



ART PROGRAM

2024 - 2025

INTERMEDIATE LEVEL

Palina
STUDIO



A heartfelt message

My Dearest Parents, Fans, and Tribe,
Over the past three years, you have become not just a part of my life, but truly my family. By trusting me with the artistic education of your children, you have empowered me in ways I could never have imagined. Your kids have inspired me to grow not only as an artist but also as a mentor, guiding the next generation in this beautiful country. Words cannot fully express the gratitude that fills my heart. Your unwavering support and trust lift me higher, fueling my passion to continue nurturing and creating a future brimming with artists - together with you.

Thank you from the depths of my soul.

Palina

Highlights

- I. Mindfulness through Art
- II. Review of the essentials
- III. Back to nature
- IV. 3D art integration
- V. Art World in iconic names, cultures & movements
- VI. Exhibitions & contests



My approach: live the moment consciously

Being an art teacher isn't just about demonstrating techniques, copying, or coloring. It's a profound opportunity to shape the young, impressionable minds of children. I fully understand the responsibility this role carries, and I approach it with great care and intention. In my classes, we begin with breathing exercises to connect with our inner selves, calming the chaos of the outside world with soothing instrumental music. This helps us focus on our heartbeats, setting the tone for a mindful and creative journey.

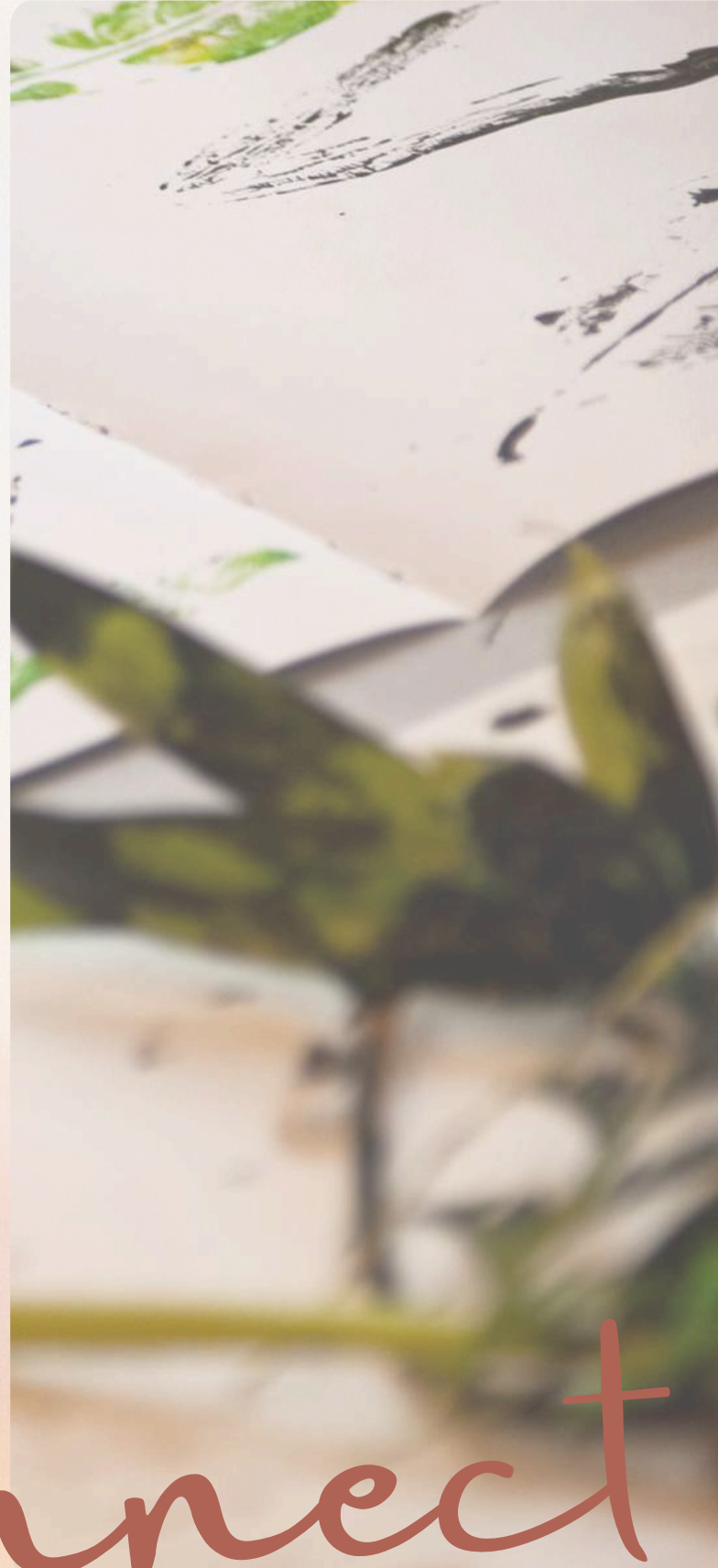
I. Mindfulness through Art



My approach: enjoy the process

I place special emphasis on the language we use during our interactions. For instance, instead of saying, "I can't draw a cat," we reframe it as, "I am here to learn how to draw a cat, and I'm enjoying the process." I encourage children to view challenges as opportunities for daily growth and improvement. We step away from the competitive world and focus on embracing our uniqueness, celebrating the qualities that set us apart from others. I believe that fostering healthy self-esteem and a positive mindset from a young age is crucial. We can only tap into our boundless creativity when we are at peace within ourselves, and it is my responsibility to create an environment in my studio where children can develop these essential skills in a nurturing atmosphere.

I. Mindfulness through Art



connect

Essential tools

This year, we're beginning our journey in a new space, and with that, each student will have their own personalized set of art supplies.

In our first class of the season, we'll explore every type of brush in the custom brush case I've carefully produced for each of you. We'll refresh our artist vocabulary and experiment with special techniques for each tool, including palette knives, sponges, graphite pencils, and more.

Your "wonder bag" will also include a watercolor paper pad, eraser, watercolor and acrylic paint sets, a sponge, and a customized apron - all designed to inspire creativity and make our time together even more special.

II. Review of the essentials



Lines and shapes



Before we dive into new challenges, we need to reacquaint our minds and hands after the break with some simple drawing exercises. We'll regain control over our pencils by focusing on **pressure and precision**. Together, we'll revisit basic 2D and 3D shapes, exploring **light and shadow**, patterns, and perspective to ease back into the **creative flow**.

II. Review of the essentials

Nature themes

Last year, we explored a wide array of subjects - **landscapes, seascapes, cityscapes, animals, insects, sea creatures, and birds.** It seems like we've tried it all! This year, let's take it up a notch by focusing on **refining our skills** in each of these areas, pushing ourselves to create more detailed and realistic artwork. Every student will have the opportunity to **select an art piece** to replicate and then put their unique spin on it. We'll be working with both **watercolor and acrylic** techniques throughout this block



III. Back to nature

From 2D to 3D

After recapping our nature-inspired watercolor and acrylic canvas projects, we'll jump into a new medium - air-dry clay - for our first **three-dimensional wall** art and basic **sculpting** experience.

These classes will be enriched by the participation of our newest creative team member, **Kateryna Komolykova**, a final-year student at the Industrial Design College. Katya brings with her years of **academic art education** and an immense reservoir of creative potential. I am truly honored to have her join us.



IV. 3D art integration

Iconic names, cultures & movements

Dali, Van Gogh, Picasso, Kandinsky, Klimt, Matisse, O'Keeffe, Warhol, Kahlo, Chagall, Mondrian — sound familiar? Imagine discussing these legendary artists at the dinner table, along with the rich tapestry of **ancient civilizations** and pivotal **art movements**. Understanding the world's most influential cultures isn't just for art school graduates; it's a treasure trove available to everyone, and your children are about to embark on this enlightening journey with us. We won't just talk about art; we'll explore it together. We'll introduce your kids to iconic works and **cultural milestones**, guide them in analyzing and interpreting what they see, and empower them to **express their thoughts** and **emotions** through their own **unique creations** on paper or canvas.

V. Art World



Cultures that left us a lasting legacy

- Grece
- Egypt
- Rome

- China & Japan
- Africa
- Celts

- Middle East
- Byzantium
- India

- Aztecs, Mayas, Incas
- Slavs

Periods & Movements

- Classic
- Gothic
- Renaissance
- Barocco & Rococo
- Ampir
- Impressionism
- 20th Century: Cubism, Fauvism, Surrealism, Pop Art, Op Art, Contempo



History

It's all about motivation

As you all know, I love to showcase my students' work - it's one of my favorite things to do! But **what does an exhibition truly mean for an art student?**

It offers them the incredible opportunity to see their **hard work framed** and displayed in a **prestigious space**, like a museum. It's a moment of **pride**, where they realize **their significance** and feel empowered by the knowledge that **their parents are proud of them**. This **experience** fuels their desire to achieve even more.

By helping my students stand out and **shine**, I'm fostering their **confidence** - a crucial part of **my mission**.

My plan for our next art year includes not only a new exhibition but also a research of local and national art contests for my students and help in the application process.



VI. Exhibitions & contests

See you soon!

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