

Virtual Educators Retreat: Create! De-stress! Connect!

Saturday, December 5, 2020

A series of workshops and activities designed to give educators a break from the classroom and enjoy a day of creativity and well-being.

Are you burnt out from managing the classroom? The Cleveland Institute of Art would like to invite you for a day of de-stressing, where you can be the student again from the comfort of your home. Grab a warm drink and some simple supplies and join us for a virtual educators retreat!

The virtual retreat costs \$25, which covers the entire day of activities. Educators may select as many sessions as they'd like to attend. A sign up form will be sent to you once we receive payment. Please note that you'll need a computer, phone, or tablet with access to the internet to participate. You'll also need to supply your own materials, but don't worry—many of these items can be found right at home or at a low cost from Blick Art Supplies.

SCHEDULE

9am-11am: **Create! Workshop: Digital Collage**

11am-12:30pm: **De-stress! Workshop: Meditative Painting**

12:30-1pm: Lunch Break

1-2:30pm: **Create! Workshop: Mixed Media Collage + Holistic Expression**

2:30-4pm: **De-stress! Workshop: Breathe! Relax! Create!**

4-5pm: **Connect! Roundtable Discussion**

5-6pm: **Create! Wine + Paint Happy Hour: Watercolor Landscapes**

Create! Workshop: Digital Collage with Adri Nerone, CIA instructor

9am – 11am EST

Learn how to clip, copy, and paste layers of digital images to create a new, unique, and exciting piece. You'll learn the tools of Adobe Photoshop along with light editing to achieve realistic or surreal effects.

Supplies: Computer or tablet with Adobe Photoshop, and a collection of scanned or ready-to-use digital images



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De-stress! Workshop: Meditative Painting: Virtual Art

Workshop for Wellbeing with Sandra Sabene, Creative Rhythms Events

11am – 12:30pm EST

Join online for a guided self-care session with Sandra Sabene focusing on the Art of Wellbeing through letting go. Using an inspiring blend of music, art making techniques and creative prompts, we'll make art together and explore topics of self-care, resilience and creative wellbeing.

Supplies: We recommend the below items for a budget friendly order, but any brand will work.

- Heavy paper like Bristol board
- Canvas or canvas board
- Acrylic paint (10 or more colors)
- Variety of brushes
- Markers (a selection of colors)
- Journal or paper and pencil/pen

Note: (surfaces should be 11x14 or larger)

Set up: Set up for mess

- Flat surface
- Quiet location (if possible)
- Rinse water, towel/rag
- Make sure you are in a well lit room
- Secure your device to show you on screen.

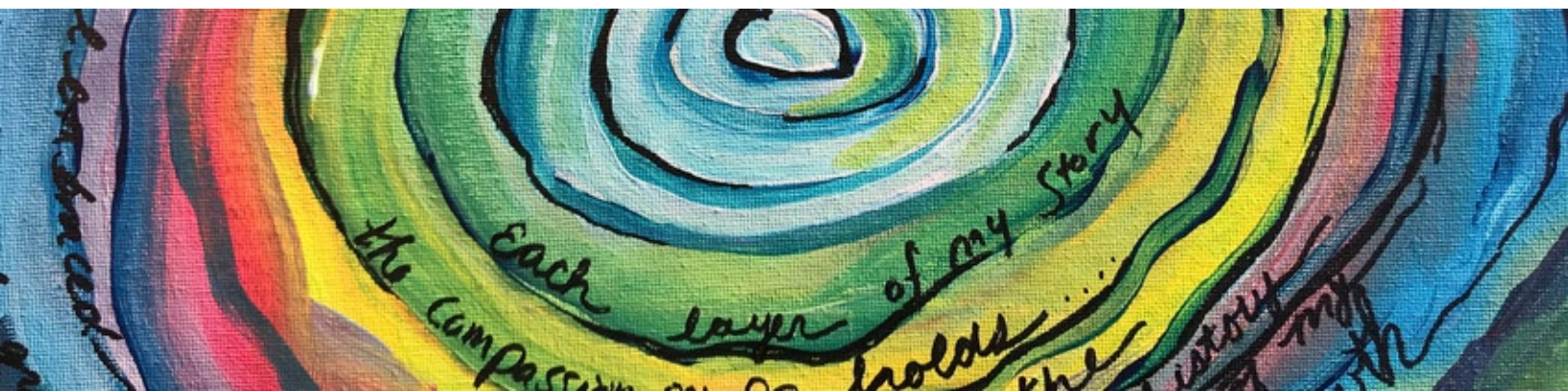
Showing your work is optional.

- No skill required: We work together to focus more on the process not the final product.

- Each session will offer prompts for self-expression centered on self-care and awareness using basic art supplies. Dress for mess!

- Art Wellness components: Guided meditation, breathwork and ambient music are a part of creating space for this form of self-expression.

- A trustworthy environment: A respect outline for each session will address confidentiality, privacy and safety.



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Create! Workshop: Mixed Media Collage + Holistic Expression

with Anna Chapman, CIA instructor

1 – 2:30pm EST

Let's be real; we are in a precarious time. It is important to meet ourselves (and our students) where we're at if we aim to carve pathways of creativity, resilience, and compassion through art making.

This workshop will be part reflection/check-in as educators, and part creative exploration of mixed media to refresh our approaches toward idea shaping and art making.

Supplies:

- Misc. paper/collage materials: colored or textured paper (think outside the box!)
- Misc. drawing tools (Ex: pencils, markers, pastel)
- Misc. Water-based paints (i.e watercolors/acrylic)
- Glue/gluestick or tape

De-stress! Workshop: Breathe! Relax! Create! with Diane Troyer, Art Therapy Studio

2:30 – 4pm EST

Take the time to unwind and relax! In this workshop led by art therapist Diane Troyer of Art Therapy Studio, participants will be led in a guided imagery followed by time to use art to respond.

Supplies: We recommend the below items for a budget friendly order, but any watercolor tube/pan set, brush set, and watercolor paper will work.

- Watercolor paints
- Watercolor paper
- Brush
- Pencil or other drawing material



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Connect! Roundtable Session facilitated by Steven Ciampaglia, CWRU + CIA

4 – 5pm EST

Gain connection and inspiration among a community of art educators! Join Steven Ciampaglia, Champney Family Associate Professor of Art at Case Western Reserve University and the Cleveland Institute of Art, for a conversation as we unpack teaching during Covid-19. We'll discuss classroom and teaching strategies, managing the virtual classroom, challenges and successes, and ideas and resources for remote learning projects.

No supplies needed.



Create! Wine + Paint Happy Hour: Watercolor Landscapes
with Terry Clark, CIA instructor

5 – 6pm EST

Create a landscape full of light and color using watercolor paint! Bring your favorite beverage and follow along with CE instructor and CIA faculty Terry Clark as he demonstrates various painting techniques used to create land, water, and other natural elements.

Supplies: We recommend the below items for a budget friendly order, but any watercolor tube/pan set, brush set, and watercolor paper will work.

- Simple watercolor set
- Watercolor Paper
- Simple Brush Set
- Artist's Tape
- Water Container
- Paper Towels/Rags



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Registration

A payment of \$25 gives you access to all of the sessions scheduled for the day. Online payment can be made at my.cia.edu/ceco. Cash and check are also accepted with a completed mailed-in form (see below). Payment deadline is Wednesday, December 2, 2020. Once we receive your payment, you'll be sent a form where you can select which sessions you'd like to attend.

Sign up online at my.cia.edu/ceco or complete and mail the form below.

Name _____ Date of Birth ____ / ____ / ____

Billing Address _____

City State Zip _____

Email (required) _____ Home Phone _____

School District _____

Payment Cash Check Visa MasterCard Discover AmEX

Credit Card Number _____

Expiration Date _____ 3-digit code _____

By signing below you agree to the following:

I have read and understand the registration and refund policies of Cleveland Institute of Art's Continuing Education program. By signing below, I authorize Continuing Education to process my payment as indicated above.

Signature: _____ Date: _____

Please make checks payable to Cleveland Institute of Art.

Mail to:

Continuing Education
Cleveland Institute of Art
11610 Euclid Ave, Cleveland OH 44106

NOTE Refunds will be issued only in the event that the event is cancelled by CIA, or with written notification submitted by Monday, December 1. Please contact ce@cia.edu with any questions.