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**Mi Florecita Artshop Creative Workshop– Teresa W.**

This is my first creative workshop offered at Mi Florecita Artshop. It is called “The Artist Way Creative Workshop”. We are loosely following the book, The Artist Way a Spiritual Path to Higher Creativity, by Julia Cameron. We are meeting weekly to have our own Artist Date together, an opportunity to have some creative fun with a wide variety of creative arts and crafts projects. I have suggested supply lists for each planned activity, with a variety of choices to fit everyone’s budget. I am looking forward to having fun creating together.

If you are following along on your own, I ask that you post your creations on your social media with one of the hashtags #miflorecitaartshop, #miflorecitaworkshops, #miflorecitaworkshopartistsway, #miflorecitaartshopartistsdates, Thank you! I can’t wait to see all your creations.

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| Week | Content Discussion | Our  Artist Date  Project | Suggested Supply List | Homework |
| Week 1 | Introduction  Basic principles  Basic tools  Key Terms  Chapter 1 – Recovering a Sense of Safety | Art Journal Covers | Mixed Media Spiral Bound Art Journal is recommended.  Scrap paper, Tissue Paper, scrapbooking paper, wrapping paper etc.  Scissors  Glue  Decoupage  Craft Brushes  Paint  Misc. Elements from cards, stickers, misc. items. | Prepare five backgrounds in Art Journal for Self Portrait Collages |
| Week 2 | Chapter 2 – Recovering a Sense of Identity | Art Journal Collage Portraits  - How I see myself  - How Others see me or expect me to be  - Image of my inner child/or inner artist  - The Enemy Within/parasite  - Image of what I want to manifest | Previous Collage Supplies  Pens  Markers  Magazines | Go for a sensory walk and collect items for next week’s collage of found things |
| Week 3 | Chapter 3 – Recovering a Sense of Power | Collage Landscape of found things | Previous Collage Supplies  Found items from Sensory Walk | Decide what three pages of text to work with for next week’s project |
| Week 4 | Chapter 4 – Recovering a Sense of Integrity | Blackout Poetry  - Three poems found from your three of your favorite song lyrics pages | Three Favorite Songs Lyrics Printed Out  OR  Three Pages of text from magazines or newspapers or copied pages of scripture.  Sharpie Markers  Markers  Pens  Pencils  Scissors  Previous Collage Supplies | Try new things this week  Get Origami Paper and double-sided tape |
| Week 5 | Chapter 5 – Recovering a Sense of Possibility | Origami  -five designs | Misc. Colors of Origami Paper  Ruler  Paper folder  Double-sided tape  Scissors | Go to your favorite craft store, dollar store, or Mi Florecita Artshop to get yourself a canvas tote bag and supplies to decorate tote bags.  **A qr code on a white background  Description automatically generated**  You can decorate your tote bags in any way your heart is calling you to do, check out your favorite hobby store for:  Fabric Paints and brushes  Iron-on or sew-on patches  Stamps  Embroidery threads and needles, and hoop to sew on your tote |
| Week 6 | Chapter 6 – Recovering a Sense of Abundance | Painted Tote Bag | Canvas Tote Bag  Paint Brushes  Fabric Paint  Stencils  Iron on design  Patches  Embroidery Thread and Needles  Embroidery Ring | Work on cleaning and emptying the wine or glass liquor bottle of your choice.  Pick out your wine for next week’s artist date get together |
| Week 7 | Chapter 7 – Recovering a Sense of Connection | Collage Wine Bottle – Make sure to have a glass poured for a group toast | Cleaned and Empty Wine Bottle or Glass Liquor Bottle of your Choice  Decoupage  Craft Brushes  Misc Tissue Paper  Acrylic Paint  Glass Paint  Stickers | Go to the store to pick out jewelry beads and supplies, theme is recovering a sense of strength, when selecting your beads, colors, charms etc. think of what brings you joy and reminds you of your inner strength. |
| Week 8 | Chapter 8 – Recovering a Sense of Strength | Jewelry –  Bracelet  Necklace | Jewelry Beads  Jewelry String and needles  Super Glue  Jump rings  Letters  Stamping in metal | Collect supplies to create Fairy Garden  Have fun looking for items for your special fairy garden, be creative in how you can reuse items, or make items, use scrap material etc. |
| Week 9 | Chapter 9 – Recovering a Sense of Compassion | Fairy Garden | A clay plant pot, glass fishbowl, and recycled plastic bottle cleaned out and cut to size or shoe box.  Misc. rocks and stones  Moss  Yarn or string  Glue or decoupage  Paint and brushes  Scissors  Misc. Fairy items for your garden | Gather misc. yarn sizes, thickness, and color, embroidery hoop, or macrame hoop, extra-large eye needle, scissors, and supplies for the Dream Catcher project. |
| Week 10 | Chapter 10 – Recovering a Sense of Self-Protection | Fiber Art- Dream catcher | Hoop  Various Misc. Cotton Yarn of different sizes  Needle with an extra-large eye  Scissors  Clip  Tape  Comb |  |
| Week 11 | Chapter 11 – Recovering a Sense of Autonomy | Fiber Art –  Complete the Dream Catcher with yarn feathers. | Previous Yarn Supplies | Get stretched canvas and paints.  And brushes for the final artist date together |
| Week 12 | Chapter 12 – Recovering a Sense of Faith | Canvas Painting | Stretched Canvas  Paints  Paint Brushes  Water  Paper Towels |  |
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