pin or thumb tack to create a hole in the fold of the paper booklet. Create another one about a staple-length away from the other hole. Do this two or three times down the length of the folded crease of the booklet.

Step 5 Use the holes created in step five as a guide to where you will add staples. The flat side of the staple should be on the side with the colored/construction paper. Then, with the flat edge of a small object like the top of a glue stick, push down on the staples' edges. Be careful not to hurt your fingers. Do this with each staple.



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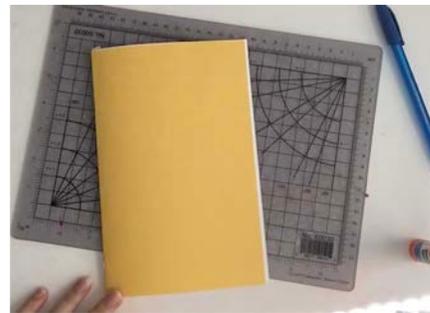
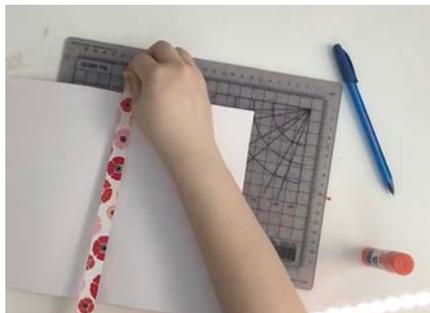
I. Giving to Yourself

2. PERSONAL SKETCHBOOK/JOURNAL (CONTINUED)



Step 6 Add some washi tape to cover the staples on the inner side (and the outer side if you want). If you do not have any then masking or painter's tape will work here as well. This step is an added safety precaution. Use your scissors to trim away any excess tape.

Step 7 Now that the booklet has been successfully constructed, you can decorate the front and back however you like.



Group Tour:

Work together with a friend a group of students or friends to create a personalized journal/sketchbook for someone who is important to everyone. This could be a teacher, friend, family, or any other person important to the group. You can personalize the book by adding a collage for the other person or filling it with things you know that they would enjoy.

Extend the Journey:

Journaling allows people to have a better understanding of their emotions by writing them down which helps them with their mental health. Read more about how journaling improves your mental state at <https://bit.ly/3q4w48q>.

Learn New Vocabulary: DIY, horizontal, self-care, washi-tape

Resources and Visual Aids: DIY Sketchbooks without stitching or a stapler:
https://www.youtube.com/watch?v=tn_Hq4nfOk8&t=218s

Access Our Instructional Video: <https://www.youtube.com/watch?v=sAHd8wTslvY>



Your Destination:

This visual journaling project will help you highlight some of your own successes, positive traits, and create a physical representation of those achievements using your journal from lesson 1. In addition to thinking about your achievements, also think about what you're grateful for in your life and anything else you appreciate.

On the Path:

Step 1 Open your journal to the first two blank pages which should be side-by-side. On one page, you will be creating a "Self-Appreciation" page, while on the other side, you will be creating a "Gratitude" page. Label the pages as such.

Step 2 Think about what you appreciate about yourself. This can include personality, appearance, personal accomplishments, positive traits, and more. For the "Self-Appreciation" page, include written words, as well as images and drawings to convey your achievements and positive traits. Continue to decorate the page until you're satisfied.

Step 3 Think about what you are grateful for or appreciative of. This can include friends, family, pets, nature, books, music, and language. For the "Gratitude" page, you should also include written words, as well as images and drawings to represent things and people you are grateful for. Continue to decorate the page until you're satisfied.



[Continued on next page.]



I. Giving to Yourself

3. SELF-APPRECIATION & VISUAL GRATITUDE JOURNAL (CONTINUED)



Group Tour:

Draw or glue an image of yourself in your notebook/sketchbook and write your name on the page. Then, gather a small group of others who made journals and sit in a circle. Pass your notebook to the person next to you and everyone else will do the same. Write or draw something nice about the person in the book. You could also draw something you think they would appreciate. Continue this activity until each person has their original notebook/sketchbook back.

Extend the Journey:

Create more visual journal pages. Some page ideas include, goals, hobbies, travel plans, past memories, friends, and lists of your favorite movies or books.

Learn New Vocabulary: bullet journaling, visual journaling

Resources and Visual Aids: The benefits of visual journaling as well as many pictures that may inspire ideas for your own journals: <https://bit.ly/3Bfn4nl>

Access Our Instructional Video: <https://www.youtube.com/watch?v=l4EUNEiSLxw>



I. Giving to Yourself

4 SELF-CARE BOX



Travel Kit:

Self-Care handout, medium sized box, meaningful objects that make you happy, glue or tape, decorating supplies

Your Destination:

Create a personal self-care box and fill it with things that make you happy. This box is also meant to be a safe, physical space to store important memories and objects. It should be filled with things that make you feel better or reminders that will help reduce stress and worry. Fill your box with objects that will help you practice self-care.

On the Path:

Step 1 Find a box that is suitable for your needs. A shoe box would work quite well but the box can be any size as long as it has enough storage space to hold a few objects.

Step 2 Decorate the box in any way you want to make it feel personalized. This box is a safe, physical space, where you can go and find things to help you destress, so we want the box to be able to visually represent that.

Step 3 Add objects that make you happy and calm. You can add blank journals, coloring pages, and other activities that will help you relax. You may want to add lists of activities which you enjoy to remind yourself of possible things to do when you're stressed.



Group Tour:

With some friends, create a group activity self-care box. This should only contain ideas for activities and activity resources that your friends can do together. This may include coloring books, bags of popcorn for movie nights, lists of places to go together, and more.

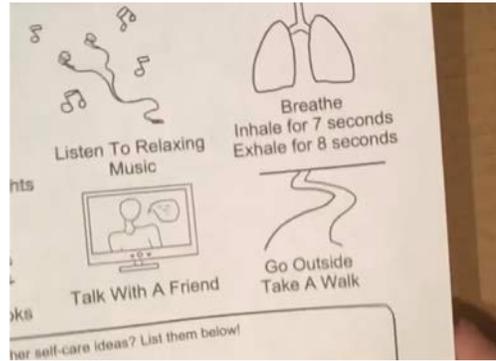


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I. Giving to Yourself

4. SELF-CARE BOX (CONTINUED)



Extend the Journey:

Make someone else a self-care box, and tailor the box and its contents to their likes and personality. You can use the survey that is part of the Self-Care Handout which can be found in the "Resources and Visual Aids" section. If the survey isn't detailed enough you can add questions to it and make the self-care box even more unique and special.

Learn New Vocabulary: distress, personalization, worry stone

Resources and Visual Aids: Link to Self-Care Handout:

<https://artsphere.org/blog/self-care-box-handouts/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=Fa9oc3E8PE8>





II. Giving to Others

5. WATERCOLOR BOOKMARKS



Travel Kit:

water, watercolor paintbrushes (small, medium, and large), watercolor paint, watercolor paper, paper towels, painter's tape or washi tape, scissors, decorating supplies

Your Destination:

After spending some time giving to yourself, it is time to give to others. Not only will giving gifts help improve your mental health, but it will also show gift-receivers that you appreciate them and care about them. Small reminders that people are connected and appreciated are important in building and maintaining relationships with other people.

On the Path:

Step 1 Place your watercolor paper horizontally. Put some washi tape or painter's tape around all four sides of the watercolor paper. Then, take three pieces of tape that run the length of the paper. Place the first piece vertically across the middle of the paper creating two evenly divided sections. Do this again in the two sections and you should have four rectangular shapes.



Step 2 Add a thin coat of water in one area of watercolor paper. Add some watercolor paint to add some color. This will be the background of the bookmark. Some ideas for bookmarks are: mountains, waterfalls, or flowers.



Step 3 Wait for the paper to completely dry in that section before continuing. While you wait for the watercolor to dry, work on the backgrounds of the other bookmarks.

Step 4 Continue adding watercolor paint to your bookmarks. Make sure that each layer is dry before painting over an area. The less paint there is on the page/your brush, the more diluted your color will be. Painting on dry paper will create sharp edges. Painting on wet paper will allow the paint to spread throughout the area of the water.



Step 5 Wait for the paper to completely dry. Once dry, further decorate the bookmarks with pens, markers, or colored pencils if needed.

[Continued on next page.]



II. Giving to Others

5. WATERCOLOR BOOKMARKS (CONTINUED)

Step 6 Carefully and slowly take off the washi tape or painter's tape. Then, use your scissors to evenly cut the white space between each bookmark resulting in four handcrafted bookmarks.



Group Tour:

Work in a group of four to create a set of bookmarks that are connected by a common theme. The theme could be a television show you all enjoy or a similar location that appears on each bookmark. Then give your completed bookmark to someone else in the group, creating a unique and personal memory for everybody.

Extend the Journey:

Create more watercolor bookmarks to give away. Experiment with different types of watercolor techniques and bookmark designs.

Learn New Vocabulary: dilute, dry brush, watercolor, wet-on-wet

Resources and Visual Aids: Kindness Matters (how giving gifts helps with your mental health): <https://bit.ly/3qioZ4m>

Access Our Instructional Video: <https://www.youtube.com/watch?v=bOG1TbZSSg0>



Your Destination:

This gift can serve as a nostalgic reminder of past memories and can continue to grow your relationship with another person. A personalized scrapbook will show the gift-receiver that you care about them. This gift is great for remembering fun times from the past, and the personalization aspect of the gift will make the scrapbook feel more meaningful.

On the Path:

Step 1 Using any of the supplies you have available (use lesson 2 to make a new journal), decorate the cover of the blank scrapbook/journal based on the gift-receiver's interests. For example, you can use photos of you and the gift-receiver from a fun trip. Add some words to the front cover of the scrapbook to indicate the contents inside.



Step 2 Do NOT decorate the first blank paged (this will be filled in lesson #7).

Step 3 Cut out and glue some photos onto each page. Then, add some drawings and writing to each page. Decorate each scrapbook page, excluding the first blank page, with decorating materials to make the book look more cohesive and colorful.



Group Tour:

Each person should bring some physical items dedicated to the memories you share with someone else. Decorate the pages of the scrapbook together. You can also create scrapbook pages filled with places you want to visit together in the future, and update the scrapbook as times goes on. This can help grow your friendship as you reflect on past memories and look forward to making future memories together.



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Extend the Journey:

Use different materials and meaningful objects to add to your scrapbook (such as, ticket stubs, receipts, meaningful newspaper articles, and recipes) which should make it more fun and personalized.

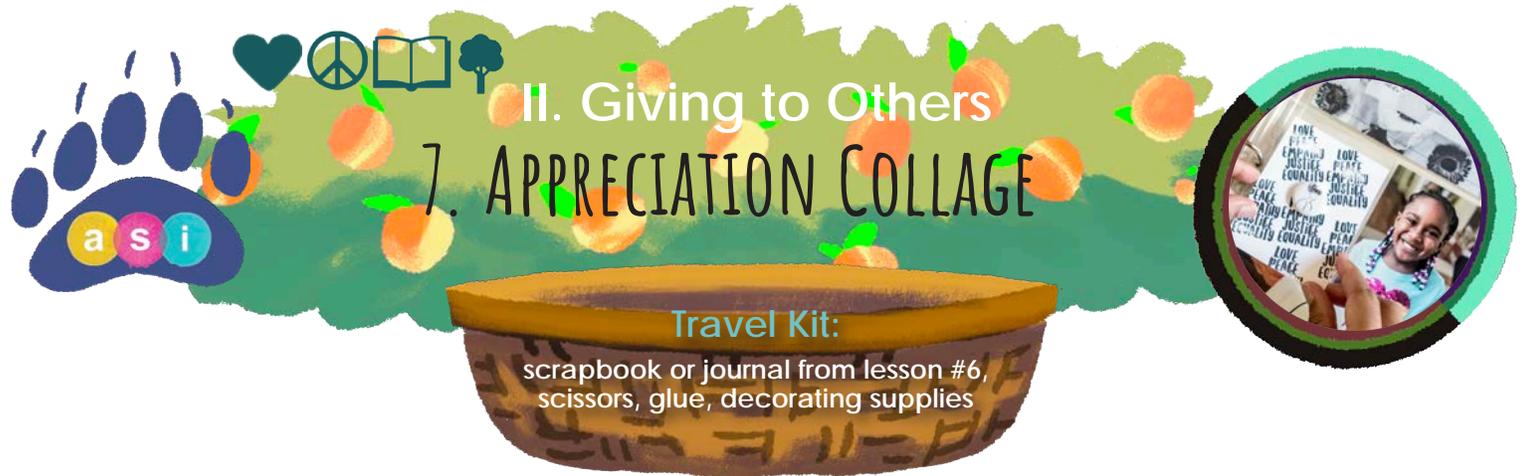
Learn New Vocabulary: aesthetic, cohesive, nostalgic

Resources and Visual Aids: Other scrapbook ideas:

<https://www.countryliving.com/diy-crafts/g30900737/scrapbook-ideas/>

Access Our Instructional Video: https://www.youtube.com/watch?v=2jY_SjCxYD4





Your Destination:

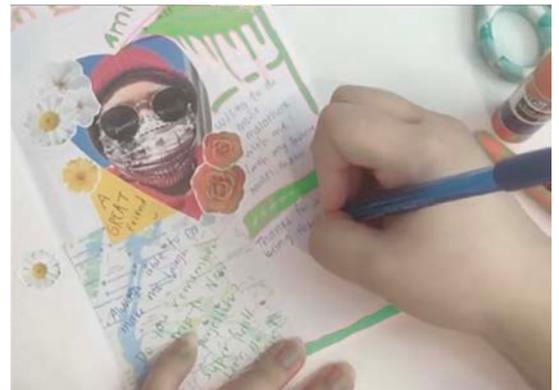
Using the scrapbook in lesson #6, make an appreciation page for the recipient of the gift. This page will celebrate various reasons why you appreciate this person and can highlight positive aspects of your relationship. To grow positive relationships and connections, it is always good to tell a person why you appreciate them or why you are grateful that they are a part of your life. This project is a more visual way of letting a person know you appreciate them and are grateful for your relationship. Practicing gratitude is also beneficial to your well-being.

On the Path:

Step 1 Using the scrapbook in lesson #6, decorate the first blank page with words and visual components that represent what you admire about the gift recipient. Make sure to label the page "Appreciation Page," "I Appreciate You," or something similar.

Step 2 Add photos of the gift recipient and comments about why you appreciate them or why you are grateful to have them in your life. Use words and images to convey your ideas.

Step 3 Decorate the rest of the page with any decorating supplies that you have access to.



Group Tour:

In a small group, think of a teacher, parent, caretaker or someone else important in your life. Using some poster board or a large piece of paper, write and/or draw reasons why you all admire that person. Thank them for being an important part of your life and give this gift to them as a reminder.

[Continued on next page.]



Extend the Journey:

In addition to giving the person an appreciation page, you could write them a letter which gives them more details about your appreciation toward them. Once you finish writing the letter, you can decorate it with drawings, stickers, photos, or decorative tape.

Learn New Vocabulary: gratitude, well-being

Resources and Visual Aids: An article about the scientific benefits of gratitude:
<https://bit.ly/2ln1Vcp>

Access Our Instructional Video: <https://www.youtube.com/watch?v=aZU6fhPTmi0>





II. Giving to Others

8. SILHOUETTE CITY COLLAGE

Travel Kit:

Silhouette City Collage handouts (five total), 5-10 pieces of colored or construction paper (vary the colors as much as you can), pen or pencil, scissors, glue, scrap cardboard or foam board, white paint or marker



Your Destination:

Give this project away to a friend or family member. The person you give this project to could really appreciate your gift and the effort you put into it. This project can be a fun craft and a reminder of Philadelphia, The City of Brotherly Love. This artwork can also be a reminder of the love we should be sharing throughout the city, as opposed to hate.

On the Path:

Step 1 Print out all five "Silhouette City Collage" handouts on separate pieces of paper. A link to the handouts can be found in the "Resources and Visual Aids" section. Then cut along the lines of each handout.

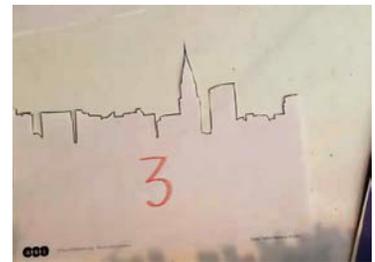
Step 2 Have 3 colors with 3 different shades (lightest, medium, and darkest). Using a pen/pencil, trace the handout onto a piece of colored or construction paper. Part 3 should be traced on the lightest color. Part 2 should be traced on the second-lightest color. Part 1 should be traced on the darkest color. The moon, the "LOVE" cutout, and the oval (Parts 4 and 5) can be traced on any color.

Step 3 Cut along the lines you traced on the colored/construction paper. For Part 5, DO NOT cut through the outside of the oval as that will serve as the border to our finished piece. Only get rid of the inside of the oval where the instructions are.

Step 4 Cut out yellow pieces of colored/construction paper into small squares. Glue these to your colored paper version of Part 1. This represents window lighting in the building.

Step 5 (Optional) Cut up the foam/cardboard scrap pieces. Between each paper layer, glue some foam/cardboard in a place that will be covered up by the next layer. This will give the silhouette more depth.

[Continued on next page.]



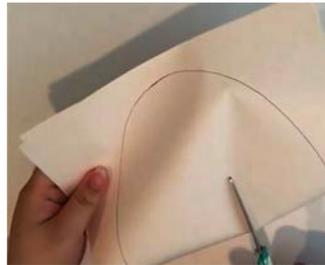


II. Giving to Others

8. SILHOUETTE CITY COLLAGE (CONTINUED)

Step 6 Use some white paint or white marker to add stars to the background layer which should be a darker color such as dark blue.

Step 7 Assemble your art piece. Glue the moon to the background layer. Next, glue Part 3 on top of the background layer. Glue Part 2 to the previous layers. Then, glue Part 1 to the previous layers. Then, glue Part 5 (the outer ring, NOT the oval) on top of all the previous layers. Finally, glue "LOVE" to your collage.



Group Tour:

Work together as a large group or class to create a large mural similar to the Silhouette City Collage. Use large pieces of paper to create the silhouette and have group members draw themselves into window panels that they can decorate however they want.

Extend the Journey:

Create your own layered paper silhouette! Using colored paper, cut out different shapes and objects to create a unique scene/art piece. Using scrap pieces of foam or cardboard can give your piece more depth.

Learn New Vocabulary: depth, layers

Resources and Visual Aids: Silhouette City Collage Handouts:

<https://artsphere.org/blog/silhouette-city-collage-layered-paper-art/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=OKghq8-XhgY>



Travel Kit:
 acrylic paint (colors red, green, yellow, blue, black, white), paint brushes (small, medium, and large), paper plate or something to put paint onto, water, paper towel, canvas (sturdy cardboard and multi-media paper can be substitutes)

Your Destination:

Giving gifts to others can be meaningful, and may also benefit your relationship with that person. However, what makes something meaningful is subjective, and each person has a different idea of what is meaningful to them. This project gives you an opportunity to make an art piece about a meaningful object or memory that you share with someone else. Then, you can give them the painting as a sign of appreciation. You can either take this time to create your own meaningful painting or follow along with the steps below to make a painting about love and connection.

On the Path:

Step 1 Create the background of your piece by using shades of blue to paint your canvas, sturdy cardboard, or sturdy multi-media paper. Feel free to get creative with it and add stars or a moon. If you plan on adding water, don't forget to add a reflection in the bottom half of the painting.



Step 2 Once the background layer has dried, paint a house in both the top right and left corners of the paper. The full houses do not have to be in view.



Step 3 After the houses have dried, paint tree trunks under each house and branches coming out from behind each house and/or wrapping around the houses. This will help make each house look more like a treehouse.

Step 4 Paint one open window on each house. Then, once that paint has dried, paint the silhouette of a person in each window. Paint both people holding a cup and have the two cups connected by a string (to make it resemble a cup and string telephone). You can paint your string to look like it is making a heart shape, if you choose.



[Continued on next page.]



II. Giving to Others

9. MEANINGFUL PAINTING (CONTINUED)



Step 5 Paint a simple bridge by painting two or three parallel arches. Then, paint vertical lines between the two outer bridge arches.

Step 6 Add in any finishing touches or personalization to your piece.



Group Tour:

Work with a partner or small group and create a collaborative and meaningful painting. Have every person in the group decide on an image and divide it up into equal sections. Each sheet of paper makes up a section. Every group member draws their piece and when completed, tape the portions together to create one large image.

Extend the Journey:

Try thinking of things that are meaningful to both you and someone else. Then, try to paint or represent that meaningful object/memory with another painting or use different objects and materials to create something personally meaningful. Then, give the gift away to the person you were thinking about.

Learn New Vocabulary: meaningful, parallel, subjective

Resources and Visual Aids: Tips for painting with acrylic paint:

<https://artfulhaven.com/acrylic-painting-tips-for-beginners/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=p90PHML7qo4>



II. Giving to Others

10. QUILLING APPRECIATION CARD



Travel Kit:

toothpick, colorful paper (or plain lined paper), pencil, ruler, scissors, liquid glue, quilling handout, sharpies or markers

Your Destination:

Create an appreciation card using quilling. Quilling is a fun way to make a card or artwork look professional and stylish. Quilling is a paper curling technique where an artist shapes and arranges each piece of paper to create various patterns and designs. In this card, you'll be able to express your appreciation and gratitude for someone important to you. View the instructional video on the next page for help.

On the Path:

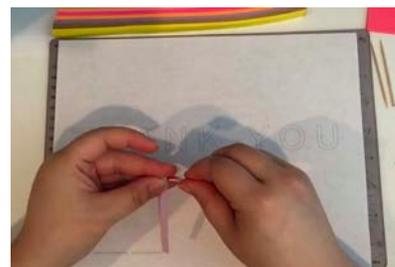
Step 1 In order to participate in this exercise you must first create paper strips out of colored paper or lined paper. To make some colorful paper strips, use a pencil and ruler to mark the measurements on a piece of paper. Each strip should be a ¼ inch wide and 8.5 inches long. You can make strips in multiple colors if desired. Cut a lined paper along its blue lines to make white strips for a different look.



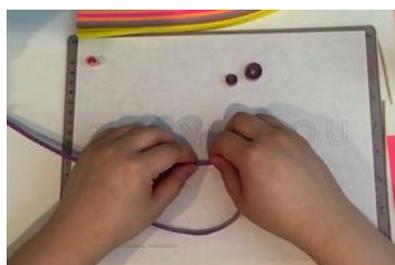
Step 2 Take a sharpie or other marker and color in the "Thank You" text on the Quilling handout. A link to this handout can be found in the "Resources and Visual Aids" section. Otherwise, draw your own design. On the back of the page, write a short letter to another person to tell them how much you appreciate them.



Step 3 Take a paper strip and wrap the end of the paper around the long part of the toothpick. Wrap the paper until you have a small coil of paper. You can loosen (making the coil larger) or shape the paper coil into a teardrop shape, a square, a triangle, a circle, or any other shape you can think of. A video on how to create shapes is provided in the "Resources and Visual Aids" section.



Step 4 Glue the end of the paper coil strip onto the rest of the coil, so it does not lose its shape. Repeat this process with different shapes to create different patterns.



Step 5 Now that you have your desired shapes, use a small amount of glue and glue each shape onto the desired area of the page.

[Continued on next page.]



II. Giving to Others

10. QUILLING APPRECIATION CARD (CONTINUED)



Group Tour:

In a small group, make a quilling design, such as a cherry blossom branch. Assign everyone quilling shapes or objects, such as flowers, on the cherry blossom branch. Combine the shapes and your efforts to make a beautiful quilled art piece.

Extend the Journey:

Make your own design on half a piece of paper and create some greeting cards using quilling or create your own quilling art pieces and give those away to friends and family.

Learn New Vocabulary: quilling

Resources and Visual Aids: Quilling handout: <https://artsphere.org/blog/quilling-handout/>

Paper Quilling for Beginners: <https://www.youtube.com/watch?v=6YWW6RmhwP0>

35 Paper Quilling Shapes: <https://www.youtube.com/watch?v=fCTplmMwmg>

Quilling Typography Tutorial: <https://www.youtube.com/watch?v=92X4duEXA9I>

Paper Quilling for Beginners Without Tools: <https://www.youtube.com/watch?v=nsLHD7r60Pw>

Access Our Instructional Video: <https://www.youtube.com/watch?v=c200sq8jSr4>



II. Giving to Others

11. DOTTED PAINTING/DRAWING



Travel Kit:

dotted art handout, markers or paint (crayons, colored pencils and pens are acceptable substitutes), pencil, eraser

Your Destination:

It is hard to remember that we are all connected, but this project will help serve as a reminder. You'll be able to see firsthand that small things can come together to make something larger and more beautiful. This project is an example of pointillism, which is made of small, colorful dots or lines that create a larger image.

On the Path:

Step 1 Print out the Dotted Art handout provided in the "Resources and Visual Aids" section or design your own image using a pencil.

Step 2 Using a material of your choosing (marker or paint is recommended), color the image by lightly tapping the material on the page repeatedly. This should make a series of small dots. Continue making dots until the page is fully colored in. You can make the dots or overlap to create an emphasis in that area or space them out for a similar effect.

Step 3 If you decided to create your own design rather than using the provided handout make sure that you erase your pencil outlines from your drawing.

Group Tour:

Divide a class up into small groups. Work with your group to decide on an overarching theme for your artwork like dinosaurs, space, or nature. Every member in the group uses the pointillism or stippling art techniques to create their artwork. Then, have all of the group members set up their artwork like a museum exhibit. Walk around and see what the other groups were able to accomplish.

[Continued on next page.]





Extend the Journey:

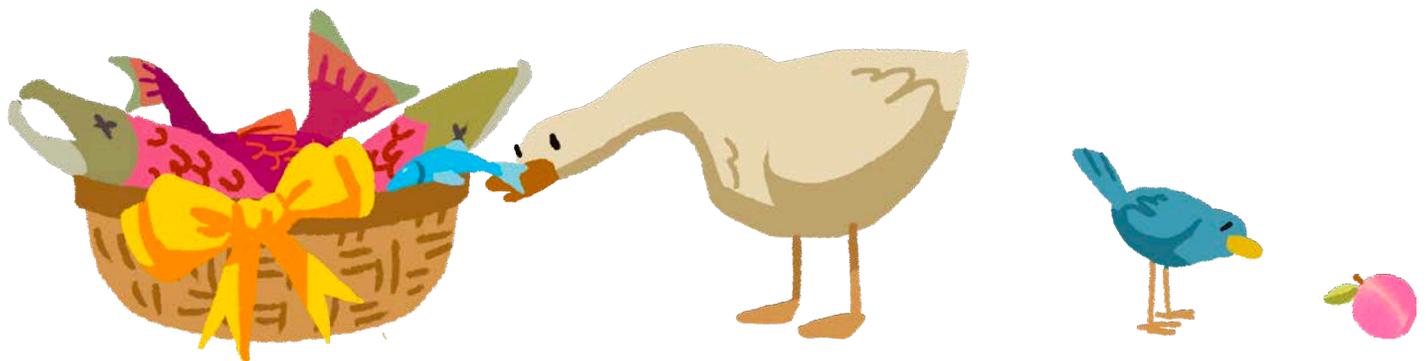
Create your own designs and use either the pointillism or stippling art techniques to create a unique art piece that may be meaningful to you or someone else and give your art to them as a gift.

Learn New Vocabulary: pointillism, stippling

Resources and Visual Aids: Dotted Art Handout:

<https://artsphere.org/blog/dotted-painting-drawing-handout/>

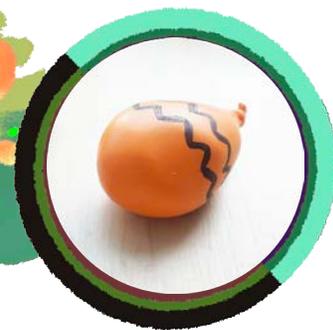
Access Our Instructional Video: <https://www.youtube.com/watch?v=IHVDP9lv0Ck>





II. Giving to Others

12. DIY STRESS BALL



Travel Kit:

balloon or plastic wrap, flour or cornstarch (balloon method), cotton balls (plastic wrap method), sharpies, paper, scissors, empty water bottle, tape, clear tape

Your Destination:

In recent times, mental health has become increasingly more important. It can be quite difficult to cope with life's hardships and improve your mental health. Having multiple outlets and ways to heal is good. Squeezing and playing with a stress ball is a possible way to help deal with distress and other negative emotions. So, for this project, you will be making a stress ball for yourself, your friends, and your family as well.

On the Path:

Step 1 Fold a paper in half, then using your scissors, cut half a circle to make a full one. Then, make two lines both starting from the center of the circle that run to the circle's edge. Cut along these lines so a triangular wedge comes out. Roll up your wedge into a cone shape. Cut off the end of the cone to create an opening (a funnel). See link on next page for help.



Step 2 Place your paper funnel in the opening of an empty water bottle. Then, scoop some flour (or other material, such as cornstarch) into the paper funnel. You should fill about 1/3 to 1/2 of the water bottle up with flour. Eye your balloon to figure out how much flour you need to add. When filled, remove the paper funnel.



Step 3 Take your balloon and blow it up slightly making sure to hold the end closed to prevent air from escaping. Then, trying not to release any air, place the end of the balloon on the water bottle opening. You should cover the entire water bottle opening with the balloon.

Step 4 Turn the water bottle upside down and pour the flour into the balloon. Once the balloon's filled, let the air out of the balloon slowly and carefully. Flour may squirt out during this process, especially after letting out most of the air. When the balloon gets close to letting out all of the air, tie a knot in the end of the balloon. The next step is for people who do not have balloons, so if that does not apply to you skip to step six.

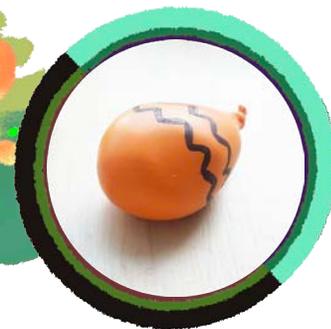


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II. Giving to Others

12. DIY STRESS BALL (CONTINUED)



Step 5 If you do not have a balloon, take some plastic wrap and lay it out flat on a table. Take some cotton balls and add those to the middle of the plastic wrap sheet. Take the edges of the plastic wrap and wrap it around the cotton balls. The ends should be twisted together. Then, tape the ends of the plastic wrap onto the body of the plastic wrap and cotton balls.

Step 6 Decorate your stress ball with sharpies.



Group Tour:

In a small group, make a "De-stress kit." Everyone can make and decorate their own stress ball and add it into a box or container. Then, as a group, brainstorm other ideas of what should go into the box. You can add some fun group activities in your kit or lists of activities to do that will help everyone in your group de-stress.

Extend the Journey:

After giving yourself a stress ball, create multiple stress balls and give them to friends and family. Take other supplies (such as yarn or construction paper) and create or draw more intricate outfits and props on the ball with paper cut-outs. You can also customize the stress ball look more like a friend or family member before giving it to them.

Learn New Vocabulary: distress, eustress, outlet

Resources and Visual Aids: How to make a funnel or cone from paper:
<https://www.wikihow.com/Make-a-Funnel-or-Cone-from-Paper>

Access Our Instructional Video: <https://www.youtube.com/watch?v=2rSVKt8Mj8U>



II. Giving to Others

13. PAPER FLOWER BOUQUET



Travel Kit:

paper flower handout, colored paper or construction paper, scissors, glue, pen



Your Destination:

As the flowers start to bloom in the spring and summer, not everyone can enjoy them due to allergies. However, with this project, the gift-receiver can enjoy the flowers during any season. This paper flower bouquet can be given to a loved one, which should strengthen your relationship with them. See the video and Paper Flower handout on the next page for a visual aid.

On the Path:

Step 1 Print out the Paper Flower handout provided in the “Resources and Visual Aids” section and cut around each shape. These are your petal templates you will use to make poppy flowers.

Step 2 Then, choose one size of petal as well as the next size down. Use the petals as tracers and trace them onto a sheet of colored/construction paper. There should be four petals for each individual petal size. Cut out the petals and you should have eight petals in total. Each petal should also have a small, vertical cut in the middle indicated by the line.

Step 3 After you cut the line into the flower, place some glue onto the bottom right portion of the petal. Then, move the bottom left over the glued portion and stick them together. This should bend the petals and give them more dimension.

Step 4 Cut into the circle multiple times with small gaps in between each cut to create a stringy paper texture. Do NOT cut off pieces of the circle. Leave some uncut area in the middle of the circle. Crumple up this paper and set aside.

Step 5 Now you are going to glue all petals of equal size to each other. Glue the right side of each petal and attach a petal of the same size. Make sure your petals are going in a circular pattern so that you can connect your last petal to the first one and create a cup-shaped flower. Repeat with the smaller set of petals.

Step 6 Glue the smaller of the two petal cup-shaped flowers into the larger one. Then, uncrumple the circle paper and glue the middle (uncut area) to the center of the smaller flower.

Step 7 Roll up a piece of paper to create a stem for one flower. On one end of the stem, make four or five small cuts in the stem opening. This will loosen the paper so you can easily glue these strips onto the base (bottom) of the flower. Repeat this for all of your flowers.

[Continued on next page.]



Group Tour:

Break up into small groups and have everyone in your group research the meanings of three different types of flowers. Then, look online to see if you can make a paper flower version of any of the flowers you chose. With your small group, create a bouquet to give to a friend or teacher. Choose flowers that have a special meaning for the person you are making them for or your relationship to them.

Extend the Journey:

Add different types of flowers to your bouquet to really customize it. You can learn about the different flower types, colors and meanings. Additionally, you can add leaves or other features to make your bouquet a more appealing and personalized gift.

Learn New Vocabulary: crumple, dimension

Resources and Visual Aids: Paper Flower handout:

<https://artsphere.org/blog/paper-flower-bouquet-gift-handout/>

Making Paper Flowers step by step: <https://www.youtube.com/watch?v=c2cpeY35aB4>

Paper Flower Tutorial: <https://frogprincepaperie.com/paper-flower-tutorial/>

Flowers and their meanings: <https://www.flowermeaning.com/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=M7ntrrzKatY>





Your Destination:

This project is another easy way to show appreciation for another person. This gift is very customizable and can become a fun activity for you and the recipient of your gift. You can add anything you want to this jar. By giving gifts and spending time with loved ones, you should be able to connect with each other.

On the Path:

Step 1 Decorate your Mason Jar or container using various materials such as paper, scissors, glue, markers, or paint.

Step 2 On a piece of paper, draw and cut out two hands with long, straight arms. Glue the hands onto the jar to symbolize a hug.

Step 3 Place objects inside of the container to give to the other person. A suggestion of ideas can be found in the “Resources and Visual Aids” section. If you add food make sure it is nonperishable. When finished, screw on the jar lid and/or close the container.

Group Tour:

As a group, think of someone important in your lives. Then, collectively decide what you will add into the jar. Make sure every person in the group plays an equal part in the creation of the gift. Use various decorating supplies to create a cute, personalized jar gift and give it to the important person.

Extend the Journey:

Do this project again and think of different ideas and objects to add to the jar/container. Feel free to add a personal touch with a small drawing, note, or letter inside the jar!

Learn New Vocabulary: bond, perishable

Resources and Visual Aids: An article on Mason Jar gift ideas:
<https://channygans.com/mason-jar-gift-ideas/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=b24So3G3WnY>



Travel Kit:
sheet of paper, colored paper, scissors,
glue, decorating supplies

Your Destination:

This card will be written to show someone that you care about them and are thinking of them. Hopefully, this will strengthen your relationship with this person. This card is very customizable and can include various types of ideas and designs. Although you will only be learning a simple card design today, feel free to change the design or create your own.

On the Path:

Step 1 Fold a piece of paper in half horizontally to create a card.

Step 2 Fold a piece of colored paper in half vertically and draw half of a heart shape (this should be drawn on the folded edge of the paper). Repeat until you have at least three heart shapes of equal size. Then cut them out of the paper.

Step 3 Unfold your heart shapes. Glue the back of the right side of one paper heart onto the back of the left side of another paper heart. Repeat until you run out of paper hearts. Then, glue the combined paper hearts to the blank card. Repeat these steps as many times as you want to add different shapes and patterns to the inside or outside of your card.

Group Tour:

Think of an important person in your life that you would want to thank. Have each person in your group create at least one 3D heart shape. A video on how to create a 3D heart is provided in the “Resources and Visual Aids” section. Then, everyone should glue their 3D hearts on the card. Have each person take a turn writing or drawing in the card to say, “Thank you” to the important person.

Extend the Journey:

Experiment with different shapes and colors to design your own card to give to others. Use your creativity to create more fun designs with the 3D paper technique that we used today.

Learn New Vocabulary: vertical

Resources and Visual Aids: How to make a 3D heart:
<https://www.youtube.com/watch?v=B7CLwdDMeME>

Access Our Instructional Video: <https://www.youtube.com/watch?v=CRF51yLB-hI>



II. Giving to Others

16. PULL-OUT MINI PHOTO ALBUM



Travel Kit:

paper (colored or white), photos or small images, scissors glue, small box with detachable lid, ruler, decorating supplies

Your Destination:

This handmade gift can serve as a cute reminder of your relationship with the gift recipient. This gift can be quite customizable because you can decorate each image or draw your own images. You can also customize the box if you want. With these fond memories, it should be easier to create a stronger bond between you and the gift recipient.

On the Path:

Step 1 Cut a strip of paper an inch or two smaller than the width of your box. Place the longer edge of paper horizontally.

Step 2 Then, fold the paper strip in half vertically. Without unfolding the paper, fold the paper strip in half vertically again.

Step 3 Unfold the paper strip. Refold the strip of paper on the creases you just made, but in a zig-zag formation. This is an accordion fold and you do this by folding the strip to the crease, flipping the strip over, making the same fold again, and repeating until you are finished. For help with accordion folds, use the link in the "Resources and Visual Aids" section.

Step 4 Cut out the desired number of photos/images. One image/photo should be added to each square on the strip of paper. These photos/images can be added on both sides of the strip of paper except for two squares on the ends of the paper that will be glued down to the box.

Step 5 You should have two blank squares on each end of one side of the strip of paper. Glue the blank square onto the bottom of the inside of the box. Then, glue the second blank square to the inside of the box lid.

Step 6 Feel free to add decorations to the box or add a couple of small objects to the box. Make sure any added objects don't rip, tear, or ruin your photos and images.

[Continued on next page.]



II. Giving to Others

16. PULL-OUT MINI PHOTO ALBUM (CONTINUED)



Group Tour:

Give each person an equal strip of paper. After folding the paper, let each person add artwork, quotes, and/or photos, to each square front and back. Remember to leave two squares empty to be glued to the box or container. Combine everyone's strips of paper together and then glue the combined strip to the box or container. Once finished, open up the pull-out mini photo album together and talk about each picture or quote and why you included it.

Extend the Journey:

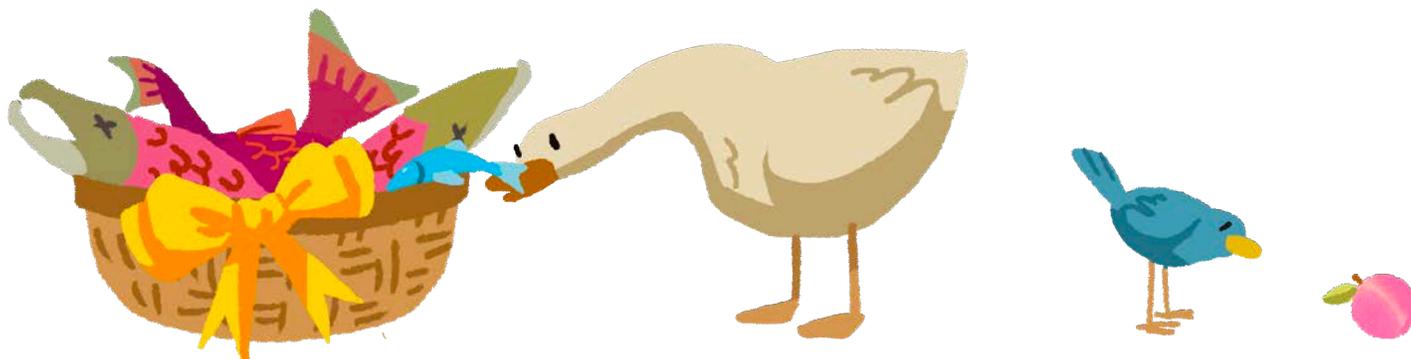
Create another mini photo album, but glue the ends of multiple strips together. This allows you to create a much longer pull-out mini photo album, and allows you to add more quotes, drawings, photos, and other images.

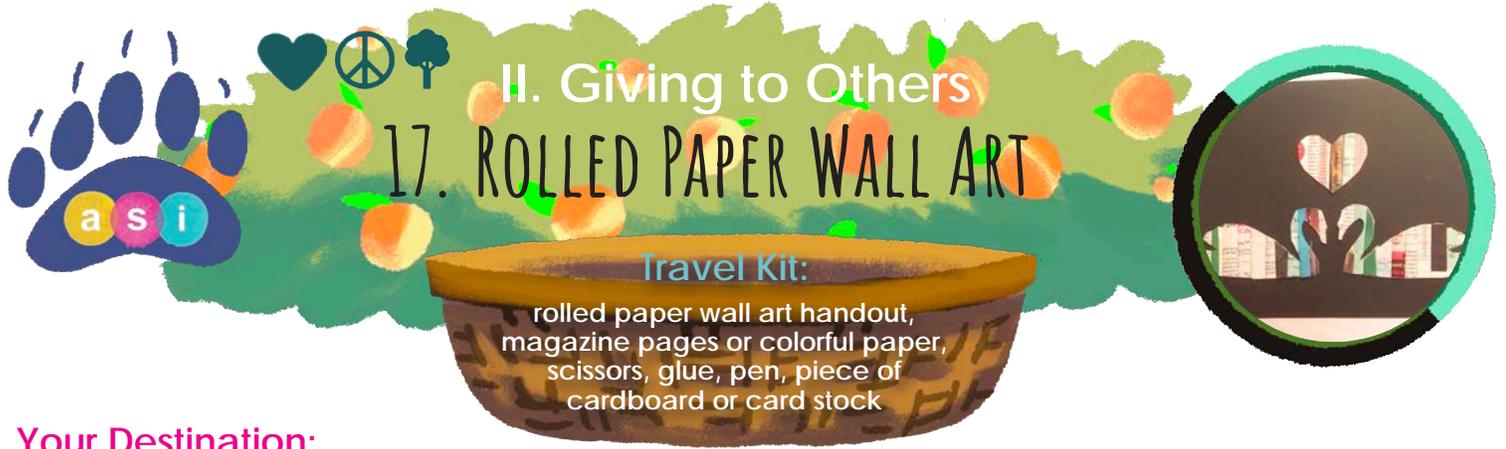
Learn New Vocabulary: detachable, zig-zag

Resources and Visual Aids: How to make a large accordion fold:

http://www.greenchairpress.com/blog/?page_id=2663

Access Our Instructional Video: <https://www.youtube.com/watch?v=4oDwtgaTnBU>





Your Destination:

This is a great gift for someone who needs a reminder that they are loved. With this project, you'll be able to create some fun "wall art" out of magazines (or decorate your own paper to roll up and make into "wall art." You can give away this art project to strengthen your relationship with someone.



On the Path:

Step 1 Print out the "Rolled Paper Wall Art Handout" and cut out the silhouette swans and heart from the handout.

Step 2 Get several magazine pages and cut up each page into four equal pieces. Roll up each magazine (or colorful paper) piece and glue it together to create a circular tube. Repeat with other magazine pages. These magazine tubes should all be the same size.

Step 3 Cut out and glue some photos onto each page. Then, add some drawings and writing to each page. Decorate each scrapbook page, excluding the first blank page, with decorating materials to make the book look more cohesive and colorful.

Step 4 Once all of the magazine tubes are glued onto the silhouette template, flip it over so the silhouette template is visible. Cut around the silhouette image so you can cut off the excess magazine parts.

Step 5 Lastly, glue the rolled magazine image onto a piece of cardboard or card stock. Make sure to glue the paper silhouette template side to the cardboard so the magazine side will be visible. Decorate the cardboard however you like to liven up your scene.

Group Tour:

Each person should bring some physical items dedicated to the memories you share with someone else. Decorate the pages of the scrapbook together. You can also create scrapbook pages filled with places you want to visit together in the future, and update the scrapbook as times goes on. This can help grow your friendship as you reflect on past memories and look forward to making future memories together.

[Continued on next page.]



Extend the Journey:

Create your own silhouette image and decorate each piece of paper with crayons, markers, watercolors, etc., before you roll it up. Feel free to decorate the background and customize the gift further.

Learn New Vocabulary: excess, silhouette

Resources and Visual Aids: Rolled Paper Wall Art Handout:
<https://artsphere.org/blog/rolled-paper-wall-art-gift-handout/>

Magazine wall art: <https://www.brit.co/magazine-wall-art/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=HYXWJwB8IG0>





II. Giving to Others

18. RAINBOW SCRATCH-OFF ART



Travel Kit:

paper, oil pastels or crayons, black acrylic paint, paint brush, toothpick

Your Destination:

For this project, we will be making rainbow scratch-off art. This is a really easy craft project, and can be a fun activity to do with friends and family. This gift can be great for wall art decoration and can be a great way to bond with family and friends.

On the Path:

Step 1 Using various colors of oil pastels or crayons, color in the sheet of paper completely. For the best results, make sure the paper is thoroughly coated with the oil pastel/crayon wax.

Step 2 Paint over the entire paper with black acrylic paint. Then, let the paint dry completely. You can also prepare several rainbow sheets at once by coloring multiple sheets of paper with oil pastel/crayon and painting over them with black acrylic paint.

Step 3 Use a toothpick to draw (carve) a design. When you draw with your toothpick, you're removing the black acrylic paint to show the colors of oil pastel/crayon underneath.

Group Tour:

Color in several different pieces of paper with oil pastel or crayon. You can create different designs or add secret messages. Then, after you paint over the crayons or oil pastel with black paint, switch your papers with someone else. Let them scratch off the paint and create their own artwork with your underlying designs.

Extend the Journey:

Make some more designs to give away. You could also line up multiple sheets of the paper and make a much larger design. You could make your own little world with these scratch-off designs and continue expanding it with more paper.

Learn New Vocabulary: oil pastel

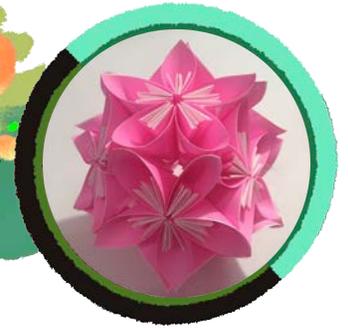
Resources and Visual Aids: Unique scratch-off art:
<https://colorelaxation.com/blogs/art/scratch-painting>

Access Our Instructional Video: <https://www.youtube.com/watch?v=S4SLOvSjyYo>



II. Giving to Others

19. KUSUDAMA ORIGAMI FLOWER BALL



Travel Kit:

Kusudama Origami Flower Ball
gift handout, sixty paper squares
(recommended size of 3" x 3") glue,
scissors, string

Your Destination:

For this project, you'll be making kusudama origami flower ball gifts. You can hang these origami pieces up or put them on a desk as a cute, decorative art piece. They make wonderful gifts and can be a fun activity to do with friends and family.

On the Path:

Step 1 Follow the steps listed on the "Kusudama Origami Flower Instructions" handout in order to create your flowers. This handout can be found in the "Resources and Visual Aids" section. Use a pre-cut square piece of paper, or cut your own origami squares.

Step 2 Each origami square will make one flower petal. To make one flower, you will need five flower petals. To make a kusudama origami flower ball, you will need twelve flowers. Once you have completed all twelve flowers, take one flower and glue two different flowers to it. The glue should be applied to the outside of the flower petals and one flower should be on each side of your first flower. Once you have five flowers glued together, glue the flowers on the ends to each other (the same way you did before) so that your flowers form a circle.

Step 3 Then glue a flower on top of the circle of flowers you have just constructed. Turn the half-finished ball upside down so the flower that was on the of the circle is now at the bottom.

Step 4 Glue five more flowers to each other. Then connect them to the already-glued flower circle. It should now look like a ball except for the opening on top.

Step 5 If you want to, glue on some string so you can hang your kusudama origami flower ball as an ornament. Otherwise, glue the last flower on to the kusudama origami flower ball to complete your gift.

Group Tour:

In groups of three, have each person make four Kusudama origami flowers in their favorite color. When you glue all of the flowers together, you will have collaborated to create a Kusudama origami flower ball to represent your friendship. Repeat this project until everyone has an origami flower ball.

[Continued on next page.]



II. Giving to Others

19. KUSUDAMA ORIGAMI FLOWER BALL



Extend the Journey:

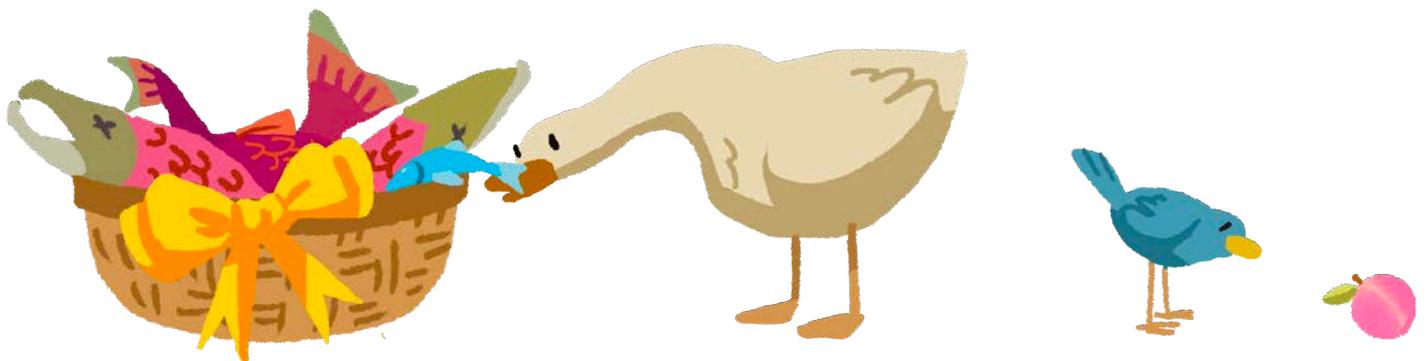
You can work with your loved one to create another Kusudama origami ball or you can create more on your own in different colors or patterns. You can also slightly modify your Kusudama flowers by using your scissors to slightly round the edge of each petal. Feel free to customize the patterns and colors to personalize your Kusudama Flower Ball gift.

Learn New Vocabulary: Kusudama

Resources and Visual Aids: Kusudama Origami Flower Ball Gift Handout:
<https://artsphere.org/blog/kusudama-origami-flower-ball-gift-handout/>

Kusudama Origami Instructions (Alternative to Handout):
<https://www.planetjune.com/blog/papercraft/kusudama-flowers-tutorial/>

Access Our Instructional Video: https://www.youtube.com/watch?v=d_wVOmKP3N0





II. Giving to Others

20. JAR OF APPRECIATION STARS



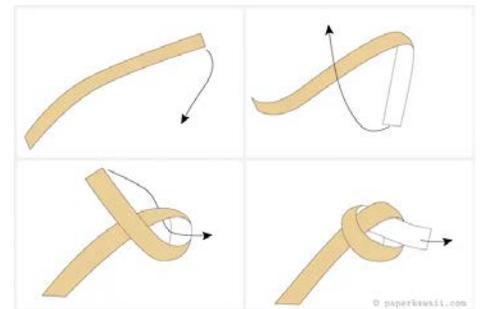
Your Destination:

This is a great gift for loved ones because not only do they get a cute decorative gift, but each star can contain a small message reminding the person of some of the reasons they are meaningful to you. This gift can help you build your relationship with your loved ones and it can also be a fun activity to do with your friends or family. See video on next page for help.

On the Path:

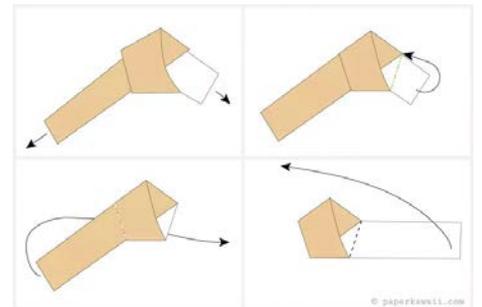
Step 1 Using your scissors, cut the colorful paper into multiple 1/2" x 8.5" strips or use pre-cut paper strips.

Step 2 Take one end of the paper strip, and make a loop (similar to tying a knot). Pull the end of the paper strip through the knot and flatten it. The knot should be toward one end of the strip. The smaller edge of the paper strip can be folded and tucked into the knot.



Step 3 Write an appreciation message next to the flat, straight edge of the knot. This message will be on the inside of the paper star.

Step 4 Fold the paper strip over the flat, straight edge of the knot. Keep folding the paper over the knot in the direction that the paper strip goes naturally. Make sure you do not fold the paper too tightly. Tuck in the edge of the paper and snip or fold any excess paper strip if necessary.



Step 5 Hold onto the edges of the paper star, which should now be in a pentagon shape, and use your thumb and index finger to push into the opposite sides of the pentagon. Then, push in all of the sides of the pentagon. This will make your paper stars "pop" and become 3D. Fill the container with your stars. If these steps are unclear or are confusing watch the video tutorial provided in the "Resources and Visual Aids" section for better understanding.

[Continued on next page.]



II. Giving to Others

20. JAR OF APPRECIATION STARS (CONTINUED)



Group Tour:

Have everyone in the group pick a color. Each person should be assigned a different color. Then, have each person take at least three strips of paper of each color. Make them into paper stars and write down nice messages on each star. You can write what you like about the person on the paper stars, but keep in mind that only the color the person was assigned will be read by that person.

Extend the Journey:

Challenge yourself to write lyrics, quotes, thank you messages, and other messages in your jar. Try to fill up a larger jar as a gift or make multiple small jars of stars for your friends and family. You could also arrange the paper stars into different shapes and designs based on color or pattern in order to create beautiful art.

Learn New Vocabulary: index finger, pentagon

Resources and Visual Aids: Paper stars/origami stars video tutorial:
<https://www.youtube.com/watch?v=FDDvYwb-D44>

Access Our Instructional Video: <https://www.youtube.com/watch?v=7blqOljFpyw>



APPENDIX

4 Self-Care Box



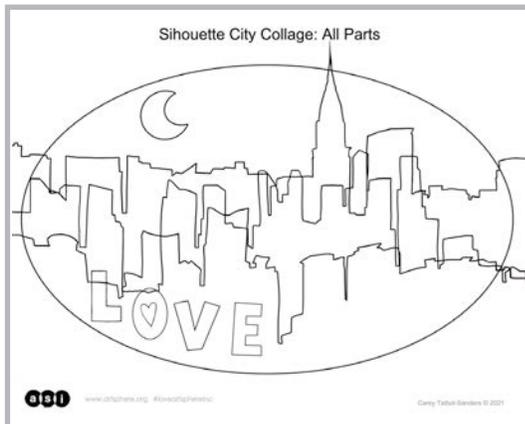
<https://bit.ly/3La0Zde>

4 Self-Care Box



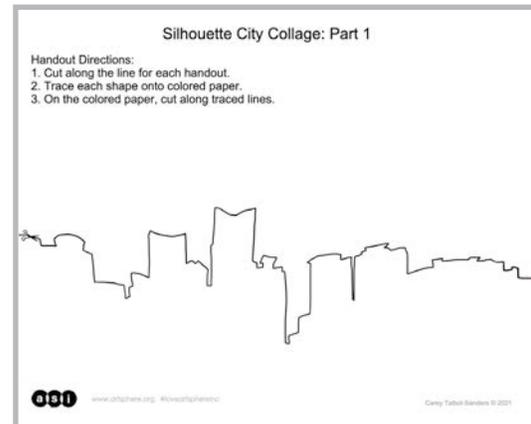
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8 Silhouette City Collage



<https://bit.ly/3S6m2jb>

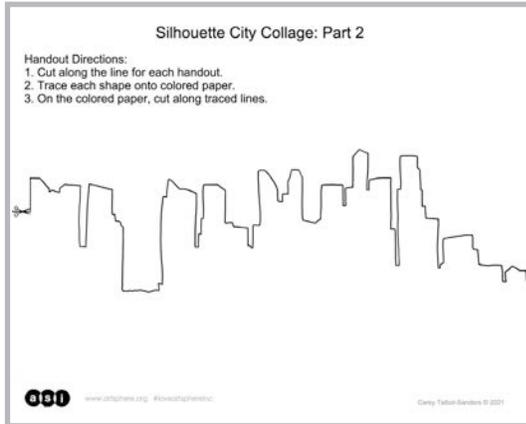
8 Silhouette City Collage



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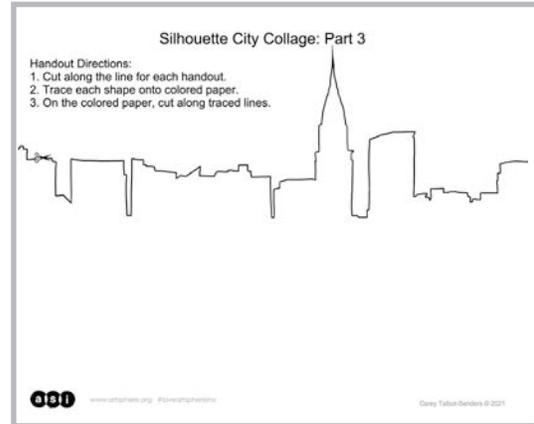
APPENDIX

8 Silhouette City Collage



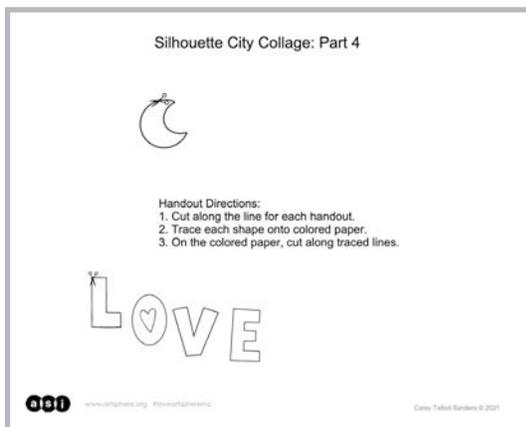
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8 Silhouette City Collage



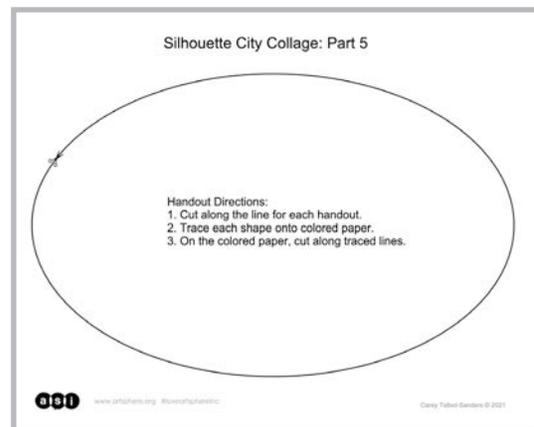
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<https://bit.ly/3S6m2jb>

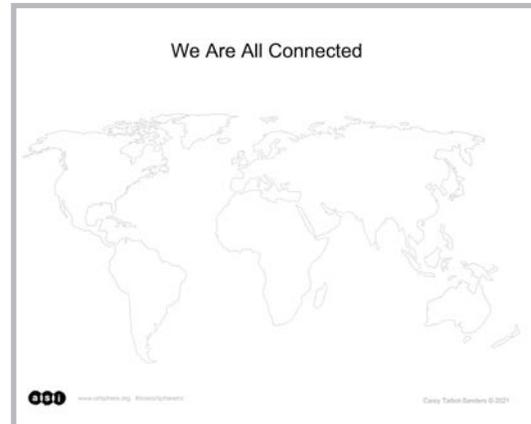
APPENDIX

10 Quilling Appreciation Card



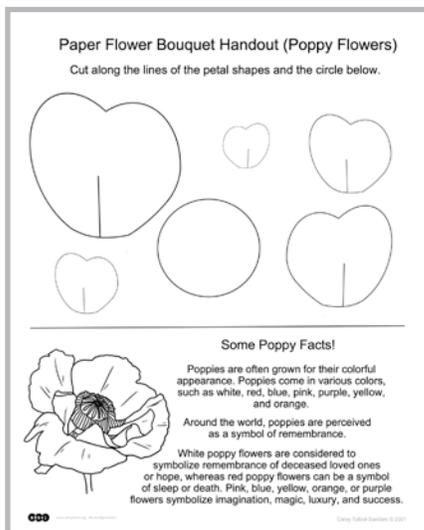
<https://bit.ly/3DsZ4Pf>

11 Dotted Painting/Drawing



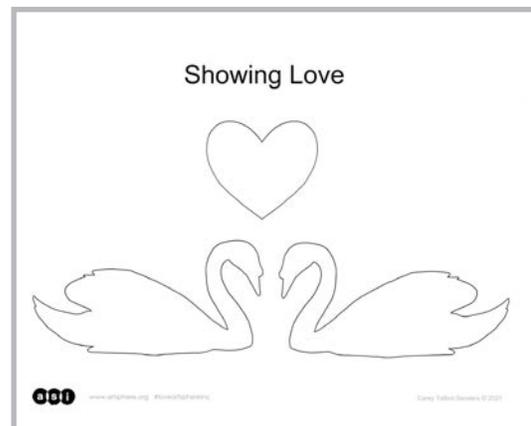
<https://bit.ly/3S6m2jb>

13 Paper Flower Bouquet



<https://bit.ly/3xlnZA2>

17 Rolled Paper Wall Art



<https://bit.ly/3eMB530>



Art Sphere Inc. (ASI), founded in 1998, provides meaningful free arts programs for underserved populations in an effort to engage the creativity in communities, empower neighborhoods, explore the positives in peoples' lives, and heal the mind, body, and spirit through the arts.

Working with hundreds of volunteers every year and partnering with numerous civic, academic and governmental organizations, our grassroots events help support inner-city neighborhoods. ASI's in-school, after-school, in-person and online workshops lay the framework for the arts to nourish the character and development of youth, open up a new world of social engagement and reinforce the school curriculum.

We appreciate the generous support of Penn Treaty Special Services District and other foundations and institutions who among our other supporters have paved the way for Art Sphere Inc. to continue to serve the public through on-site and online education programs.



GENESIS INSPIRATION FOUNDATION

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