



Creative Connections

High School Workshops

Visual Arts

Paper Arts • Ceramics • Mosaics •
Painting • Printing Making • Crafts

Performing

Music • Theatre • Dance & Movement
Creative Writing • Interdisciplinary

What is Creative Connections?

RESIDENCIES & WORKSHOPS

Your curriculum objectives are enhanced through multiple visits with a professional teaching artist.



AFTER SCHOOL & SUMMER ENRICHMENT PROGRAMS

Your students are enriched through multiple visits of supplemental arts programming at your school.



SCHOOL RETREATS & FIELD TRIPS

Visit Appel Farm and have a program at our beautiful, professional arts studios, theatre or dance studios, turning your residency into a memorable field trip.

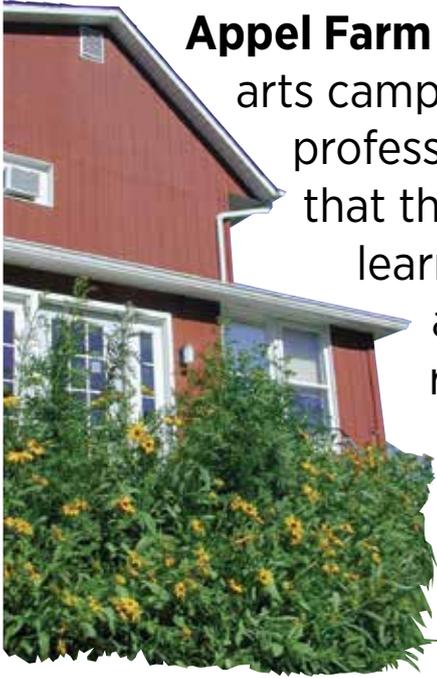


PROFESSIONAL DEVELOPMENT

Earn your CEUs in teaching and learning methodologies, and content areas, through exciting workshops and classes.



About Appel Farm



Appel Farm was founded in 1960 as a private summer arts camp for children. Albert and Clare Appel, both professional musicians and music educators, believed that the arts play a crucial role in developing a child's learning skills, encouraging personal growth, and instilling a sense of community and responsibility.

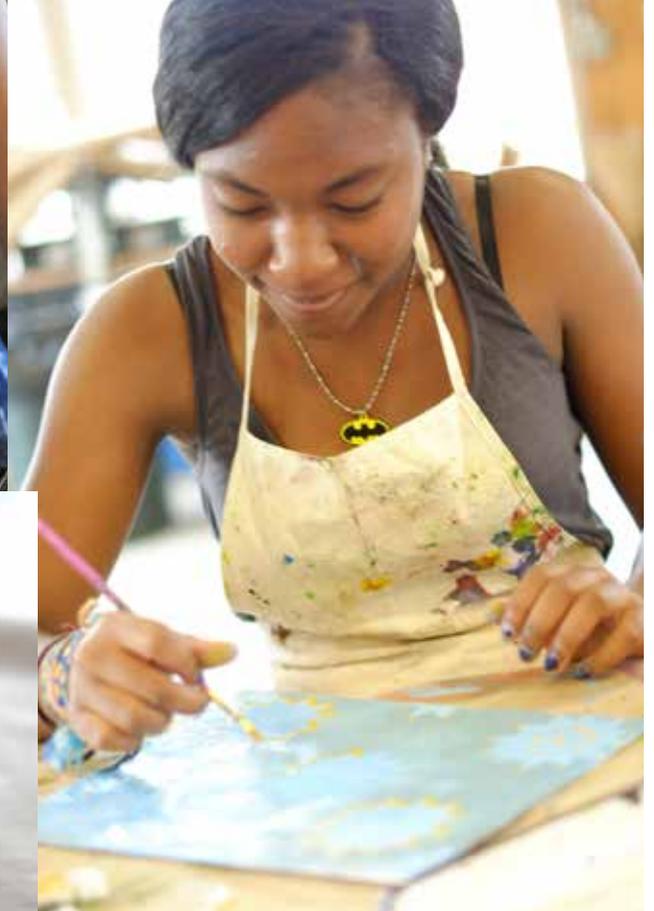
Since then, Appel Farm has evolved into a unique educational arts center serving audiences, artists and students who participate in a variety of artistic programs.

Appel Farm's mission is to provide people of all ages, cultures, and economic backgrounds with a supportive, cooperative environment in which to explore the fine and performing arts. We believe that the arts are an exciting and essential part of the learning process and that artistic talent is innate and waiting to be developed in every person. Everything we do at Appel Farm is about one thing:

Transforming lives
through the arts

These programs are made possible in part by funds from the New Jersey State Council on the Arts/ Department of State, a Partner Agency of the National Endowment for the Arts. Supported in part by a grant from the New Jersey Department of State, Division of Travel and Tourism. Additional funding sources include corporations, foundations and individual contributions by friends, Trustees and alumni of Appel Farm.





Dear Educator,

Thank you for your interest in Creative Connections, Appel Farm Art & Music Center's program for schools and youth. Creative Connections seeks to transform teaching and learning through the arts. Our goal is to make the arts accessible and meaningful for all students. In these pages, you will find a plethora of visual and performing arts workshops divided by category.

Workshops are a wonderful way for students to pursue understanding of a particular art form. Our programs are available during the school day, after school, and during the summer. Most of our programs are designed to take place at your school. However, during the academic year arrangements can be made for you to visit Appel Farm and have a program at our beautiful, professional arts studios, theatre or dance studios, turning your workshop into a memorable field trip.

Process, product, history, artistic expression and fun are all essential elements of Creative Connections. All of our programs are taught by highly qualified, professional teaching artists and are aligned with the New Jersey Core Curriculum Content Standards in the Visual and Performing Arts, and other content areas when applicable. At Appel Farm, we believe that all people have innate artistic ability waiting to be discovered and cultivated. It is our mission to provide people of all ages, cultures and economic backgrounds with a supportive, cooperative, environment in which to explore the fine and performing arts. **We are transforming lives through the arts!**

Research shows that students with an education rich in the arts have higher GPAs and standardized test scores, lower drop-out rates, and even better attitudes about community service*. Booking a workshop with Appel Farm is an easy and fun way to provide your students with high-quality arts education opportunities. If you are interested in booking a workshop or a series of workshops, we will work with you to craft a program that meets your needs, the needs of your students, and that falls within your budget.

Our goals are your goals! Please contact us to book a workshop, for information about customized programs and rates, or if you have any questions. We look forward to working with you to customize your Creative Connections experience!

Kerri Sullivan
Director of Arts Education & Outreach
ksullivan@appelfarm.org

Book your Workshop in 6 easy steps!

1

Select

Choose your workshop - from Abstract painting to Zambian percussion, we've got you covered

2

Schedule

Schedule your program
- email us or call us
856.358.2472 to reserve
your dates & times

3

Strategize

We'll sit down together
and work out all the fun
details: goals, school
involvement, culminating
events, advocacy for your
program

4

Start

Let the fun and
learning begin!

5

Small Stuff

1) A 25% non-refundable deposit is expected @ time of booking. 2) You will be invoiced prior to the start of your residency, & payment is expected two weeks in advance of your start date. 3) We will work with you on any date that needs to be rescheduled. 4) Prices and programs are subject to change.

6

Support

Appel Farm will be with
you every step of the
way! Your goals are our
goals!

Visual Arts

Table of Contents

- 8 Paper Art
- 9 Ceramics & Mosaics
- 10 Drawing, Painting & Printmaking
- 13 Crafts





Michelle Obama

First Lady of the United States

“The arts are not just a nice thing to have, the arts define who we are as a people.... My husband and I believe strongly that arts education is essential for building innovative thinkers who will be our nation’s leaders of tomorrow.”

PAPER ART

Origami Books

A great introduction to the art of origami in which participants will learn several age appropriate origami exercises to make beautiful paper sculptures. Participants will construct a book to contain their sculptures and will write a narrative connecting the models from each page of their book.

Goals: Participants will gain an appreciation for traditional origami practices, learn about patience through careful art-folding techniques and work towards expanding and exploring their personal narratives.

Objectives: Participants will create projects and construct a book using origami techniques.

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.

Creative Card Making Techniques

Participants will enjoy making a variety of unique cards for all occasions. Participants will learn about various card-making techniques including paper texturing and coloring and feel very comfortable using a variety of secondary, enhancement techniques. Participants will also be engaged in traditional artistic studies and practices including found-object-incorporation, color theory, mixed media techniques and more.

Goals: Participants will learn new skills that will open creative possibilities that they can use and make their own.

Objectives: Participants will learn about colors, artistic practices, different media styles, and more. Each participant will complete at least one personalized, artistic card.

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity

CERAMICS & MOSAICS

My House, My Number

This workshop will introduce students to the basics of design. Participants will create an “artsy” plaque with their house number using a tile making technique that resembles a mosaic.

Goals: Participants will learn about a variety of design, aesthetic, and construction theories based on clay and tile mosaics.

Objectives: Participants will work individually to create at least one plaque.

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.

DRAWING, PAINTING & PRINTMAKING

Portraits

In this workshop participants will be introduced to drawing the human face. We will take a look at famous portrait artists like Picasso, Andy Warhol, and Beauford Delaney. We will examine proportion, shape and line, and other artistic aspects while we examine the human face.

Goals: Participants will gain an understanding of the various ways other artists have approached the human figure. They will also use abstraction and color in their portraits.

Objectives: Participants will understand the proportions of the human face as they all work towards finishing at least one self-portrait.

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.



Richard W. Riley

Former US Secretary of Education

“I believe arts education in music, theater, dance, and the visual arts is one of the most creative ways we have to find the gold that is buried just beneath the surface. They (children) have an enthusiasm for life a spark of creativity, and vivid imaginations that need training – training that prepares them to become confident young men and women.”

Cartoon Mayhem

Let your imagination take off in this class built for Mayhem! Participants will receive introductory training into the world of cartooning. Through a series of creative exercises participants will be able to unlock their creative abilities and start drawing straight from their imagination. By combining traditional artistic drawing practices mixed with 21st Century Learning Skills, everyone will be swept up into the mayhem!

Goals: Participants will learn about the history of cartoons and complete exercises designed to help generate creative ideas. Participants will learn to trust themselves and not to judge their creative abilities while in the process of drawing and creating.

Objectives: Participants will learn about traditional drawing practices. Participants will learn about basic compositional practices for the purposes of sketching and drawing characters and creatures they create. Participants will learn about newer practices that are designed to help stimulate creativity through games, conversation, and other artistic means

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.

Acrylic Expressions

Participants will develop a grasp of acrylic painting fundamentals and become more comfortable using this medium. Participants will work on an acrylic painting through step-by-step instruction. Possible subjects that can be covered include: floral, landscape/seascape, still life, abstract or action painting. Basic composition, perspective, color blending and selection, brush strokes, shading and texture will be discussed. The use of different brushes and a pallet knife will also be covered.

Goals: Participants will gain a deeper appreciation for painting as well as the various tools associated with painting.

Objectives: Participants will learn about color theory, mixing practices and proper application techniques. Participants will construct one acrylic painting. Participants will study the various histories and practices for constructing a painting based on the selected topic.

Standards

NJCCCS: Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.

Glass Painting Techniques

Participants will enjoy making a hand painted floral vase! Participants will be taught to understand how to paint upon a glass surface with a unique form. Through simple yet specific step-by-step instructions, participants will learn about paint, its proper application to unique surfaces as well as color theory.

Goals: Participants will learn about their own creative impulses and potential. Participants will be challenged to build confidence in their artistic skills as well as their own goals in life.

Objectives: Participants will learn basic painting techniques while completing a painted vase project.

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.5 Identify the styles and artistic processes used in the creation of culturally and historically diverse two- and three-dimensional artworks, and emulate those styles by creating an original body of work.

Print-a-Mania

In this workshop participants will be introduced to a variety of printmaking tools and styles. Participants will study the history of printing techniques from around the world and the various styles and uses for printing. Participants will concentrate on line, shape, texture, pattern, and form as they work from other cultures and countries that have embraced this printing style. Participants will then learn about how printmaking can be utilized today.

Goals: Participants will understand the history of printmaking. Participants will understand the ways the art form is used in our daily lives.

Objectives: Participants will create prints using two different techniques. Participants will be able to use language, vocabulary, and terminology associated with printmaking. Participants will be able to notice differences in printmaking styles.
styles.

Standards

NJCCCS:
Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.



CRAFTS

Jewelry Making Techniques

Participants will be introduced to jewelry making fundamentals. Participants will work on one project, guided by step-by-step instructions. One of four subjects will be covered: basic beading, fundamentals of stringing and knotting, fundamentals of wire wrapping or crimping techniques. Basic tools, color selection, supply sources, and inspirational samples will be discussed.

Goals: Participants will learn to appreciate the various ways to construct jewelry. Participants will be taught about how to create a piece of jewelry that will attract the eye as well as a viewer's attention and appreciation.

Objectives: Participants will design at least one piece of jewelry. Participants will learn about proper

Standards

Visual and Performing Arts Standard 1.3: Performance

1.3.12.D.1: Synthesize the elements of art and principles of design in an original portfolio of two- and three-dimensional artworks that reflects personal style and a high degree of technical proficiency and expressivity.

Benefits

Of Bringing An Arts Education Program To Your School

Enhance your classroom with an introduction to a variety of artistic topics and mediums

A cost-effective way to bring more arts to your school

Gain career appreciation for working the arts and promote college readiness

Create fun for the entire community - host a Family Night workshop

Effectively meet NJCCCS for Visual and Performing Arts

Foster collaboration among your students as they work together on a special project

Enjoy in-depth learning and discovery of a specific art form

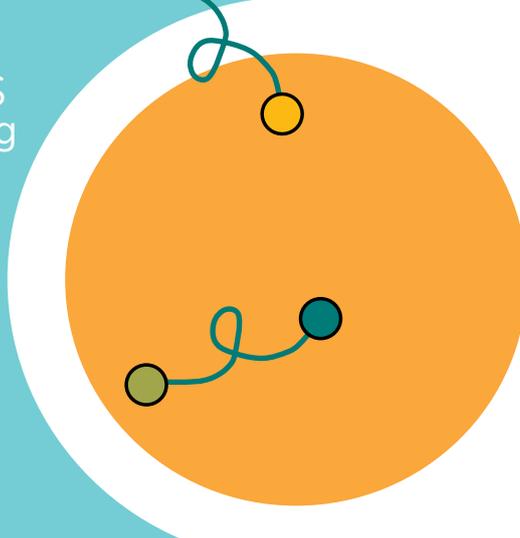
Open a world of possibilities for your students by having them engage with our professional teaching artists in a safe environment

Explore multiple mediums by bringing an assortment of workshops to your classroom: Book multiple workshops to create a series

Promote critical thinking and problem solving as students tackle new and challenging material

Give students the opportunity to develop their creativity

Enhance communication as students engage in the learning process and share their experiences in a culminating event



Performing Arts

Table of Contents

- 16 **Music**
- 16 **Theatre**
- 18 **Dance & Movement**
- 20 **Creative Writing**
- 23 **Interdisciplinary**



MUSIC

World of Percussion

Participants will be exposed to a variety of world instruments and rhythms to explore how our bodies, minds, and voices respond. In each session, we will hear and play traditional grooves from Egypt, the Middle East, Africa, and Latin Cultures. Through this exploration we will discover how anyone can play in various rhythms, tempos, and dynamics and how these terrific beats can connect you to yourself.

Goals: This workshop will encourage participants to react to sound at an instinctive level. The goal is to hear the music and allow oneself to be moved both emotionally and physically. By exploring in this way, participants will view music in a way that promotes awareness and cultural sensitivity.

Objectives: Participants will be able to hear the difference between various world rhythms, engage in hands-on demonstrations of various percussion instruments, and work as a group to create a symphony of sound.

Standards

Visual and Performing Arts Standard 1.1: The Creative Process

1.1.12.B.2: Synthesize knowledge of the elements of music in the deconstruction and performance of complex musical scores from diverse cultural contexts

Visual and Performing Arts Standard 1.3: Performance

1.3.12.B.1: Analyze compositions from different world cultures and genres with respect to technique, musicality, and stylistic nuance, and/or perform excerpts with technical accuracy, appropriate musicality, and the relevant stylistic nuance.

THEATRE

Improving with Improv

This fast-paced and fun workshop will introduce participants to the basics of short-form improvisation. Participants will engage in a variety of think-on-your-feet games that range from whole group to small groups to individual. No experience is necessary for this workshop but a willingness to try is essential.

Goals: This workshop will encourage spontaneity and help participants gain new perspectives on their daily lives. By sparking creativity this workshop will promote healthy risk-taking and teamwork.

Objectives: Participants will engage in multiple short-form improvisational games and activities and effectively collaborate with others to achieve an objective. Participants will be able to list at least three specific ways in which improv can improve their life and work.

Standards

NJCCCS:

Visual and Performing Arts Standard 1.3: Performance

1.3.12.C.2: Create and evaluate performances by citing evidence of specific physical choices, sustained vocal technique, and clearly motivated actions.

A Work in Process

Who says you have to start with writing to create a play? This program unlocks the creative potential of all participants through a series of research-based methods of devising for theatre performance. Participants will actively engage in games and exercises that encourage them to create, shape and eventually script a theatre performance. Though the product is the goal, it is exploration and the creative process that takes center stage.

Goals: This residency will promote collaboration in a nurturing environment and enhance effective communication.

Participants will build confidence, creatively over-come obstacles and problem solve. This residency will help spark creativity, encourage pride and ownership in ones work, embrace ambiguity and ask insightful questions.

Objectives: Participants will engage in a series of theatrical and writing exercises as they work together to create a piece of theatre.

Standards

NJCCCS:

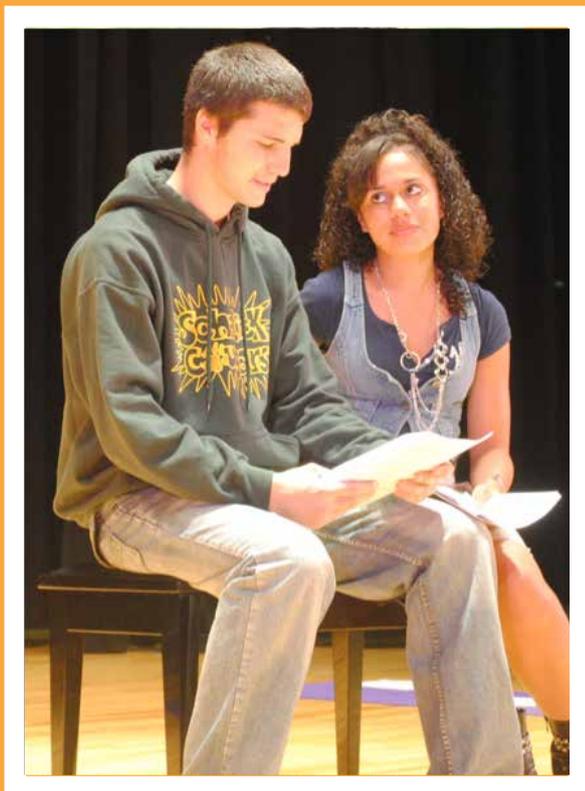
Visual and Performing Arts Standard 1.3: Performance

1.3.12.C.2: Create and evaluate performances by citing evidence of specific physical choices, sustained vocal technique, and clearly motivated actions.

Common Core Anchor Standards:

CCSS.ELA-LITERACY.CCRA.W.5

Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.



Stephen Berkowitz, Ed. D.

Former Superintendent of Elmer Borough

The New Jersey Core Curriculum Content Standards encourages all school districts across the state to set high standards for all students. We are working diligently to raise our performance standards... Our neighbor, The Appel Farm Arts and Music Center offers our school district a variety of language arts, as well as visual and performing arts opportunities that our school district could not provide. These programs support our curriculum while ensuring the implementation of the Core Curriculum Standards. Appel Farm has been instrumental in developing and enriching our educational environment. We are extremely fortunate to have Appel Farm as our partner in education.

Intro to Theatre

All the world's a stage! Through a series of active and engaging sessions participants will be introduced to many aspects of theatre, including: auditions, stage make-up, theatrical design (costume & set), improvisation, creative movement and dance, mask and vocal work, playwriting and devising, and acting.

Goals: This residency will help participants foster an appreciation of theatre. Participants will build confidence and take pride and ownership in their work. Participants will create a collaborative, nurturing environment where they will gain new insights and awaken possibilities, spark creativity, enhance communication skills and be provided with tools for problem solving.

Objectives: This residency provides participants with a thorough introduction to all things theatre. They will gain insight into theatre history, performance, theatrical styles, technical theatre, design, and playwriting.

Standards

NJCCCS:

Visual and Performing Arts Standard 1.3 Performance

1.3.12.C.1: Create plays that include well-structured plots and subplots, clear thematic intent, original characters, and technical theatrical elements appropriate to a variety of theatrical genres.

DANCE & MOVEMENT

Dance Improvisation

Dance Improvisation introduces dance vocabulary within the structure of creative play and practice. Participants will explore dance improvisational elements with open lab time for personal and collective composition time. Themes will be explored and participants will create mini dance studies that will be shared during the workshop. Strategies for discussing, writing about, and giving critical feedback will be presented. Crafting will happen for both the individual and the collective.

Goals: Participants will learn more about how they create, voice, and respond to movement. Participants will investigate ways to communicate through movement, sound, imagery, and writing. The open lab (with a clear focus and understood directives) will give safe space for creative play and practice.

Objectives: Participants will create a solo dance work with elements that will become part of the collective's improvisation. Participants will practice creating, presenting, performing, and facilitating critical feedback.

Standards

NJCCCS:

Visual and Performing Arts Standard 1.1: The Creative Process

1.1.12.A.4: Synthesize knowledge of anatomical principles related to body alignment, body patterning, balance, strength, and coordination in compositions and performances.

Visual and Performing Arts Standard 1.3: Performance

1.3.12.A.1 Integrate and recombine movement vocabulary drawn from a variety of dance genres, using improvisation as a choreographic tool to create solo and ensemble compositions.

Moving Stories

Moving and writing creatively are mighty creative partners. Participants will craft movement to amplify the words created and vice versa. Building blocks of vocabulary, phrase work, and composition (both for dance and for text) will be presented simultaneously. The participants will draft words and movement, sharing these vignettes in various forms. Performance and presentation will be practiced as well as critical feedback exchange.

Goals: Participants will find new connections between writing, speaking, listening, interpreting, and dancing. Participants will gain more confidence in sharing their own work. Participants will be encouraged to take creative ownership over choices inside the process and to take risks.

Objectives: Participants will learn and apply movement/writing vocabulary that is practically linked (ex. verb, sentence, exclamation). Participants will translate their creative writings into movement and will have a chance to share. Participants will build a collective “moving story” based on the entire group’s shared material.

Standards

NJCCCS:

Visual and Performing Arts Standard 1.1 The Creative Process

1.1.12.A.1 Articulate understanding of choreographic structures or forms (e.g., palindrome, theme and variation, rondo, retrograde, inversion, narrative, and accumulation) in master works of dance.

Visual and Performing Arts Standard 1.3 Performance

1.3.12.A.2 Create theme-based solo and ensemble dances that have unity of form and content, conceptual coherence, and aesthetic unity.



CREATIVE WRITING

Ode to Everyday

Odes and appreciation poems have been praising people, places, events, things, and ideas for millennia. During this residency students will learn a brief history of ode and appreciation poems from European and West African societies. Students will play interactive games to generate ideas, will write and revise their own poems, and then, in the oral tradition of the Grecian ode poets, they will rehearse and perform their poems.

Goals: Participants will experience how writers glean inspiration from the world around them, while engaging in a full range of literary practices from listening and reading to writing, editing and public speaking.

Objectives: Participants will learn about specific elements of poetry and construct an ode or admiration poem from inspiration in their own lives. Then blending, literary storytelling and theatre arts, they will rehearse and perform their pieces.

Standards

Common Core Anchor Standards:
CCSS.ELA-LITERACY.CCRA.W.5

Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.

Memory's Lane

In this residency, participants use music, sensory objects, and visualization to plumb the depths of their memories for significant moments. Participants will then write about those potentially life-changing moments in a safe and caring environment. Participants will practice writing with originality, vigor, and meaning. Participants will learn about a process for responding to one another's work with caring and constructive feedback.

Goals: Participants will explore the significant turning-points and moments in their lives, building empathy for one's self and others while embracing and celebrating differences in experiences and attitudes. This residency will build excitement about reading, thinking and writing alone and in a group.

Objectives: Participants will learn skills for reading and understanding short memoir pieces. Participants will use memoir writing tools such as sensory description, use of time and pacing, character development, tone, and point of view.

Standards

Common Core Anchor Standards:
CCSS.ELA-LITERACY.CCRA.W.3

Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.

Specialty Memoirs

We live in a world replete with things, from the items that fill our backpacks and purses to the products on our pantry shelves and in our medicine chests. In this workshop, participants will use poetry and creative non-fiction to explore this world of objects: how do our possessions shape us; how do they divide and unite people; what would these objects say if they had a voice?

Goals: Participants will think deeply and surprisingly about the role of objects in our lives and examine the ordinary and everyday in a fresh light. Participants will expand their imagination and delight in the possibilities of poetry. A sense of community will be created in the group.

Objectives: Participants will learn skills for reading and understanding poetry and short memoir. Participants will practice elements of craft including use of sensory detail, figurative language and point of view in writing poems and short memoir pieces. Participants will learn ways of responding to one's own and others' work with kind and constructive feedback.

Standards

Common Core Anchor Standards:
CCSS.ELA-LITERACY.CCRA.R.4

Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.

CCSS.ELA-LITERACY.CCRA.L.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.



NJCCCS Introduction

Visual & Performing Arts, 2009

An education in the arts fosters a population that:

- Creates, reshapes, and fully participates in the enhancement of the quality of life, globally; Participates in social, cultural, and intellectual interplay among people of different ethnic, racial, and cultural backgrounds through a focus on the humanities;
- Possesses essential technical skills
- and abilities significant to many aspects of life and work in the 21st century;
- Understands and impacts the increasingly complex technological environment.

YOUR Story

Boost your creative output and capture your thoughts! Have fun learning and playing new games that will help you put pen to paper. Enjoy a sampling of engaging story starters and then create a journal that speaks volumes about who YOU are. You have a lot to say- come learn how to tell YOUR story.

Goals: Participants will spark their creativity and have a new outlet for self-expression. Participants will have fun while learning important life skills. Participants will gain confidence in their creativity and ability to express themselves while working as a team.

Objectives: Participants will experience a variety fun, active story- starters and create a journal that is uniquely theirs. Participants will increase awareness about the benefits and 'how-to's' of creative writing.

Standards

Common Core Anchor Standards:

CCSS.ELA-LITERACY.CCRA.SL.1

Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

CCSS.ELA-LITERACY.CCRA.W.3

Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.

From Page to Stage: Performance Poetry

Participants will write both individual and group poems to be performed or read aloud. They will learn basic theatre exercises aimed at enhancing voice articulation and projection, body language, and emitting emotions. Poetry and poets of the following eras will be examined: Harlem Renaissance, Beat Generation, Black Arts Movement, and contemporary Spoken Word with its hip-hop inflection.

Goals: Participants will begin to develop a sense of worth through their creative connections to one another and the spoken-word performances while appreciating the historical impact of the culture and how it has evolved into its present form.

Objectives: Participants will learn about stage presence, stage directions, script construction, emoting feelings to a large group and more. Participants will enhance their understanding of figurative language through writing different types of poems.

Standards

Common Core Anchor Standards:

CCSS.ELA-LITERACY.CCRA.R.4

Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.

INTERDISCIPLINARY

Story Time Yoga & Craft

This workshop introduces participants to yoga with a focus on literacy and art. The workshop can be customized to connect to any theme, course of study, area of interest or holiday. This active workshop will involve all of the senses and engage the whole child.

Goals: Participants will feel better about themselves as they stretch their bodies and minds.

Objectives: Participants will increase reading comprehension, expand their range of motion, develop a knowledge of basic yoga poses and breathing exercises, and learn tools to increase memory and retention.

Standards

NJCCCS:

Visual and Performing Arts Standard 1.1: History of the Arts & Culture

1.2.12.A.2: Justify the impact of innovations in the arts (e.g., the availability of music online) on societal norms and habits of mind in various historical eras.

Science Standard 5.2: Physical Science

5.2.12.E.3: Create simple models to demonstrate the benefits of seatbelts using Newton's first law of motion.

Meditation

Jazz Dance has a rich musical and cultural history-and it is a popular dance form. This residency will
Description: This series of classes introduces participants to meditation through a variety of methods including breath awareness, visualization, movement, art, and journaling.

Goals: Participants will learn how to use mediation in their daily lives to quiet their minds and find inner peace.

Objectives: This residency will increase quality sleep in participants. Participants will better understand the benefits and practice of meditation. Participants will learn accessible yoga poses, terminology and breath awareness, and increase their ability to focus.

Standards

NJCCCS:

Comprehensive Health and Physical Education Standard 2.5 Motor Skill Development

2.5.12.A.2: Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.



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