

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



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A YEAR OF CHANGES

*Letter from the Editor,
Iren Tsaturyan*

Moving through this past year has been full of many small milestones and lessons learned. It seems as though every direction and turn was a big change coming our way... in marriage, motherhood, relationships, routines, schedules, priorities, work, teaching, training, leading... it has definitely been fantastically full of transformations. Throughout all of these different aspects of life's equal parts, mothering and pivoting through the transformation of children's growth brought big challenges.

Working with children and raising your own children simultaneously leaves us with many ideas and wonderments. As soon as we realize that we've got it under control, something comes up that reminds us of how vulnerable we actually are to everything.

Today, I acknowledge my growth as a woman, mother, teacher, leader, and more. I am proud of the efforts, triumphs, and losses and I know that I am exactly where I am meant to be... and so are you.

MODEST FLY ART STUDIO
ANNUAL ART GALA



Thursday, September 21st, 2023

5:00PM - 8:00PM

La Cañada Thursday Club

4440 Woodleigh Ln, La Cañada Flintridge, CA 91011

www.modestflyart.org 1.833.modest-1 (663.3781)

ACKNOWLEDGING YOUR GROWTH

The evolution of your soul is a natural fact of life but can become a potent motivational force when celebrated.



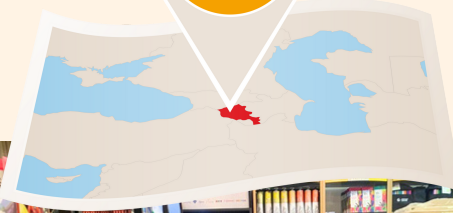
Since personal evolution is most often a slow and gradual process, it can be difficult to recognize the scope of the changes taking place in our lives. Yet it is important that we regularly acknowledge our ongoing growth and reward ourselves for the many wonderful feats of self-improvement we have accomplished. When we examine our progress, we don't feel that we are languishing between our past achievements and our future goals. If we look closely at our lives, we may see that much of what brings us pleasure in the present is representative of the ambitions of our past that we worked hard to attain. At one time, the abundance we now enjoy probably seemed like a far-off dream. Now it is simply reality — a reality we created through our diligence, passion, and unflagging determination. Whether our progress is fast or slow, we deserve to congratulate ourselves for our successes.

To remind yourself of the insights you have gained, look at how your life in the present differs from your past but from someone else's perspective. Creating a written list, in a journal or otherwise, of those strengths, aptitudes, and inner qualities you now have can help you accept that you are not the same person you were 10 years ago, five years ago, or even a year ago. Your attitudes, opinions, and values were likely markedly different, and these differences can be ascribed to your willingness to accept that you still have much to learn. If you have difficulty giving yourself credit for these changes, think about the goals you realized, the lives you touched, the wisdom you acquired, and the level of enlightenment you attained over the past years.

Recognizing growth is neither boastful nor immodest. Evolution is a natural fact of life and becomes a potent motivational force when celebrated. Knowing that you are brighter, stronger, and more grounded than you once were, you can look forward to the changes to come. In acknowledging your growth, you build a sturdy foundation upon which you can continue to blossom well into the future.



NON-PROFIT WORK IN VANADZOR, ARMENIA 2023





Today was a special day... we were privileged enough to open our Vanadzor 'Havesin Senyak' Art Room with the Hay Santa Organization founded by Armine Petrosyan.

Along with speeches, art supplies, a ribbon-cutting ceremony, and artwork from our very own students from our Los Angeles-based studio, we shared our love for art. We are humbled and excited to share inspiration, give our

love and attention, and the opportunity for these students to have their own space and be able to create, as we all should! This art room is special because it was dedicated to my very own grandparents and was located inside the school my parents graduated from, so you can imagine the sentimental feelings that were present.

Thank you to everyone who showed up to our opening ceremony and to these specific students of ours who have their artwork hanging on the walls of our Vanadzor School no. 9. Anna Manukyan, Gabriella Martinez, Lyla Juarez, Emily Shakhzaryan, Nellie Gregorian, Lilit Avetisyan, Ani Gallaher, Nellie Markari.

ARTIST FEATURE



Follow her artistic journey on Instagram!

@evelinakazaryan

Evelina Kazaryan

Evelina's passion for art and creativity has been a driving force in her life since her early years. From a young age, she dreamed of becoming an artist and nurturing her need to create. Her journey led her to the prestigious Art Center College of Design, where she honed her artistic skills and laid the foundation for her career earning a degree in Illustration and Design.

Since graduating, Evelina has embarked on a dynamic exploration of her creative talents. Her diverse portfolio encompasses various artistic avenues, including design, art direction, illustration, fine art, and children's book illustrations. Her work has been featured in Interview Magazine, on Brighton handbags, and most recently in the children's book series "The Adventures of Andre and Noyemi." Beyond her artistic endeavors, Evelina has also found joy in teaching the artistry that has shaped her life.



Modest Fly Art Classes

We offer fundamental art classes throughout the week and provide a FREE introductory class for those who would like to try it before signing up.

INTRODUCTORY LESSON

CALL **833. MODEST- 1 (663 - 3781)** TO MAKE AN APPOINTMENT.
ALL CLASSES ARE ONE HOUR AND 30 MINUTES.

TUITION PRICING

pricing below effective June 2023

Materials & Registration Fee.....\$85

First Month Tuition.....\$155 or \$180

Last Month Deposit.....\$155 or \$185 (NONREFUNDABLE)

TUITION PER STUDENT

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$155
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$180

TUITION FOR SIBLINGS

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$280 \$140/EACH MONTH
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$320 \$160/EACH MONTH

DISCOUNTS

ONE MONTH ADVANCE NOTICE IS REQUIRED FOR DISCOUNTING LESSONS

HALF-YEARLY TUITION

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$800 YEARLY SAVINGS \$130
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$980 YEARLY SAVINGS \$100

HALF-YEARLY TUITION FOR SIBLINGS

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$1,440 YEARLY SAVINGS \$240
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	\$1,640 YEARLY SAVINGS \$280

CLASS SCHEDULE

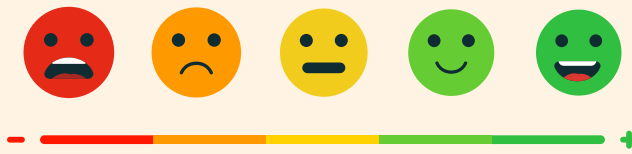
MONDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
TUESDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
WEDNESDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
THURSDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
SATURDAY	AGES 4-6 BEGIN AT 10AM AGES 6-8 BEGIN AT 11:30AM AGES 8-12 BEGIN AT 1PM. ADULTS BEGIN AT 2:30PM	10AM - 4PM

MONTHLY MEMBERSHIP

**ONE TIME MATERIAL FEE \$125
ALL FEES ARE NON-REFUNDABLE*

MONTHLY FEE	COME ANYTIME DURING OPEN HOURS DURING UNINSTRUCTED STUDIO TIME. ALL MATERIALS INCLUDED	\$325
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HELPING KIDS IDENTIFY AND EXPRESS FEELINGS



Learning to identify and express feelings in a positive way helps kids develop the skills they need to manage them effectively. Here are some tips on how to encourage your child to express their feelings.

KIDS DEAL WITH MANY OF THE SAME FEELINGS ADULTS DO.

Kids experience complex feelings just like adults. They get frustrated, excited, nervous, sad, jealous, frightened, worried, angry, and embarrassed.

Kids can express their feelings through facial expressions, through their body, their behavior and play. Sometimes they may act out of their feelings in physical, inappropriate or problematic ways. From the moment kids are born, they start learning the emotional skills they need to identify, express and manage their feelings. They learn how to do this through their social interactions and relationships with important people in their lives such as parents, grandparents and carers. Being a parent means you've got a really important role to play in helping kids understand their feelings and behaviors. Kids need to be shown how to manage their feelings in positive and constructive ways.

When kids learn to manage their emotions in childhood it leads to positive attitudes and behaviors later in life. Kids who learn healthy ways to express and cope with their feelings are more likely to:

- Be empathetic and supportive of others
- Perform better in school and their career
- Have more positive and stable relationships
- Have good mental health and wellbeing
- Display less behavioral problems
- Develop resilience and coping skills
- Feel more competent, capable, and confident
- Have a positive sense of self

It's hard to teach kids about feelings because it's a fairly abstract concept. It's hard to describe how it feels to be sad, scared, or excited. It's important to begin teaching kids about their emotions as early as possible since their feelings affect every choice they make.

Kids who understand their emotions are less likely to act out by using temper tantrums, aggression, and defiance to express themselves. A child who can say, "I'm mad at you," is less likely to hit. And a child who can say, "That hurts my feelings," is better equipped to resolve conflict peacefully.

Teaching your child about their emotions will help them become mentally strong. Kids who understand their emotions and have the coping skills to deal with them will be confident that they can handle whatever life throws their way.

NAME YOUR CHILD'S FEELINGS

Teach your preschooler basic feeling words such as happy, mad, sad, and scared. Older kids can benefit from learning more complex feeling words such as frustrated, disappointed, and nervous. A great way to help kids learn about feelings is to discuss how characters in books or TV shows may feel. Pause to ask, "How do you think he feels right now?" Then, discuss the various feelings the character may be experiencing and the reasons why.

Talking about other people's feelings also teaches empathy. Young children think the world revolves around them, so it can be an eyeopening experience for them to learn that other people have feelings too. If your child knows that pushing their friend to the ground may make their friend mad and sad, they will be less likely to do it.

Each day, ask your child, "How are you feeling today?" With young children, use a simple chart with smiley faces if that helps them to pick a feeling and then discuss that feeling together. Talk about the types of things that influence your child's feelings.

Point out when you notice your child is likely feeling a particular feeling. For example, say, "You look really happy that we are going to be eating ice cream," or "It looks like you are getting frustrated playing with those blocks."

TEACH COPING STRATEGIES

Kids need to learn that just because they feel angry doesn't mean they can hit someone. Instead, they need to learn anger management skills so they can resolve conflict peacefully. Proactively teach your child how to deal with uncomfortable emotions.

Encourage your child to take a self-timeout. Encourage them to go to their room or another quiet place when they get upset. This can help them calm down before they break a rule and get sent to timeout. Teach your child healthy ways to deal with sad feelings as well. If your child feels sad that their friend won't play with them, talk about ways to deal with sad feelings. Often, kids don't know what to do when they feel sad, so they become aggressive or exhibit attention-seeking behaviors.

PROVIDE POSITIVE REINFORCEMENT

Reinforce good behavior with a positive consequence. Praise your child for expressing emotions in a socially appropriate way by saying things such as, "I really like the way you used your words when you told your sister you were mad at her." Another great way to reinforce healthy habits is to use a reward system. For example, a token economy system could help a child practice using healthy coping strategies when they feel angry instead of becoming aggressive.

If you tell your child to use their words when they're angry but they witness you throw your phone after a dropped call, your words won't be effective. Model healthy ways to deal with uncomfortable emotions.

Point out times when you feel angry or frustrated and say it out loud. Say, "Wow, I'm angry that car just pulled in front of me." Then take some deep breaths or model another healthy coping skill so your child can learn to recognize the skills you use when you feel angry.

A WORD FROM VERYWELL

You're going to need to work with your child on emotions throughout their entire childhood, including the teen years. It's important to continue to have ongoing conversations about how to handle emotions in a healthy way.

When your child makes a mistake, by breaking out of anger or by giving up when they are frustrated, consider it an opportunity to teach them how to do better next time. Look for teachable moments (and keep in mind there will be plenty of them) to help him find healthy ways to cope with feelings.

HERE ARE SOME OF THE WAYS YOU CAN HELP YOUR CHILD LEARN ABOUT AND EXPRESS THEIR FEELINGS:

- **TUNE INTO CUES** - Sometimes feelings can be hard to identify. Tune into your child's feelings by looking at their body language, listening to what they're saying and observing their behavior. Figuring out what they feel and why means you can help them identify, express and manage those feelings better.
- **BEHIND EVERY BEHAVIOR IS A FEELING** - Try to understand the meaning and feeling behind your child's behavior.
- **NAME THE FEELING** - Help your child name their feelings by giving them a label. Naming feelings is the first step in helping kids learn to identify them. It allows your child to develop an emotional vocabulary so they can talk about their feelings.
- **IDENTIFY FEELINGS IN OTHERS** - Provide lots of opportunities to identify feelings in others. You might ask your child to reflect on what someone else may be feeling. Cartoons or picture books are a great way to discuss feelings and help kids learn how to recognize other people's feelings through facial expressions.

- **BE A ROLE MODEL** - Kids learn about feelings and how to express them appropriately by watching others. Show your child how you're feeling about different situations and how you deal with those feelings.
- **ENCOURAGE WITH PRAISE** - Praise your child when they talk about their feelings or express them in an appropriate way. Not only does it show that feelings are normal and it's ok to talk about them, it reinforces the behavior so they are likely to repeat it.
- **LISTEN TO YOUR CHILD'S FEELINGS** - Stay present and resist the urge to make your child's bad feelings go away. Support your child to identify and express their feelings so they are heard. When feelings are minimized or dismissed, they will often be expressed in unhealthy ways.

SOMETIMES KIDS DON'T HAVE THE WORDS TO EXPRESS HOW THEY FEEL AND MAY ACT OUT THESE FEELINGS IN WAYS THAT ARE PROBLEMATIC.

Your child might hit or throw toys when angry or frustrated. They might have a hard time settling down after an exciting day. Use this as a learning opportunity to teach your child to express their feeling in a positive way. Teach your child to act on feelings by:

- Taking some deep breaths
- Asking for help or support
- Walking away and taking time out
- Finding a different way to do things
- Taking time to relax before trying again
- Trying to solve the problem with words
- Saying what they feel instead of acting it out
- Talking with a grown-up about what is happening
- Spending time with a loved one or asking for a hug or cuddle
- Describing what they are feeling reactions in their body



Congrats!

MEL ART SCHOLARSHIP WINNER

Celine Navasartian, the daughter of our beloved Melo Ayvazian, was given the opportunity to look through all of our contestants this year and she has officially chosen the winner.

THE WINNER IS....



KEVIN HARTOONIAN

EVENTS AT MODEST FLY

Modest Fly Art offers packages for a fun art-filled birthday party!

ARTFUL FUN PACKAGE

\$925/8-12 persons

(\$25 additional for each additional guest)

PACKAGE INCLUDES:

- 3 Hour duration
- \$50 Additional for each extra half hour
- 2-3 Art projects chosen and related to the theme of the event. All materials included (we do not provide food, drinks, cake, etc.)
- 2 Party Assistants to help during party & clean up
- 30 Minute set-up & clean-up after allotted party time
- Tablecloths, napkins, and utensils(your color choice)
- Cake ceremony (staff help to sing, cut, & serve cake)

PROJECTS:

(Choose 2-3. ALL projects will be planned in accordance with the theme of the party)

Spin Art Fun
Cupcake Decorating
Frame/Ornament Decorating
Slime Making
Paint a Canvas Pencil Bag
Paint a Canvas Tote Bag
Paint a Puzzle
Tile Painting
Mini Easel Painting
Clay Characters
Marble Papermaking
Canvas Panel Painting
T-shirt Painting
Tye-Dye Fun

PARTY ADD-ONS:

(\$150-300 for each add-on depending on availability)

Face Painter
Party Favors (8-12 bags)
Polaroid Picture Fun
(given to party host at the end of party)
Caricature Artist
Photographer

THEME ROOM DECORATIONS:

Helium balloons/ Balloon Banner
Paper goods, utensils, & napkins
Tablecloths
Painted Birthday Sign
(Design and Decoration Packages range from anywhere between \$800-\$1200)

Please give at least 2 weeks notice for any desired add-ons to your party