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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 DateProject | Suggested Supply List | Homework |
| Week 1  | IntroductionBasic principlesBasic toolsKey TermsChapter 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 GlueDecoupageCraft BrushesPaintMisc. 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 SuppliesPensMarkersMagazines | 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 SuppliesFound 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 OutORThree Pages of text from magazines or newspapers or copied pages of scripture. Sharpie MarkersMarkersPensPencilsScissorsPrevious Collage Supplies | Try new things this weekGet Origami Paper and double-sided tape |
| Week 5 | Chapter 5 – Recovering a Sense of Possibility | Origami-five designs | Misc. Colors of Origami PaperRulerPaper folderDouble-sided tapeScissors | 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 brushesIron-on or sew-on patchesStampsEmbroidery threads and needles, and hoop to sew on your tote  |
| Week 6  | Chapter 6 – Recovering a Sense of Abundance | Painted Tote Bag | Canvas Tote BagPaint BrushesFabric PaintStencilsIron on designPatches Embroidery Thread and NeedlesEmbroidery 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 ChoiceDecoupageCraft BrushesMisc Tissue PaperAcrylic PaintGlass PaintStickers  | 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 BeadsJewelry String and needlesSuper GlueJump ringsLetters 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 stonesMossYarn or stringGlue or decoupage Paint and brushesScissors 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 sizesNeedle with an extra-large eyeScissors Clip TapeComb  |  |
| 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 BrushesWater Paper Towels |  |
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