



School Term Program Plan: Art Remedy Ceramics Club with Candice

A Monster's Tea Party:

Summer is here! Time for a monster tea party. Come along to the Art Remedy Ceramics Club where Candice will show you how to make your very own monster tea set that will help you explore and express the many facets of your emotions.

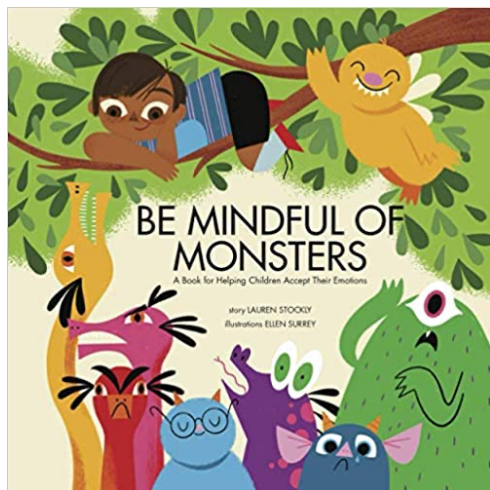
Session Duration:

The Ceramics Club program delivery is flexible. Each session would optimally be around 1-1½ hours long.

Program Outline:

Session 1:

We will begin our adventure with a storybook, *Be Mindful of Monsters*, this story will teach us about our many different emotions and how to accept and process them (even the scary ones). Next we will discuss our findings from the book and how a feeling such as anger would change the way a monster would look. What colour would it come? And would it's eyes get bigger? Etc. We will draw out our designs and begin with some sculpting, forming, eyes, teeth and mouths we will later attach to bring our teacups to life.



This book is an excellent social-emotional tool to help kids understand the connection between their bodily sensations and feelings. It helps kids learn to accept their emotions and learn how to articulate how they feel with sensations vocabulary to best figure out what they need.

This is an engaging book that will help children build their capacity to engage more mindfully, learn to self-regulate, and develop emotional resilience.

Session 2:

Today we will learn how to use the pottery wheel. We will focus on the technique of centring and pulling to create small cylindrical forms.



Session 3:

Continuing from our last session, we will learn how to make handles that look like arms and legs, and attach them, along with the facial features we created prior to our teacups.

Session 4:

During this session we will practice our newfound skill of centring and create small plates to go with our teacups.

Session 5:

Next, we will add a new skill to our tool box as we learn how to coil a pot that will become the body for our tea pots.

Session 6:

This session will be spent making the spout, handles and lid for our tea pot.

Session 7:

This session will be spent assembling our tea pots and adding fun monster features to give them teapots some personality.

Session 8:

Now it is time for us to paint the plates and cups we created prior, and watch them come to life.

Session 9:

And finally, we will paint our Monster tea pots

Session 10:

For our final session we will get to put our masterpieces to use at our Monster tea party. Bring along your favourite stuffed toy as we make homemade fruit tea and fruit salad to share at our picnic. At our picnic we will consolidate our learning through some fun mindful games.