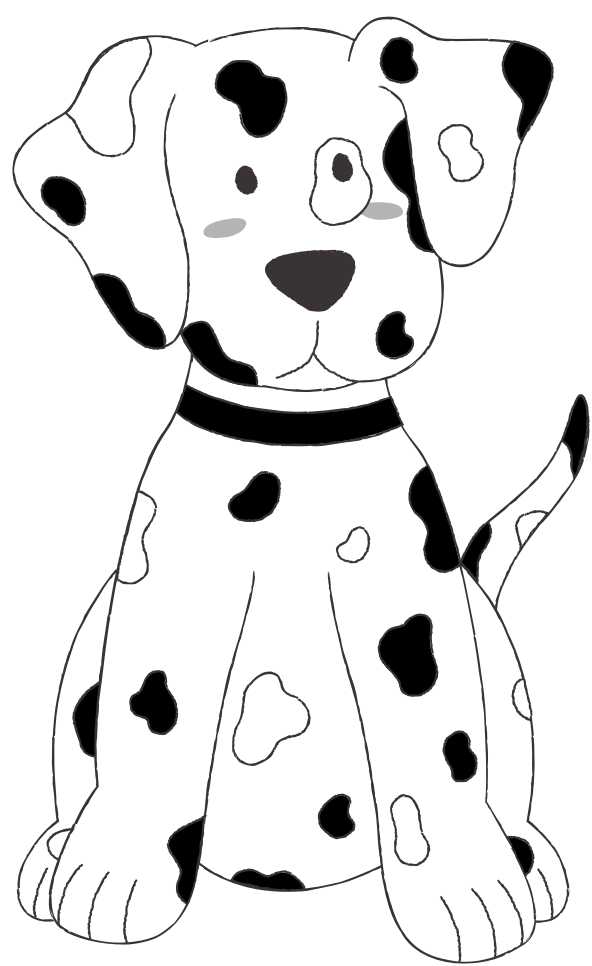


KIDS, LET'S GET CREATIVE!



Practice Book
for Story Art Class
@LAC Studio

3 skill levels for you to
explore & achieve!

Learn how to transform
your art into meaningful
stories to tell the world!

KIDS, LET'S GET CREATIVE!

How to use this book to become a better artist:

1. Use the first 3 activities to find out which drawing skill level you are currently.
2. Be sure to follow step-by-step! Following along is the most important way to learn!
3. Remember! This is not a competition...this will teach you how to draw what you see.
4. Taking your time will make you a better artist one drawing at a time.
5. The only way to get better at drawing is practice, practice, practice.

SKILL LEVEL ONE

The Drawing: Level One is about drawing slowly.

1. Pause and just look at the big shapes
2. Start with the simplest shape you see
3. Add one simple shape at a time
4. Save the details for last (eyes, mouth, nose)

Then we write what we imagined about this character as we drew...

Story Starters help artists develop meaningful art: why we love to create!



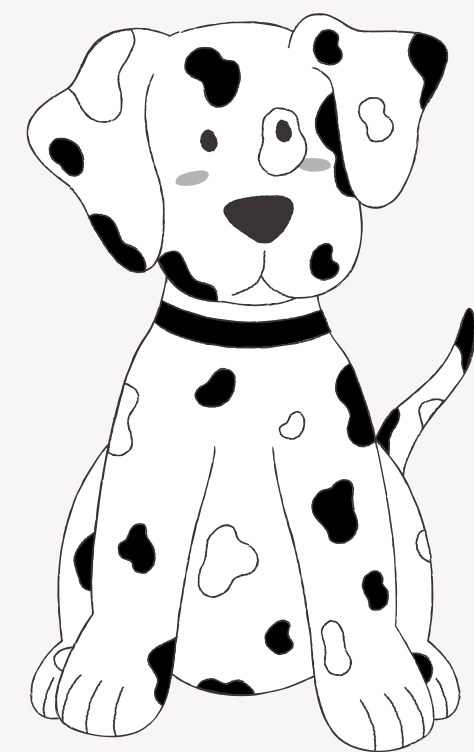
SKILL LEVEL TWO

The Drawing: Level Two is drawing exactly what you see.

1. Pause and just look at the big shapes exactly as you see them.
2. Start with the simplest shape you see and compare the sizes of each shape.
3. Add one simple shape at a time and erase, correct them when you need to.
4. Save the details for last (eyes, mouth, nose) and only add what you see.

Then we write what we imagined about this character as we drew...

Story Starters help artists develop meaningful art: why we love to create!



SKILL LEVEL THREE

The Drawing: Level Three is adding details from your imagination

1. Follow the instructions in level one and two above
2. when you can slowly draw exactly what you see, let's get creative.
3. imagine what details would create the character in your story.
4. write some prompts then add some details to your character or maybe even a background! Go slow, think about the places, things and others in your story.

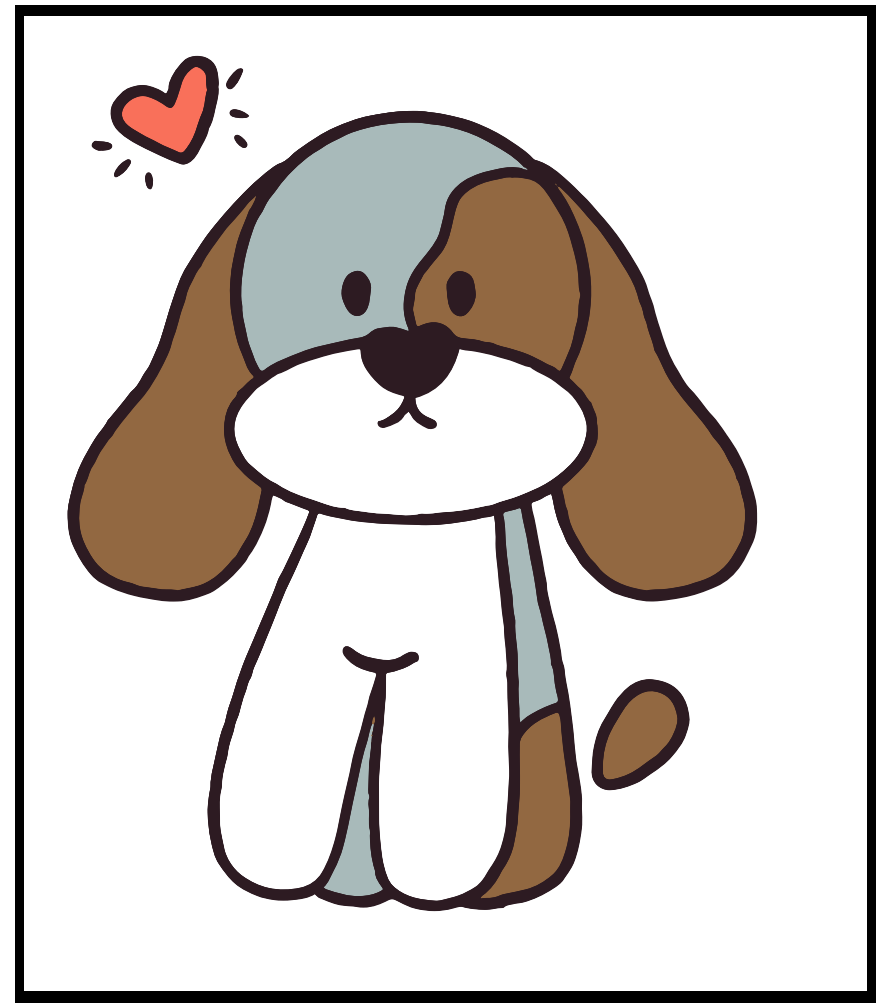
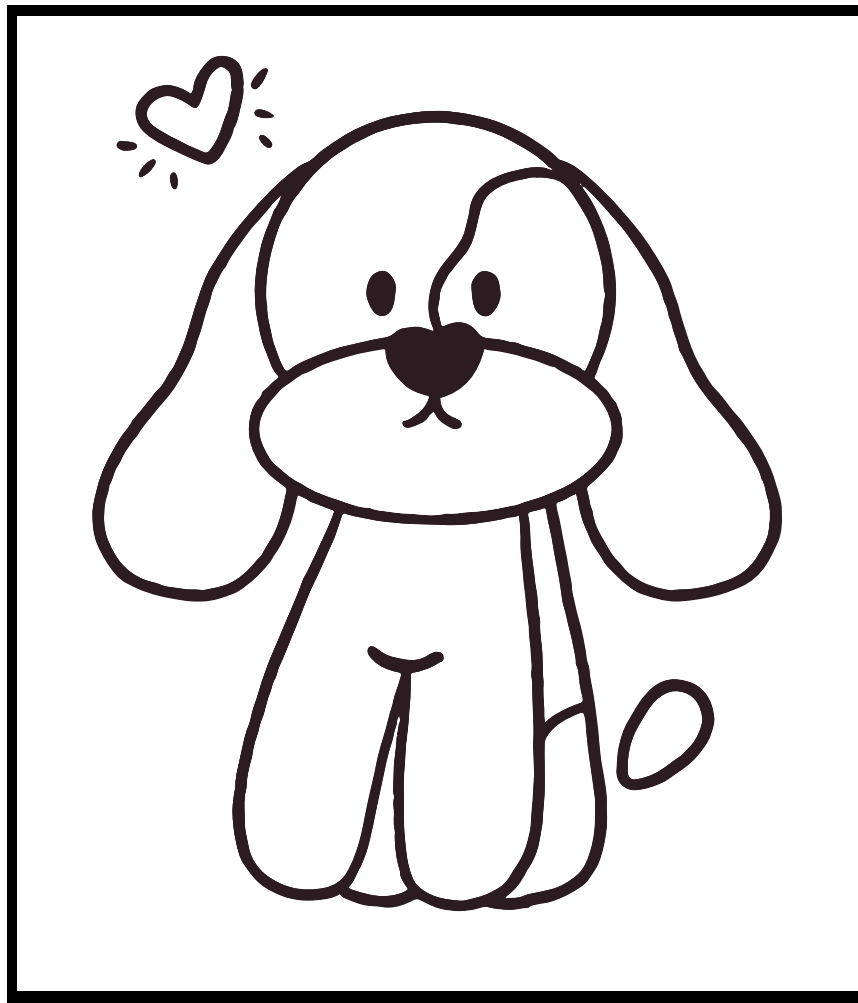


Level three combines fundamental drawing practices with story building

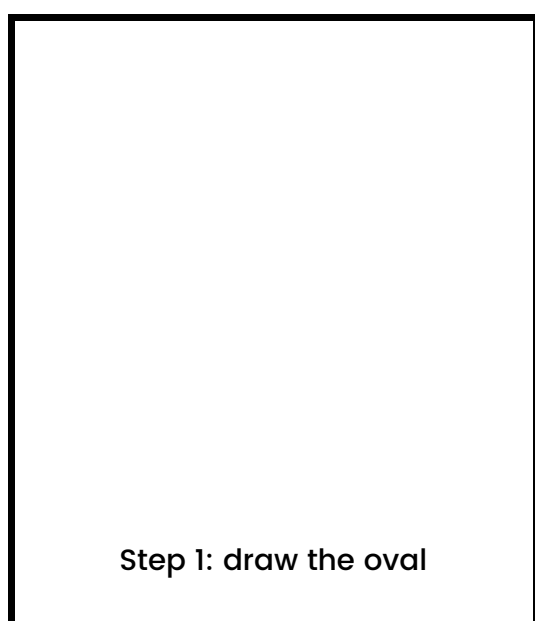
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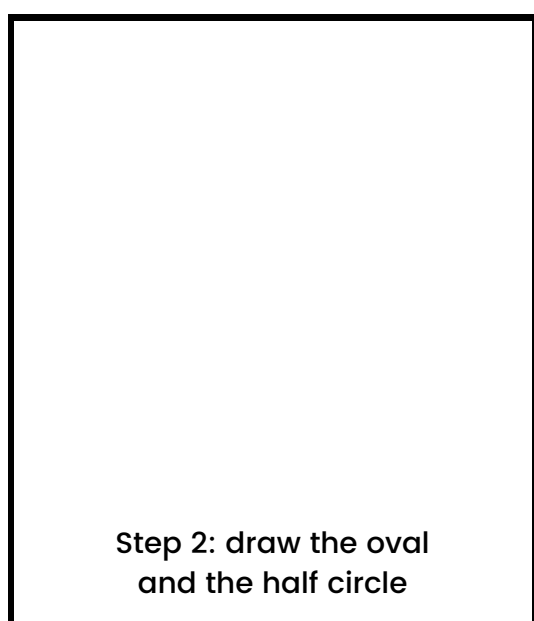
Step by step drawing
and Story Starters



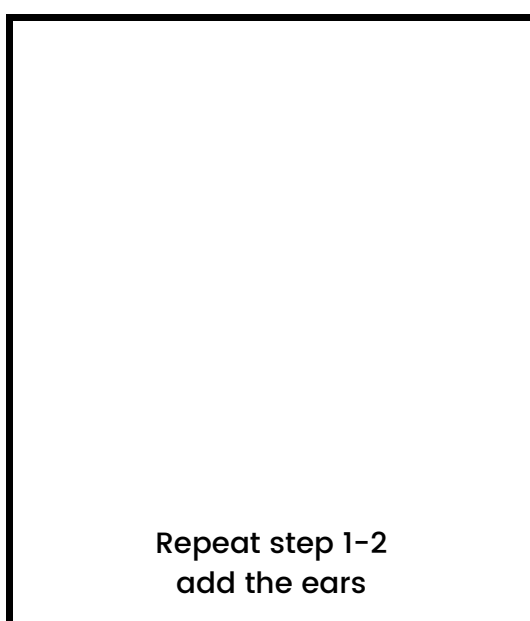
Print this practice page and draw along to the tutorial on our YouTube channel



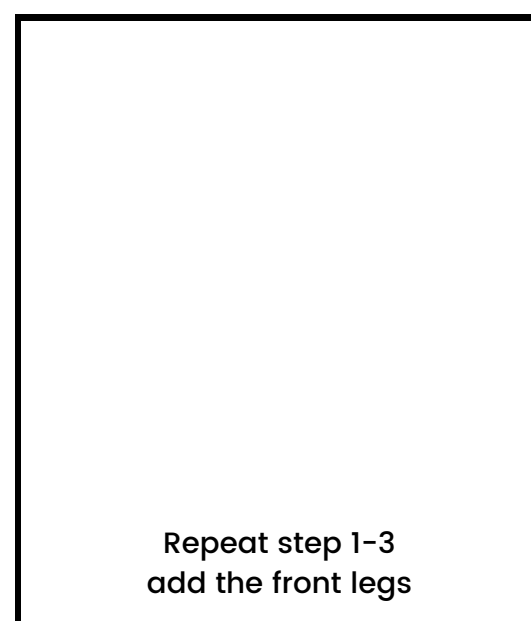
Step 1: draw the oval



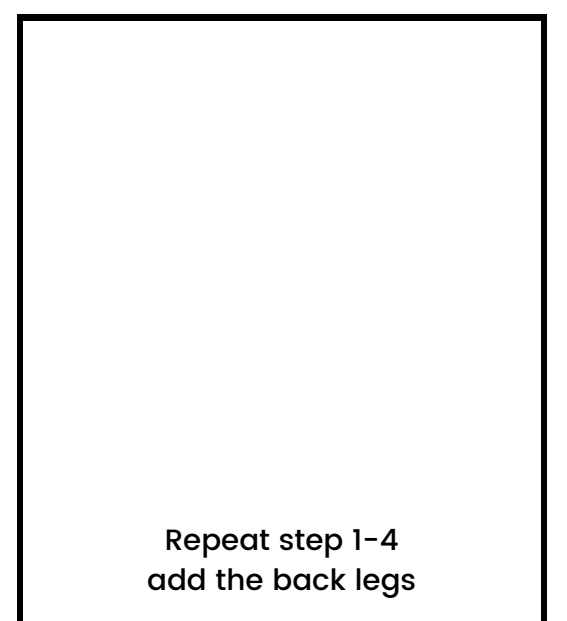
Step 2: draw the oval
and the half circle



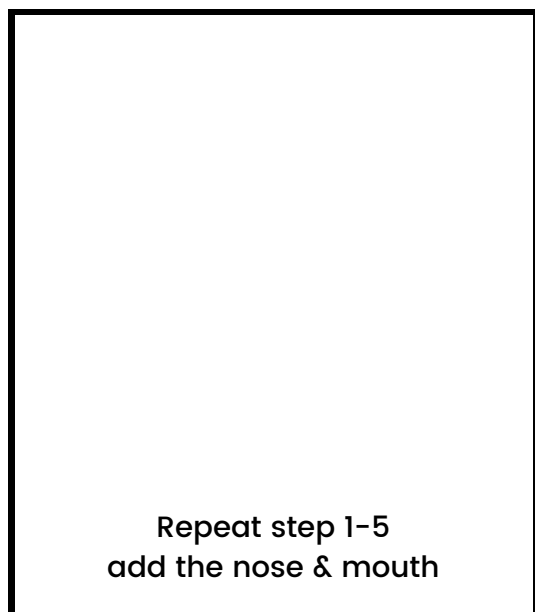
Repeat step 1-2
add the ears



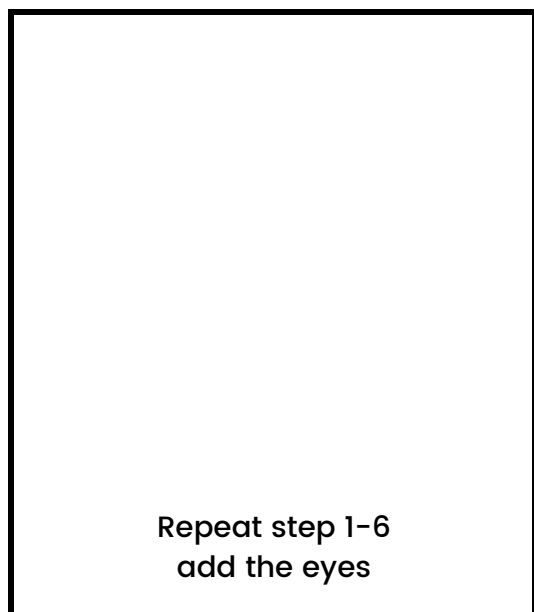
Repeat step 1-3
add the front legs



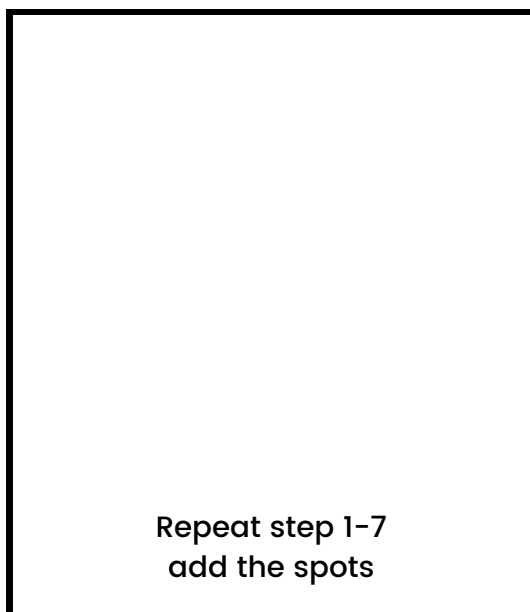
Repeat step 1-4
add the back legs



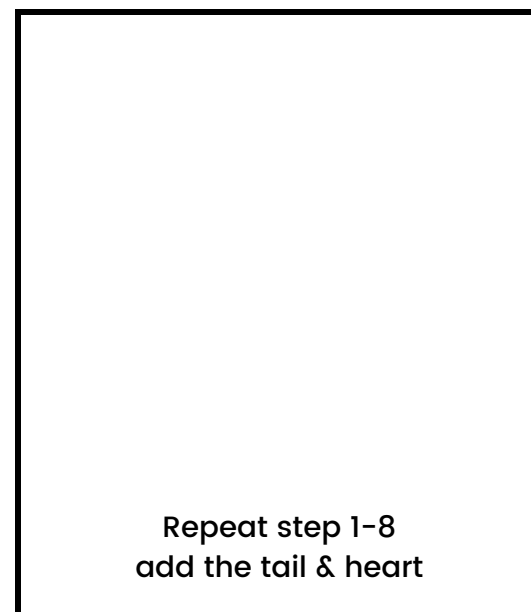
Repeat step 1-5
add the nose & mouth



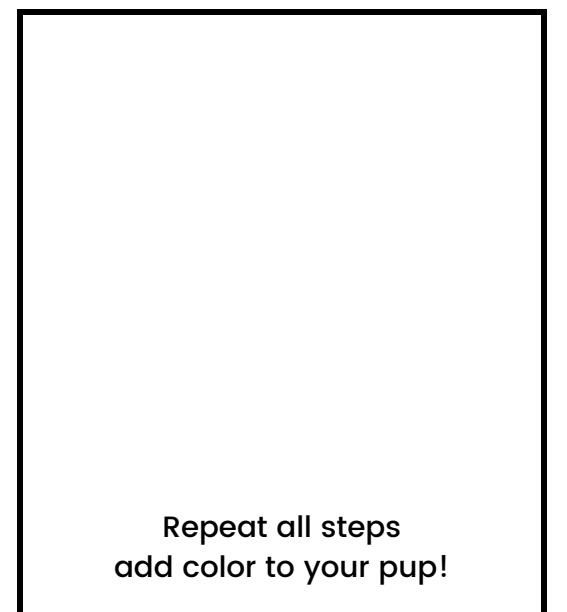
Repeat step 1-6
add the eyes



Repeat step 1-7
add the spots



Repeat step 1-8
add the tail & heart



Repeat all steps
add color to your pup!

SKILL LEVEL ONE

Tell us about your pup!

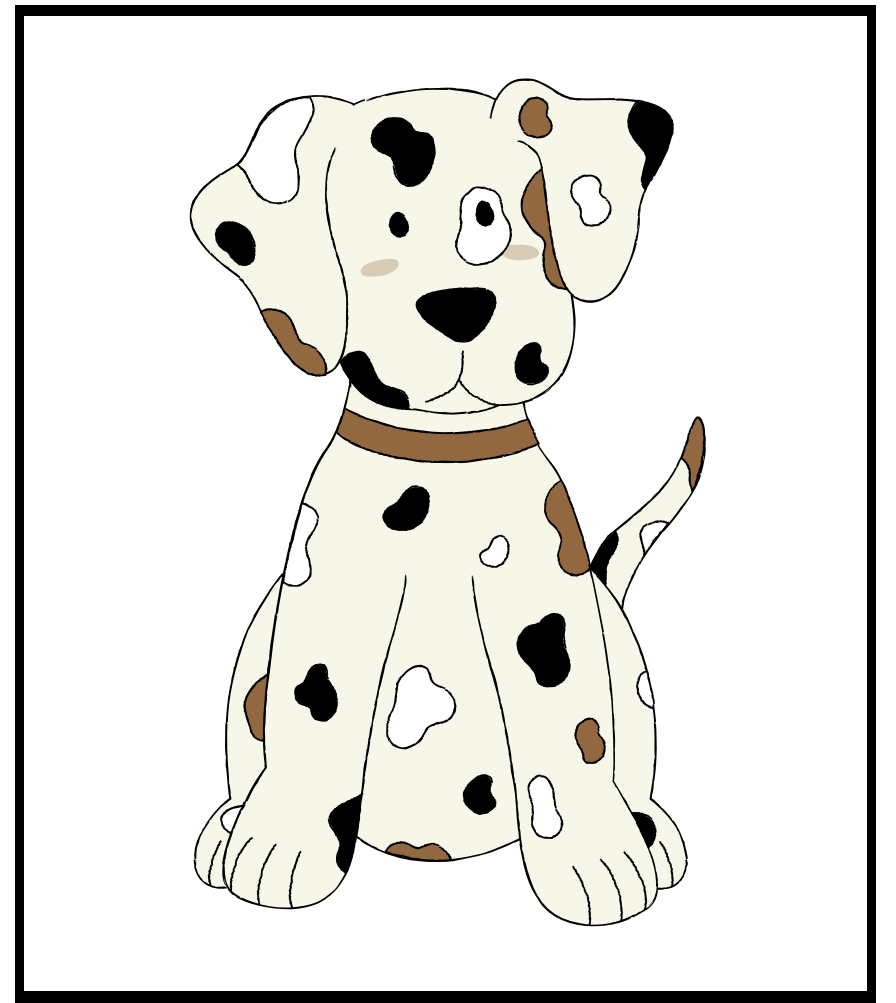
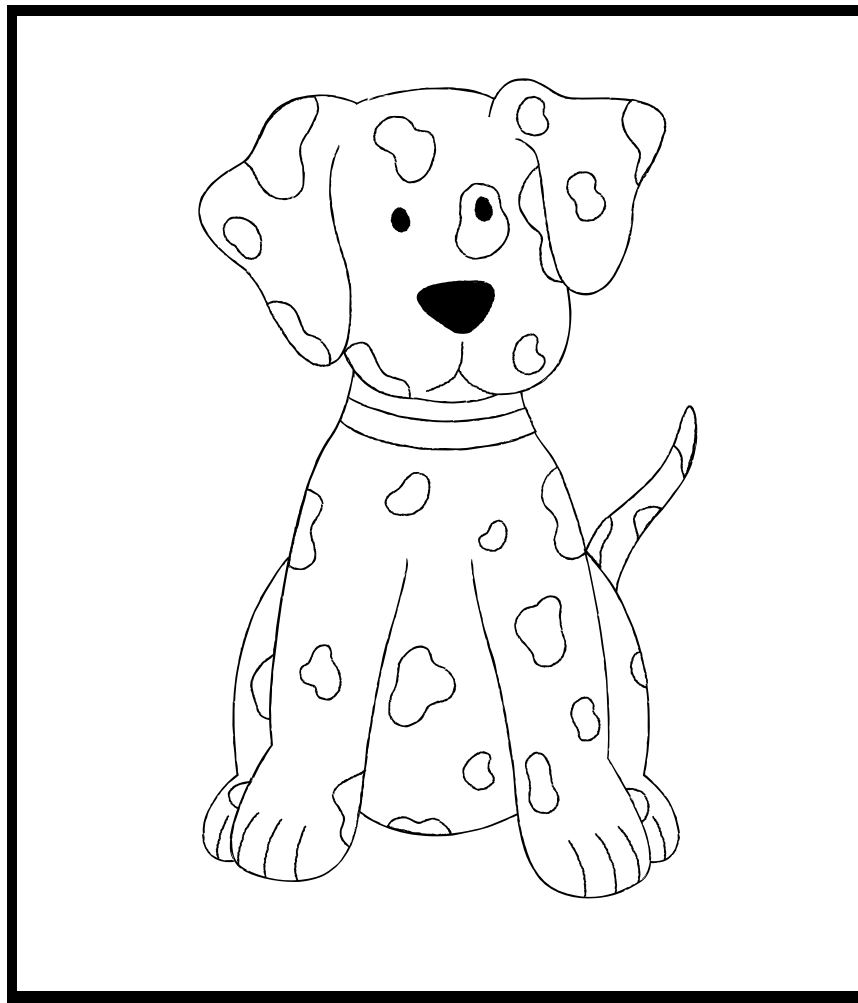
Name:
How old:
Lives where:
Best friends:
Favorite games:
Favorite places to go:



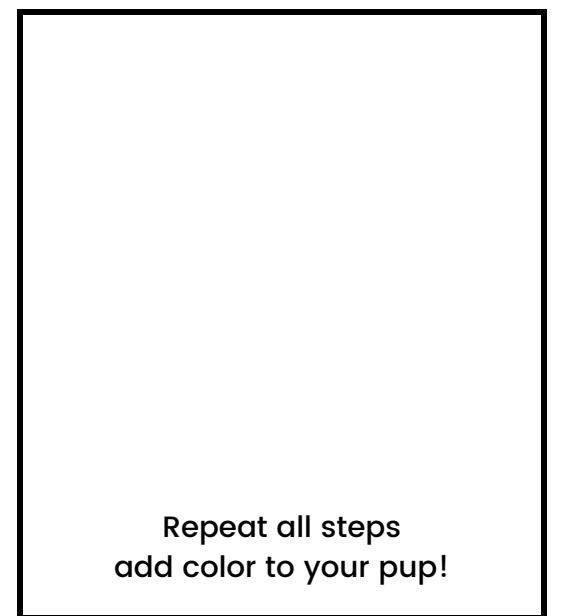
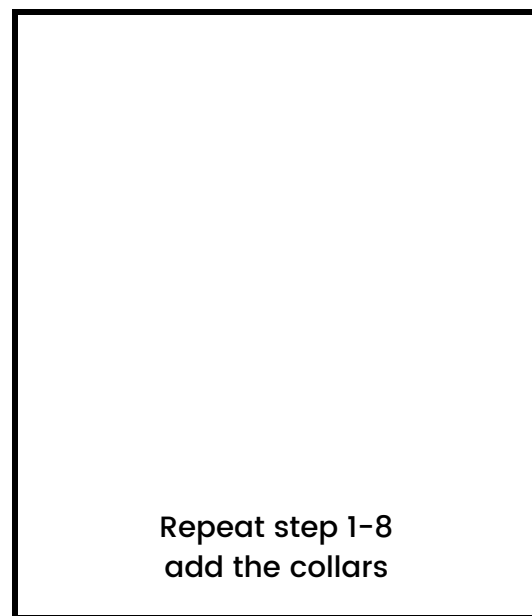
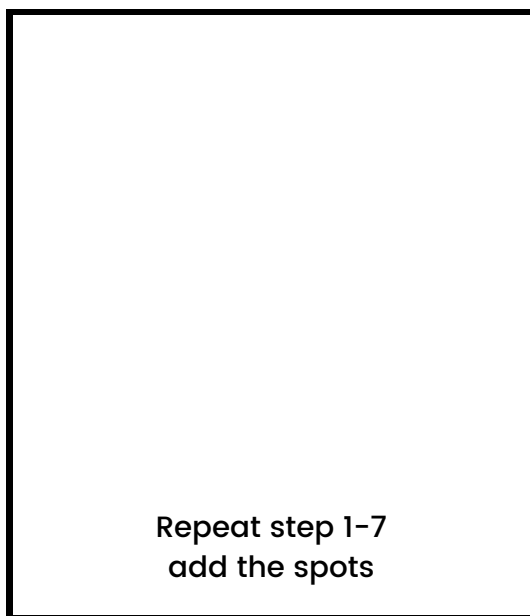
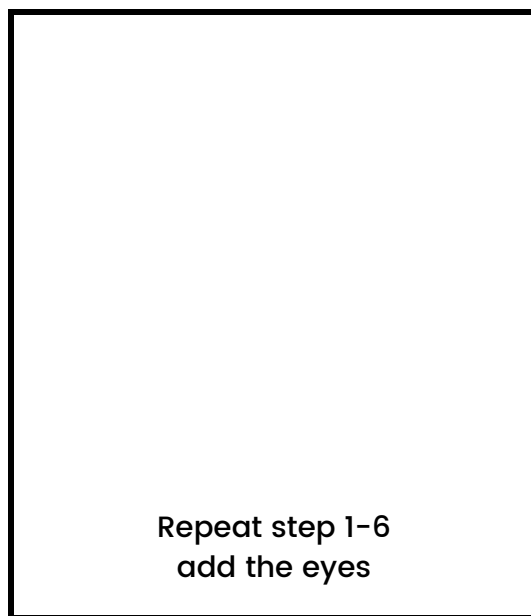
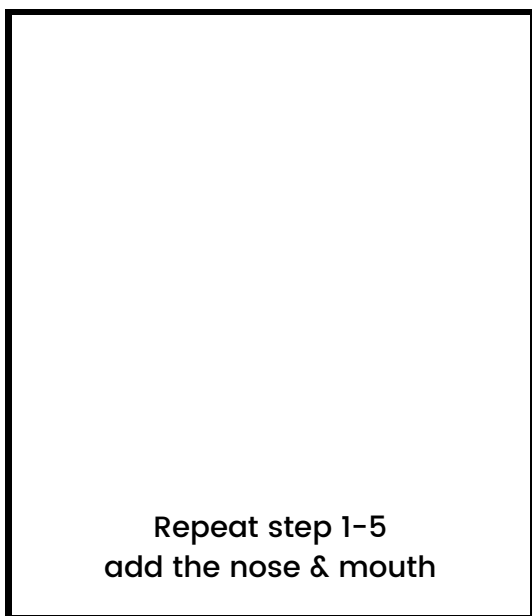
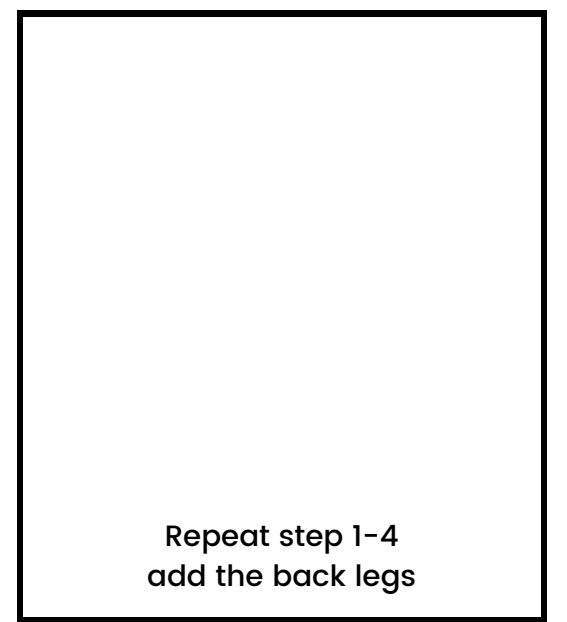
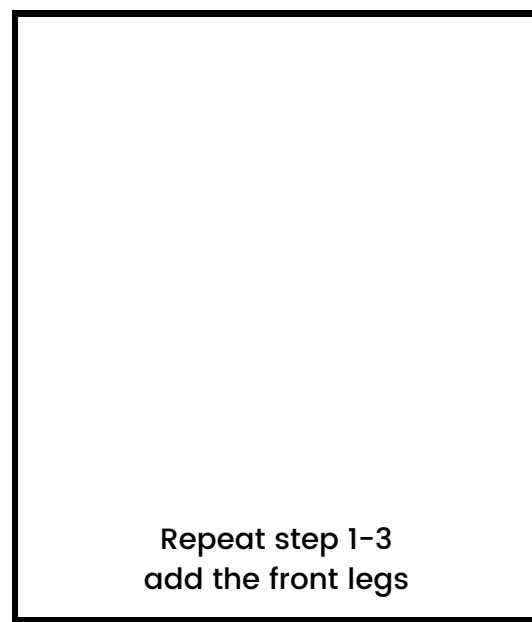
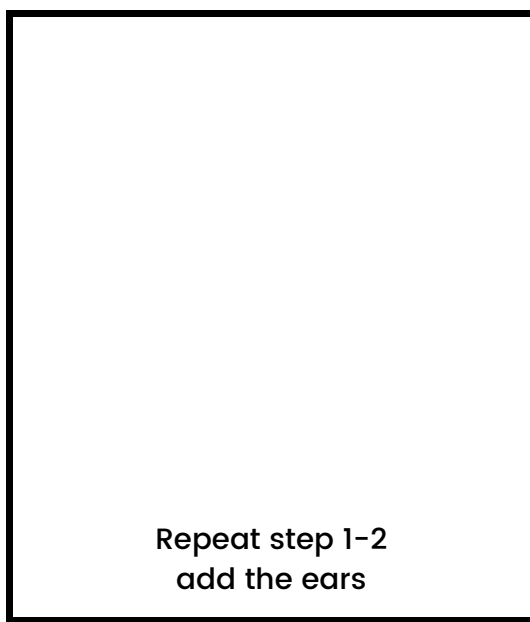
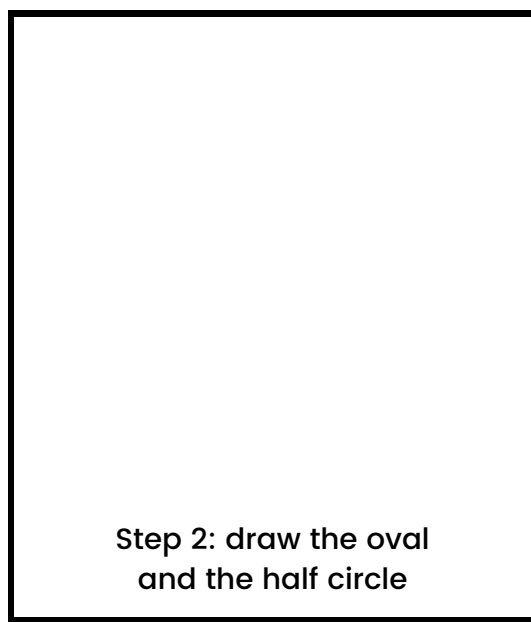
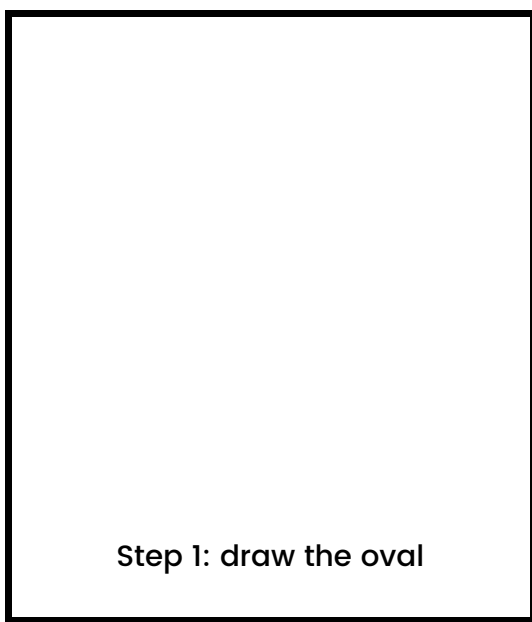
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Tell us about your pup!

- Name:
- How old:
- Lives where:
- Best friends:
- Favorite games:
- Favorite places to go:

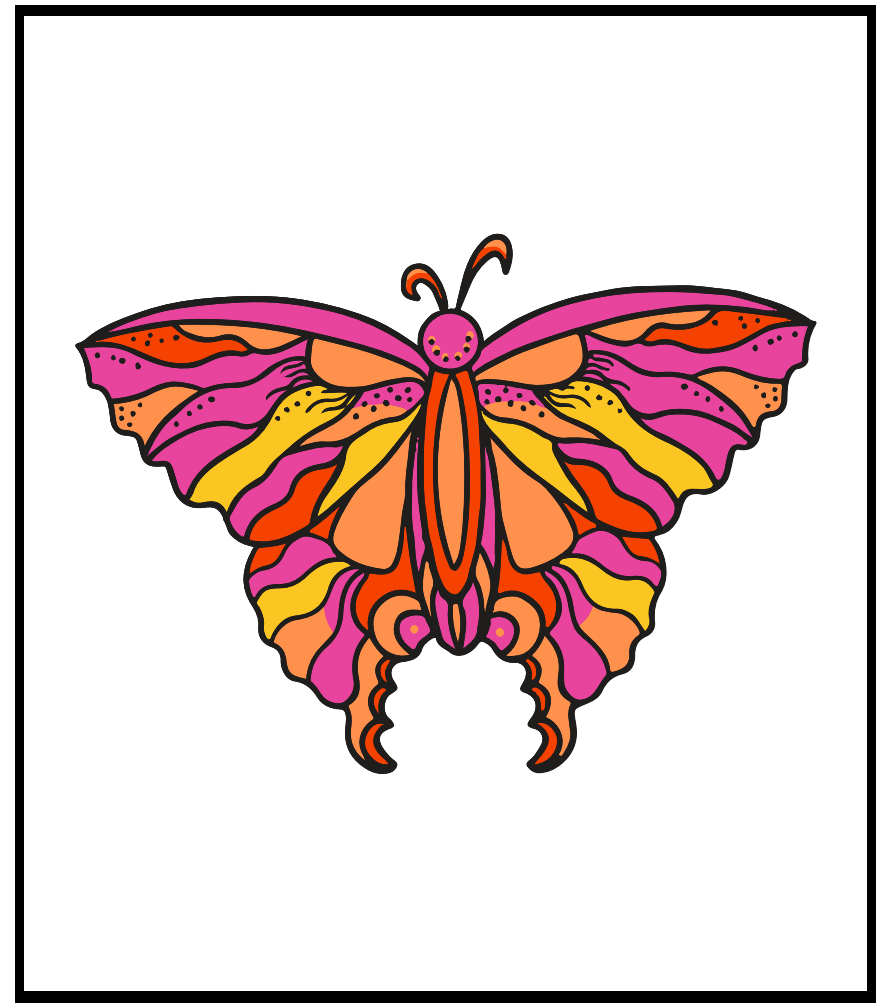
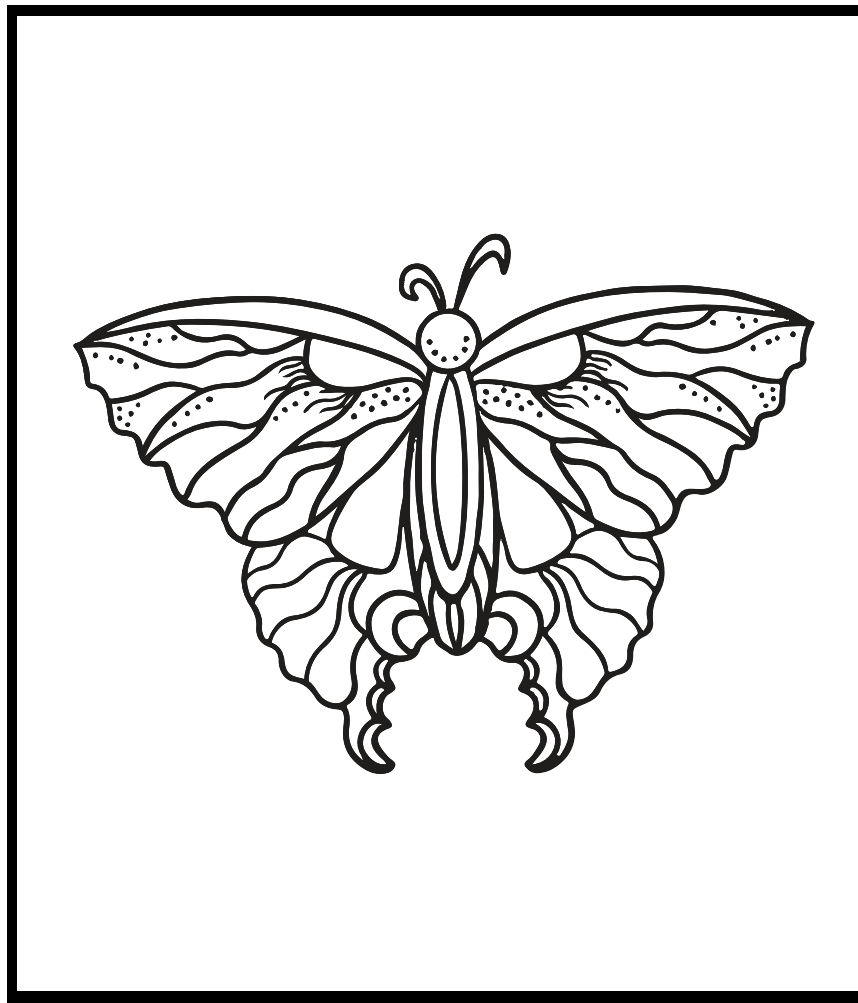
SKILL LEVEL TWO



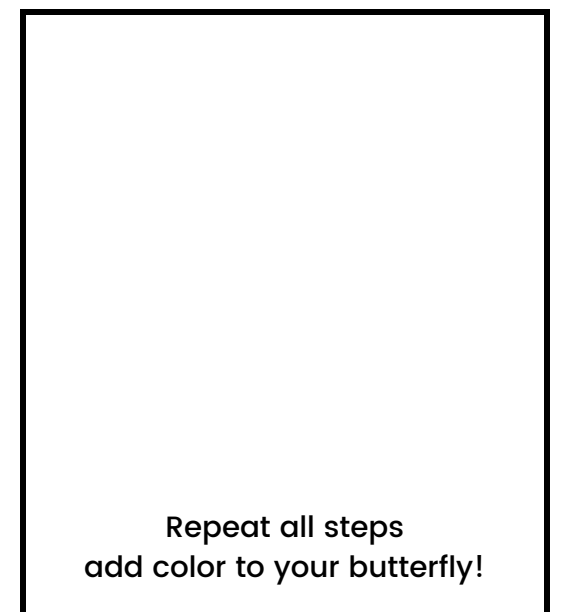
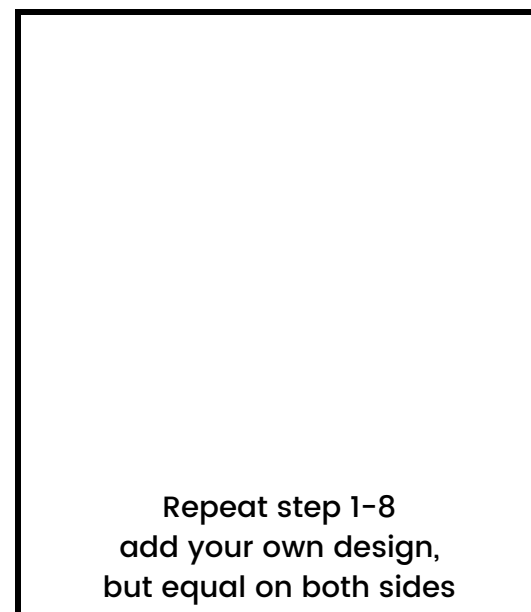
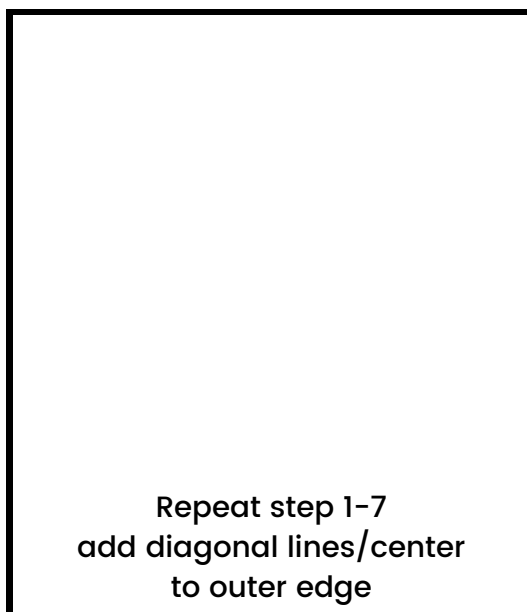
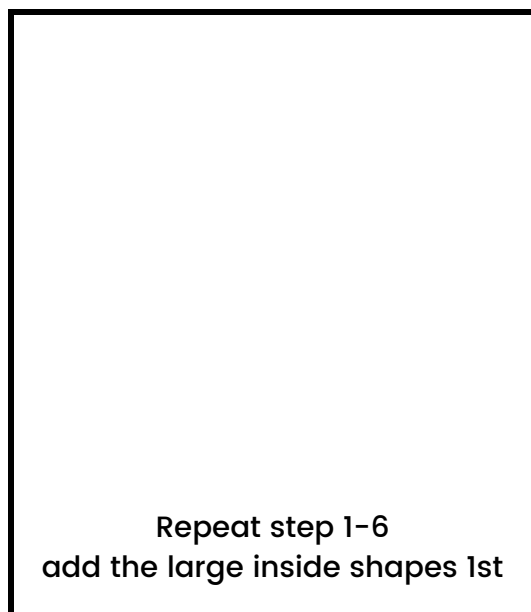
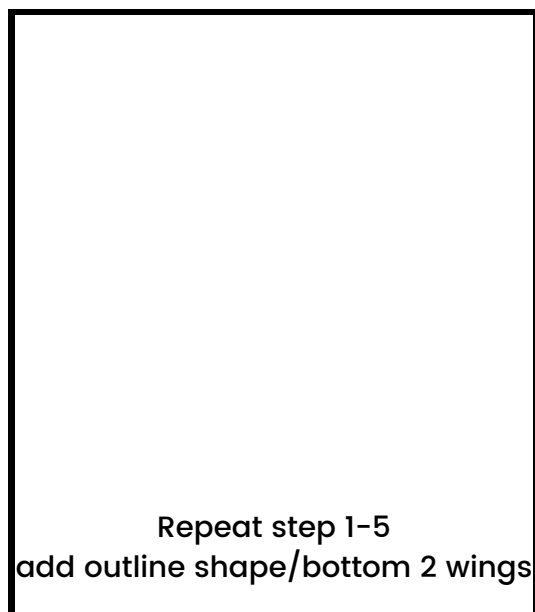
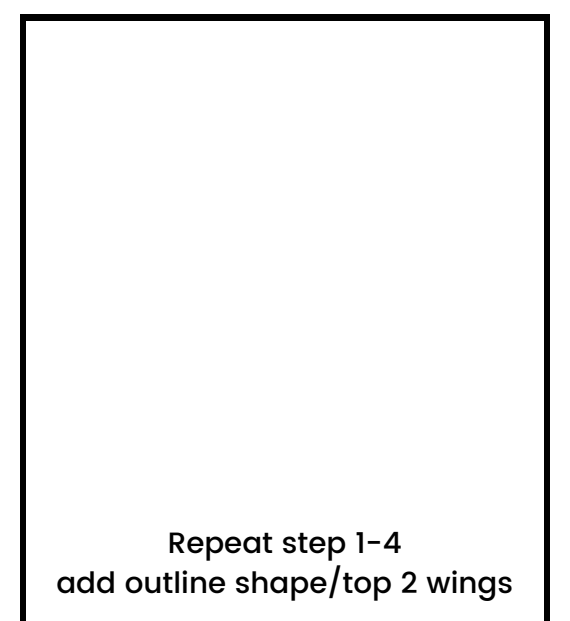
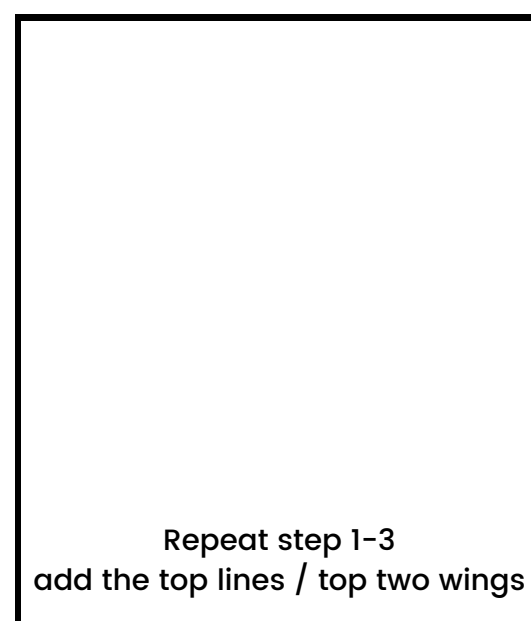
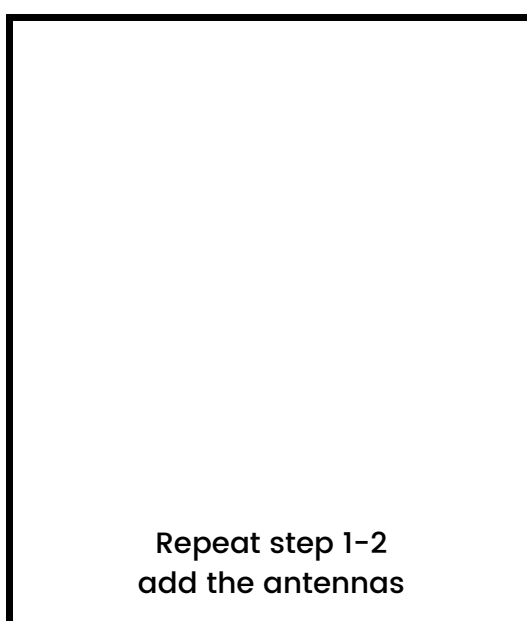
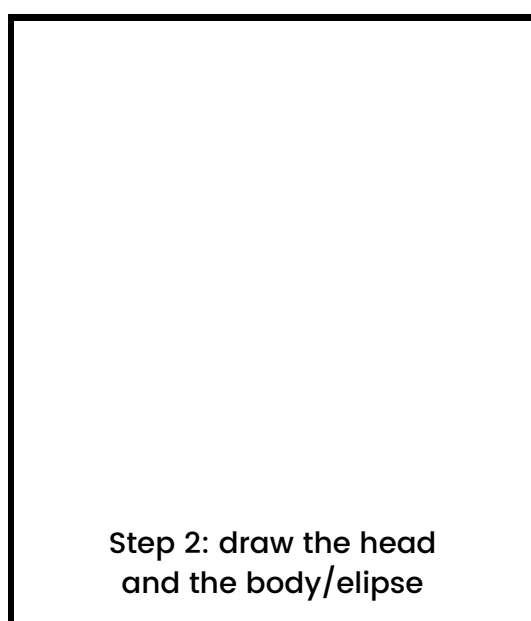
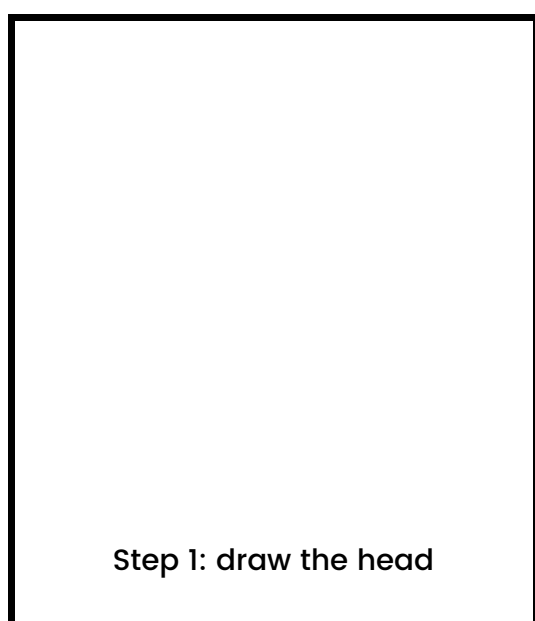
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SKILL LEVEL THREE

Tell us about your character:

- Name:
- How old:
- Lives where:
- Best friends:
- Favorite games:
- Favorite places to go:





ART CLASS RULES

THE CLASS SHOULD BEGIN & END ON TIME.

STUDENTS, TEACHERS, AND PROPERTY SHOULD BE RESPECTED.

TREAT OTHERS WITH KINDNESS, POLITENESS, AND COURTESY.

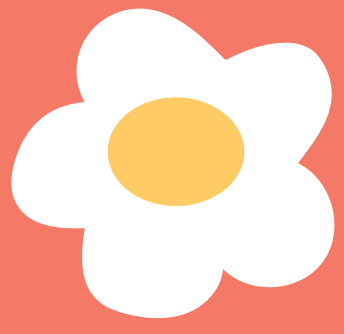
BE SURE TO LISTEN TO YOUR TEACHER AND REMAIN SEATED.

FOCUS ON YOUR ART MAKING, DO YOUR BEST AND HAVE FUN!

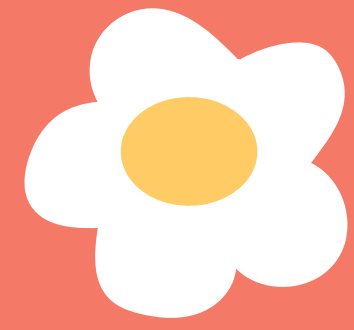
ASK QUESTIONS WHENEVER YOU FEEL CONFUSED

IF YOU DON'T LIKE THE CLASS PROJECT, THEN YOU CAN DRAW AND DOODLE UNTIL CLASS ENDS.

STORY ART CLASS



Step by Step Weekly Agenda



1. Let's warm up with a step-by-step drawing.
>>>>
Practice makes us strong artists!

2. Where does our story begin!
>>>>
Everyone starts with a storyline and then find your own way...

3. Your teacher has lots of ideas to share.
>>>>
Everyone can draw or write some ideas.

4. Use your story board to create your story
>>>>
Everyone draws our characters, places and things in the boxes.

5. Add details to the background of each box.
>>>>
Everyone creates the place where the story happens.

6. Brings the story to life with color.
>>>>
Everyone Color the main parts of your story in each box.

Virtual Class Rules

If you have to miss class

We can send you a link to listen & create with your class.

****Parents must notify studio for the link at least 24hrs ahead.****

1

Mute yourself except when you have permission to share.

2

Ask for permission to speak by raising your hand virtually.

3

Please keep your video on so we keep the zoom room open.

4

Distracting backgrounds or actions will not be tolerated.

5

Use appropriate response emojis to encourage one another and interact with the in-person students.



"How can art making become an accessible tool for managing stress and anxiety?"

Imagine tools that inspire:

Calmness, observation skills, improved self confidence and innovative thinking

4 KEY POINTS FOR GETTING THE MOST FROM THIS CLASS

REMEMBER THESE POINTS WHEN YOUR CHILD RETURNS FROM CLASS AND PREPARES FOR CLASS:

1

Art making at this age builds confidence when we offer affirmations, encouragement and only listen when they share. Save the "corrections" for math class. This is creative expression!

2

Art making offers opportunities for active engagement and learning how to self regulate emotions using art activities designed specifically for this. Watch & learn.

3

Art making inspires thinking outside the box which takes courage. The class time often meanders without set instruction to offer students some time to explore ideas in the moment.

4

Art making warm up activities are designed as "creative self care" practices which are mindfulness art activities used to self-regulate chaotic moods. Students learn to re-focus using these activities.

MEET YOUR INSTRUCTOR

"I'm an artist and a great art teacher! So why am I so motivated to share these practices?"

Check out my TEDx : The Art of Letting Go and hear what I have experienced in these classes for over 20 years...Imagine tools that inspire: Calmness, observation skills, improved self confidence and innovative thinking".

~Sandra Sabene

SANDRA SABENE

Sandra Sabene is the Program Director/ CEO of Artistic Innovations/ Liverpool

Art Center since 2002. Founder of Creative Rhythms Events and Trademarked Expressive Arts Facilitator Training. Certified Reiki Master Teacher, Tai Chi for Recovery, Nationally hosted Mindfulness and Expressive Arts Facilitator and Rhythm Facilitator with 20+ years experience teaching youth, teens and adults.

She is a Motivational Speaker for mental health and recovery events. As the creating and primary facilitator of Ride the Rhythm/ Creative Rhythms, she has been fostering a rhythm wellness community as the longest running drum circle in Syracuse NY. As the program director and creator of Meditative Painting (since 2004), Sandra has facilitated thousands of inspiring events that have offered opportunities for growth, self discovery and connection for teens and adults along the east coast. Sandra has been an Expressive Art's Facilitator at Teen Institute's annual retreat, sponsored by Prevention Network, since 2005.

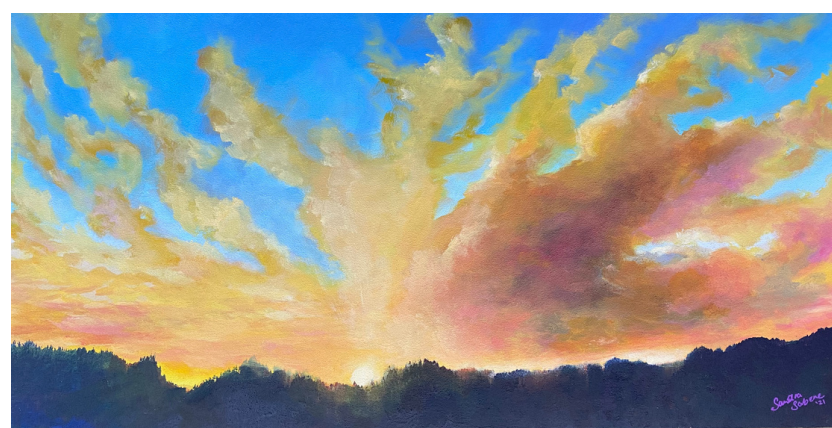
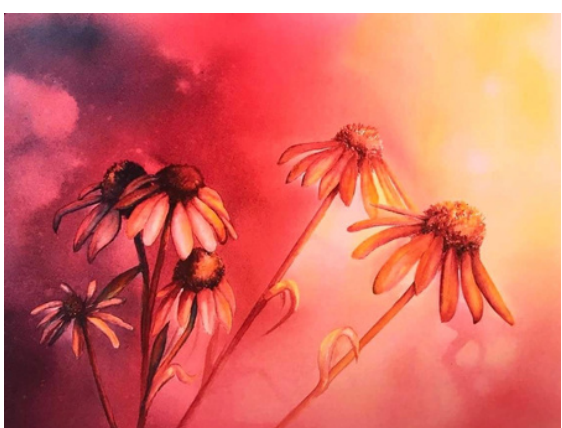
These programs are offered at Liverpool Art Center and booked off site at any location/event. Sandra is an approved OASAS Trainer.



TEDx

SYRACUSE
WOMAN
magazine

NOAH
NATIONAL ORGANIZATION for
ARTS IN HEALTH



Host organizations for programs designed by Sandra Sabene: Healthcare: Upstate University Hospital, Veteran's Hospital, Hutchings, Helio Health, Prevention Network, St. Camillus, Greenwood. Upstate NY schools including: Syracuse University, Onondaga Community College, Lemoyne College, Syracuse City, Cicero, Citi BOCES, Liverpool, Baldwinsville, and North Syracuse Schools. Community organizations Advocates, Syracuse City Libraries, CRC, ARC, Liberty Resources, Anchor Recovery, ASAP-NYCB statewide conferences.

For more information about this and other trainings offered by your instructor, Sandra Sabene, visit online: www.authentictrainings.com