



# **Workshop Descriptions & Learning Objectives**

## **Hands-On Professional Development / Early Education**

with Anna Reyner, MA

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### **15 Training Topics to Choose From**

Wellness & Stress Management (4 choices)

Curriculum Competencies (11 choices)

#### **Wellness & Stress Management**

1. Renew Your Passion - Self Care for Teachers
2. Art & Meditation - Relax, Create & De-Stress
3. Vision Boards - Setting Goals & Intentions
4. Energy Booster with Nature Art & Play

#### **Curriculum Competencies**

1. Art in the Trauma-Informed ECE Classroom
2. Stem to Steam - Sensory Science & Art
3. Stem & Creativity in the Outdoor Classroom
4. Math is My Superpower - Making Math Fun
5. Art, Literacy & Brain Development
6. Jumpstart for Toddlers - Messy Art & The Brain
7. Building Child Resiliency - Art in the Trauma Toolbox
8. Building Community in the MultiCultural Classroom
9. Raising Creative Children - Theory & Practice
10. More Art, Less Craft - Why Process Art Matters
11. Child Mental Health - What Teachers Need to Know

## **Wellness & Stress Management**

### **1. Renew Your Passion** *Self Care for Teachers*

Renew your sense of purpose and reduce stress in this hands-on creativity workshop. This workshop combines both energizing and relaxing art experiences. Engage in expressive art techniques and guided imagery that will help clarify what truly excites you and gives your life meaning and purpose. Learn art therapy techniques from instructor led demo's, using simple classroom art supplies. Connect with peers and share experiences in small break out rooms. Discover how to make personal meaning from scribbles, doodles, and expressive art.

#### **Learning Objectives**

1. Participate in 3 stress reduction exercises using art and mindfulness techniques
2. Engage in one small group and collaborative art experiences
3. Create a Mixed Media Collage representing current interests and passions
4. Learn how to use sensory right brain experiences as self care

### **2. Art & Meditation** *Relax, Create & De-Stress*

Experience art therapy and mindful meditation techniques designed to help you relax, tap into feelings of creativity, and de-stress. Warm up with open ended art and guided progressive relaxation. Watch the instructor demonstrate new ways to have fun "doodling" with simple art materials, then take time to practice these new techniques on your own. Share your art and experiences in small break out rooms. Participate in a guided meditation where you will be taken on a supportive imaginary journey based on helping you discover core strengths. After this guided journey, use art materials to express feelings and draw images that surfaced. Connect again to share with peers in small break out rooms. Meditation and art exercises focus on teacher wellness, but you will learn techniques and resources to use with young children as well.

#### **Learning Objectives**

1. Develop greater emotional intelligence and self awareness
2. Increase self awareness through guided meditation exercises
3. Learn art therapy techniques to increase creative confidence
4. Create art and share your feelings and art experiences with peers

### **3. Vision Boards** *Sharing Goals & Intentions*

Vision boards are a creative, hands-on way to have fun with simple art supplies and set your sights on positive goals. A vision board is a visualization tool that you can use as inspiration toward your ideal life. Some people refer to it as a “dream board” or an “inspiration board.” Now is a perfect time to set positive intentions for your work and your life. Attend this workshop and explore the simple art of collage and make a vision board yourself. This is a fun, relaxing and meaningful workshop for both artists and non-artists.

#### **Learning Objectives:**

1. Review a variety of approaches to making a Vision Board, both intuitive and analytic styles
2. Experience a leader guided meditation that facilitates calm and focus on personal intentions
3. Create a personal intuitive style vision board using simple art materials brought to class
4. Share your Vision Board with other participants in small group break out rooms

### **4. Energy Booster with Nature Art & Play:** *Creativity with Nature*

Energy Booster with Nature Art & Play is an upbeat, energizing workshop geared towards elevating spirits and reducing the negative effects of stress and secondary trauma on educators and caregivers. Includes easy-to-follow Art Demonstrations that teach creative, open ended art techniques using simple nature elements along with crayons and watercolors. Teachers will experiment with nature themed art activities and review inspiring slides on the healing benefits of art and nature. Along with art and relaxation, teachers will learn how to generalize their new skills into classroom work with young children.

#### **Learning Objectives:**

1. Experiment with 3-4 highly creative process art activities based on leaves and other simple loose parts.
2. Learn new ways to use basic art materials with simple nature elements
3. Renew your creativity and passion for the beauty and curiosity of nature.
4. Discuss how to adapt these and other nature art activities into the classroom

## **Curriculum Competencies**

### **1. Art in the Trauma-Informed ECE Classroom:** *Process over Product*

Open ended art is a creative process of self-discovery that literally grows the brain. Why then, do many teachers deliver cookie cutter crafts as art? Join this powerful workshop to learn how to use art for self-expression and building community. Process art offers children a sense of freedom...the freedom of choice, thought and feeling. Process art is a form of active mind-body engagement with sensory materials. This active engagement builds the brain in early childhood and serves to both calm the nervous system and release emotions. These calming and releasing functions have important implications for trauma informed classrooms. This workshop will share key practices that are necessary to reduce the use of cookie cutter crafts in favor of true art that reflects children’s authentic thoughts and feelings.

#### **Learning Objectives:**

1. Learn how current neuroscience supports art as self-regulation and stress release in trauma informed classrooms
2. Discuss why teachers still deliver product over process art and how to change that mindset
3. Receive tips and resources on how to motivate staff to deliver social emotional process art over product art
4. Engage in a process-oriented art activity that will relax and replenish your creative energy.

### **2. Stem to Steam** *Sensory Art & Science*

Art is a powerful tool to engage children in math and science. Sharpen your knowledge of how math, science, and art create positive synergy to help children meet developmental learning goals. Learn about how other schools have moved from STEM to STEAM and the simple changes they made to their curriculum and classrooms. Enjoy your own STEAM activity with some fun, hands-on art.

#### **Learning Objectives:**

1. Learn why it’s vitally important for children to develop a STEM mindset and GROWTH mindset
2. Discover why art materials and their properties are important in sensory science investigations
3. Examine slides of 8 “best practice” Prek classrooms and discuss how they use STEAM effectively’
4. Create art based on early sensory science memories and share your own science attitude in small groups

### **3. STEM and Creativity in the Outdoor Classroom**

Learn how to take your learning centers outdoors and facilitate active learning in your own natural environment. Provide activities that help children connect with nature, animals, the community and caring for the earth. Whether your classroom's backyard contains sand, dirt, flowers, vegetables, canopies, play equipment, trees or just plain concrete...this creative workshop will fill you with ideas to make the best of your own outdoor classroom situation.

Children need and benefit from time spent outdoors. This benefit affects development and learning and is critical for both physical and emotional health. Today, very young children are increasingly pressured to perform academically while they get much less time for outdoor play at home. Now more than ever, children need the benefits of outdoor activities where they can safely explore, observe and experiment in the natural world.

#### **Learning Objectives:**

1. Learn easy and fun outdoor activities to improve your science & math program
2. Identify how sensory play outdoors facilitates active learning and brain development
3. Learn how art, science and math are entirely interrelated, and how to maximize their synergy
4. Participate in sensory science activities that reconnect YOU to early science memories

### **4. Math is My Superpower Making Math Fun**

In many ways, math is a child's ticket to the world. However, math fears and anxieties about math performance are often at the core of many adults' math attitudes. This of course, includes early learning teachers and parents, whose job it is to help children develop a love for learning that includes math! In this workshop you will learn and practice creative ways to incorporate math thinking, talking and doing into every day classroom interactions. Young children have a natural interest and curiosity to explore and construct mathematical concepts. Nurturing children's math exploration can create a classroom atmosphere where students believe they can solve problems and learn fun, new concepts. Math is everywhere, and you are probably more engaged in mathematical concepts than you realize. Learn how to identify, label, and talk about what you are already doing that's mathematical, and then practice more ways to make math fun.

#### **Learning Objectives:**

1. Learn about NAEYC's six factors for high quality PreK math instruction
2. Review and practice how to "talk math" frequently to advance math confidence.
3. Define and practice what it means to use art materials with a mathematical mindset
4. Describe and share your own attitude towards math and how that influences your teaching style

### **5. Art, Literacy & Brain Development**

Learn to recognize the value of open ended art in cognitive and social-emotional development, and how to facilitate art experiences that maximize new learning, especially in areas of literacy and language development. This dynamic workshop includes a slide-discussion on the Neurobiology of Art in Early Brain Development, as well as real life examples of best practice art activities from preschools throughout Southern California. Have fun with hands-on book making and observational drawing. Experience the calming effect of motion drawing and scribble chasing. Engage in creative new ideas and techniques that you can use right away in the PreK classroom and home visitation.

#### **Learning Objectives:**

1. Learn how art impacts cognitive and social-emotional development
2. Review slides and discuss how developmental ages & stages are reflected in children's artwork
3. Compare and contrast best practice examples of literacy based art activities from actual PreK classrooms
4. Create your own literacy based art project and share ideas with peers in small break out rooms

### **6. Jumpstart for Toddlers Messy Art & The Brain**

Messy Art activities are one of the best ways to promote brain development in early childhood. Early art experiences literally grow the brain. How? Sensory-motor interactions with fluid art stimulates neural activity. This stimulation creates the complex neural networks that form the brain itself and in turn dictate a child's capacity for future learning. Current neuroscience tells us that young brains build new neural pathways most rapidly and efficiently during active sensory motor engagement with the environment. That's exactly what takes place in children's brains when they play with sensory art materials and are allowed to make their own choices and discoveries. During times of stress, Messy Art provides an even higher return on investment. When typical children are stressed, the need for safe, soothing and expressive sensory experiences also increases. Pandemic stress has children and adults alike feel less in control than ever before. There's no better time than now to provide messy art experiences to help children and families develop greater resiliency.

### **Learning Objectives:**

1. Learn how art is a sensory experience and the opportunities it provides
2. Review how neural growth develops as young child engage in active play with their environment
3. Compare and contrast developmental benefits of Messy Art with pre-k “worksheets” and structured crafts
4. Engage in messy play with crayons and watercolors, and discuss your own approach to toddler art with peers

## **7. Building Childhood Resiliency** *Art in the Trauma Toolbox*

How can a trauma informed approach to making art provide the protective factors of safety and trust in the classroom? Learn how expressive art can help you better understand those children in your care who are experiencing toxic stress or trauma. Gain understanding of the knowledge and mindset needed to provide responsive art activities that encourage authentic self expression, provide a constructive channel for difficult emotions, and build caregiver trust.

### **Learning Objectives:**

1. Gain skills and knowledge that promote trauma informed use of art materials
2. Review slides of children’s art that include “red flags” and symbols of stress and conflict
3. Learn “what to do next” when signs of stress and trauma reveals themselves in children’s art
4. Create art and discuss your own fears about dealing with trauma in the classroom

## **8. Building Community in the MultiCultural Classroom**

Children hear about world events and go to school with children from many different cultures. In today’s society, children must learn to respect and tolerate diversity, and manage cultural conflict effectively. In this creative, hands-on workshop you will learn how art can help construct a child’s view of cultural differences and similarities. This workshop presents simple but effective art ideas that help reduce prejudice and stereotyping in schools. Build self value and self esteem for all children as you build an authentic classroom community.

### **Learning Objectives:**

1. Learn how to be a stronger role model for inclusion
2. Increase your emotional intelligence and ability to communicate effectively with families
3. Explore your own bias in an art experience followed by break out room sharing with peers
4. See best practice examples of PreK Collaborate Art that you can easily duplicate in your classroom

## **9. Raising Creative Children** *Theory & Practical Strategies*

What is creativity, and are we born with it or develop it? How can adults help young children become more creative? This workshop is chock full of ideas to help you understand and implement the brain building power of ART. Learn practical ideas on how to immediately add more creativity to your work with children and families. Discuss how creativity and growth mindsets lead to critical thinking skills and school readiness. Review video clips from leading experts on why creativity is a 21st Century Learning Goal. Participate in fun, hands-on art and discuss your feelings about process and creativity in break out rooms with peers. A child’s brain is ready for learning, and is naturally curious. Learn how to maximize your children’s natural creativity using simple materials you already have in your classroom.

### **Learning Objectives:**

1. Define creativity and how it relates to school readiness
2. Compare and contrast examples of Fixed Mindset and Growth Mindset activities
3. Review video clips from experts on the role of Creativity in 21st Century learning
4. Participate in hands-on art and creative break out room discussions with peers

## **10. More Art, Less Craft** *Why Process Art Matters*

Art activities are one of the best ways to promote literacy, language and brain development in early childhood. Art engages childrens senses in hands-on, self directed learning and develops important cognitive, social, emotional and multi-sensory skills. This class presents current, evidence based research on the neuroscience of art and its impact on early brain development. Learn theory and practical strategies on how to maximize the value and impact of art when working with young children. Participants will have the opportunity to create hands-on art themselves.

### **Learning Objectives:**

1. Learn how art develops cognitive skills and enhances early brain development
2. Discuss slides of child art that demonstrate how art reflects social/emotional development
3. Learn basic principles of art therapy and the neuroscience of art in early brain development.
4. Engage in open ended art activities that reinforce why process art matters

## **11. Child Mental Health** *What Teachers Need to Know*

Families, children and teachers themselves are often overwhelmed by stress in today's challenging world. Understanding social emotional development is the key to helping young families (and ourselves) to develop coping skills and resiliency. Review basic fundamentals of child mental health and learn new ways to provide solutions to classroom challenges caused by mental health challenges. Stigma and fear keep many families from reaching out for the help they need. Mental health effects all of us. Early life adversity is a major risk factor for the development of psychological and behavioral problems later in life. Get practical tips and resources you can use right away to connect families to free and low-cost mental health resources in your community.

### **Learning Objectives:**

1. Increase knowledge of family and child mental health foundations.
2. Discuss video clips from leading experts on early childhood trauma
3. Learn to recognize signs of stress and conflict in children's artwork.
4. Explore your own mental health bias and discuss the effects of stigma in small groups

## **Additional Training Topics**

### **1. Art & Reggio Emilio** *in the ECE Classroom*

The Reggio Emilia Approach is a philosophy of learning that originated in the small town of Reggio Emilia, Italy after World War II. During this introductory workshop, you will learn about the fundamental values and practices of the Reggio Emilia Approach, including concepts such as the image of the child, the environment as the third teacher, pedagogical documentation, and provocations. Examples of Reggio inspired PreK classrooms from throughout California will be viewed and discussed, with emphasis on art and the Reggio art studio, or Atelier.

The Reggio Emilia approach values the belief that children are strong, competent and capable citizens who are full of wonder and curiosity to learn. It believes that children have a natural drive that makes them want to understand and know about the world around them and how this world relates to them. The classroom is referred to as the "third teacher" in Reggio schools. Learn how to introduce elements of the Reggio Emilia approach into traditional classrooms to inspire new ways of learning. This workshop is ideal for educators who are new to the Reggio Emilia Approach.

### **Learning Objectives**

1. Learn how the Reggio Emilio approach to learning compares to other early childhood learning theories
2. Review the key principles and values of the Reggio Emilio constructivist approach to early learning
3. Review slides from 10 different Reggio influenced toddler and PreK classrooms.
4. Experience 2 art activities that reflect a Reggio Emilio approach to art making



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