

Proposal for a 7-Week Mixed Media Art Program for Adults

Theme: “Personal Narratives: Telling Your Story Through Mixed Media”

Program Duration: 7 Weeks (One Class per Week)

Target Audience: Adults (Beginners to Intermediate)

Objective:

This 7-week mixed media program helps adults explore personal storytelling through art. Participants will use a variety of materials, textures, and techniques to create a deeply personal mixed media canvas or journal that represents their own journey, emotions, or memories.

Product:


A framed mixed media canvas based on a significant personal experience or emotion.

This theme allows participants to incorporate meaningful symbols, textures, and words, making each piece unique.

Class Structure (Each 3-Hour Session):

 0:00 - 0:15 | Welcome & Check-in

- Brief discussion on the previous week’s work.
- Short creative prompt to warm up (e.g., free sketching, journaling, colour exercises).

 0:15 - 0:45 | Introduction to the Week’s Theme & Techniques

- Explanation of key concepts and techniques.
- Live demonstration with examples.

 0:45 - 2:15 | Hands-On Project Work

- Guided step-by-step application of the techniques.
- Individual exploration and experimentation.
- One-on-one guidance and feedback from the instructor.

2:15 - 2:45 | Refining & Finalizing Work

- Layering, adding details, and making adjustments.
- Discussion on composition and balance.

2:45 - 3:00 | Reflection & Sharing

- Participants share their work (optional).
- Brief discussion on challenges and discoveries.

Week-by-Week Breakdown:

Week 1: Introduction - Defining Your Story

Focus: Exploring themes and materials for personal expression.

- Warm-Up: Guided reflection—participants write down three key memories or emotions they'd like to express.
- Technique: Introduction to layering with paper, paint, and textures.
- Project: Creating a mood board with colors, symbols, and textures that represent their personal stories.
- End Goal: A foundational collage that will be incorporated into the final artwork.

Week 2: Backgrounds & Foundations – Setting the Scene

Focus: Creating rich, layered backgrounds that reflect mood and theme.

- Warm-Up: Quick painting exercise using colors that reflect an emotion or memory.
- Technique: Blending acrylic washes, using stencils for depth, and applying different textures.
- Project: Creating the background of the main artwork, establishing color tones and textural elements.
- End Goal: A fully developed background ready for imagery and storytelling elements.

Week 3: Texture & Depth – Bringing Stories to Life

Focus: Using textures and found objects to add dimension.

- Warm-Up: Tactile exploration—participants feel and choose different textures that resonate with their story.
- Technique: Applying texture paste, modelling clay, and layering fabrics to add depth.
- Project: Adding tactile elements (fabric, lace, natural materials) to reinforce the story's atmosphere.
- End Goal: A textured, layered base that adds meaning and sensory appeal to the work.

Week 4: Symbolism & Imagery – Adding Personal Elements

Focus: Incorporating personal symbols, images, and figures.

- Warm-Up: Symbol brainstorming—each participant selects personal symbols (e.g., a bird for freedom, a clock for time).
- Technique: Image transfer, hand-painting, and collage techniques.
- Project: Embedding photos, sketches, or meaningful images into the composition.
- End Goal: A visually rich piece that starts to narrate the personal story.

Week 5: Typography & Personal Writings

Focus: Adding personal words, quotes, or poetry to enhance the narrative.

- Warm-Up: Free-writing exercise—participants write a short phrase or word that represents their story.
- Technique: Using calligraphy, stamping, stencils, and handwritten elements.
- Project: Integrating text into the artwork through various techniques.
- End Goal: A piece with added personal depth through words and phrases.

Week 6: Final Details & Sealing the Artwork

Focus: Refining the artwork and protecting it for longevity.

- Warm-Up: Group critique—constructive feedback from peers.
- Technique: Highlighting, shadowing, and adding embellishments.
- Project: Adding final touches and sealing layers with varnish or gel medium.
- End Goal: A completed, polished artwork ready for display.

Week 7: Showcase & Reflection

Focus: Presenting final pieces and reflecting on the journey.

- Warm-Up: Silent gallery walk—participants view each other's work.
- Activity: Participants share their process and insights.
- Project: Optional final adjustments before framing.
- End Goal: A finished, framed mixed media canvas or journal spread, ready to take home or exhibit.

Materials Provided (or Required for Participants to Bring):

- ✓ Canvas (24 inch x 24inch) (provided).
- ✓ Acrylic paints, brushes, and palette knives (provided).
- ✓ Mod Podge or gel medium (provided).
- ✓ Collage papers, old book pages, newspaper clippings (provided).
- ✓ Texture pastes, modeling clay, fabric pieces (provided).
- ✓ Stencils, stamps, calligraphy tools (provided).
- ✓ Personal photos, letters, or small sentimental objects (participants bring).