

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



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COUNT YOUR BLESSINGS

Sometimes, we forget to appreciate the good things in our lives because we often focus on what we lack rather than what we have. Our constant desire for more, whether it's time, convenience, wealth, or wisdom, creates a conflict with our gratitude. Yet, realizing our blessings can be as simple as understanding others' struggles. Many of us live in our own little worlds and may not fully grasp the extent of our prosperity compared to others. If you find it hard to count your blessings, think about the ease of nourishing yourself, taking care of your family, moving around, and doing daily tasks. Activities we take for granted, like education, healthy food, commuting, or maintaining a clean home, can be significant challenges for many. Trying to live without these usual comforts, even for a short time, can be eye-opening. The compassion and gratitude that arise from this experience may bring a twinge of guilt, but remember, the goal is to open your heart to more gratitude and compassion. Embrace this awareness and allow it to deepen your gratitude, helping you appreciate your life with newfound grace. Remember, the more we appreciate, the richer our lives become.



NON PROFIT WORK IN *Vanadzor, Armenia*

• 2023 RECAP •



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 Shakhnzaryan, Nellie Gregorian, Lilit Avetisyan, Ani Gallaher, Nellie Markari.



NEW YEAR, NEW MINDSET



If you learn to master your mindset, you hold the keys to the castle. Said differently, changing the way you think can be the key to getting the results you want in your life.

Too often, what holds us back, from our goals and dreams, is us...our negative thoughts, our self-limiting beliefs and our fragile mindsets. Yet, when you work on your mindset, everything changes for the better.

Here are 8 powerful mindset hacks that will change your life -- and may very well rock your world:

1) Your thoughts shape your life.

Everything starts with a thought, which impacts your feelings, actions, and ultimately, your results. If you're not happy with the results in your life, you have the power to change everything simply by changing your thoughts.

2) Identify your thoughts. Are your thoughts negative or positive? Do they support the results you want in life?

3) You can't change the past. What's done is done. Accept that you can't change events of the past (although you can learn from them) and stop wondering "what if".

4) Worry is a waste of time. Worrying is one of the most useless, wasteful emotions we can experience, yet it is one of the most common. If we learn to let go of this emotion, our lives will be so much easier.

5) Embrace what you can control. Focus on the areas of life that are within your control - the things that you can affect and have power over changing.

6) People vs your mindset. Be mindful of the people you surround yourself with. Keep your distance from people who bring you down, such energy out of you, make you feel bad or don't serve you any value.

7) Ask questions. Ask questions that support the results you want in your life. How can you feel happier? How can you achieve your goal? What can you do today to move forward?

8) Enjoy the ride. Once you get to a milestone, another one appears...and then another...and another. We tend to keep moving our eyes forward, never fully allowing ourselves to enjoy the process and celebrate key victories along the way. Enjoy the ride; it's all about the process.

SOURCE: WWW.CHANGEITUP.COM

Annual Art Gala

• 2023 RECAP •



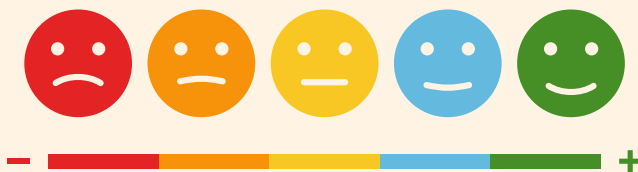
We had a great time with our students, parents, and supporters. The students were excited and the night was inspiring for everyone!

HANDMADE FOOD SCULPTURES



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



FEATURED ARTISTS

Untitled Square

Where artistry meets practicality in a series of whimsical designs and vidi hues.

Each piece is lovingly crafted, infused with our unique experiences, and designed to be a testament to the beauty of everyday. At Untitled Square we strive to bring our passion for art to your home.



Our studio was founded in 2020...while the world shut down, we went to work! We are a transnational duo, classically trained fine artists from different corners of the world. We both spent our artistic careers as painters; creating, exhibiting, and teaching Art. We still continue to paint, but found a deep love for clay and the beauty in working with malleable raw materials. With clay we get to play again, learn again, and create differently than we ever have before.





Our Art has always been inspired by the harmony of human impermanence as it relates to behavior, the vibrant colors of cultures and tradition, and storytelling. These concepts are the lens with which we create our ceramic pieces. We derive strength from the richness of our unique perspectives and our diverse experiences and we take pride in connection each piece forges between us as artists and you as the customer.

We invited you to explore our collection and let our ceramics become a part of your daily story.

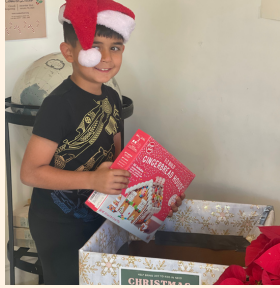




MODEST FLY ANNUAL

• 2023 •

Holiday Toy Drive



MODEST FLY ANNUAL

• 2023 •

Holiday Card Contest



WINNER



FINALISTS



BE YOUR BEST PRODUCTIVE SELF

*When times tight and there's lots to do, how can you get the most out of your day?
Establishing good routines will help you stay in the productivity zone.*

1 GET ADEQUATE REST AND SLEEP

How do you feel and function after a bad night's sleep? It's difficult to give 100 percent of yourself to a task in hand if you're thinking about how tired you are. Sleep is vital for brain function, and that includes cognition, concentration, productivity, and performance. A lack of sleep can hinder all these as well as having a negative impact on both memory and problem-solving skills. Research has also shown that sleep deprivation can lead to consuming an increased number of calories from high-fat and high-sugar food sources the next day - because the brain is literally craving energy. Willpower can also be compromised and there could be a drop in motivation to plow through your to-do list.

To ensure both brain and body are adequately rested to function optimally (and to maintain a healthy weight) an adult requires seven to eight hours sleep a night, ideally without any waking-up points. You should try to go to bed and wake up at similar hours during the week - for example, going to bed at 10 p.m. and waking up at 6 a.m.

A habit of getting enough sleep and adequate rest should mean you'll be more focused during the day and consequently more productive.

2 ESTABLISH A MORNING ROUTINE

Being your best productive self is all about creating good habits, and the less thinking you have to do in the morning, the easier it will be to get going and start your day. One way to achieve this is to establish a morning routine. It might seem effort-driven to begin with but before long it will become just what you do when you wake up, so try these for starters:

Get up and out of bed: When your alarm goes off, it may be tempting to hit the snooze button, but lingering in bed can make you feel worse. One thing that can help is to turn on the light as soon as the alarm sounds. Light in the morning increases alertness and causes melatonin (a hormone associated with the sleep-wake cycle) to drop. Exposure to natural daylight also means you'll feel less drowsy and more motivated.

Work out: Being active is great at any time of day but there is another potential benefit to working out as part of your routine in the morning: you may be more likely to do it consistently, because you're less likely to be distracted or delayed by daily chores. It's much easier to skip an evening workout because of a late meeting or delayed train than it is to find a reason not to work out in the morning. A physical workout early in the day also gets the digestive system up and running when you need it.

Refuel: Eating a healthy breakfast can help set your good intentions for the day and will mean you're less likely to reach for a cookie come 10 a.m. To make sure your breakfast is balanced, aim to include a protein source, such as yogurt, milk, or eggs, a fruit or vegetable source, say, banana on oatmeal or spinach in a smoothie, and a slow-release carbohydrate source such as oats or wholegrain toast.



Practice gratitude: A simple tip to help you stay positive and in the right mindset to achieve your daily goals is to acknowledge what you're grateful for already. A gratitude journal, which can take just five minutes a day to complete, could be the way to a more positive and happier life. It could also help you to sleep better. Most journals involve start-of-the-day notes such as "What am I grateful for?" and "What would make the day great?" At the end of the evening these might become "The amazing things that have happened" and "How could I have made the day even better?"

If you work on your morning routine and focus on the positive things that are happening in your life right now, it will help make you more productive in the early hours of your day.

3 STAY HYDRATED

Maintaining adequate hydration levels - in other words, drinking enough fluid - helps the body to maintain vital functions, including regulating body temperature, keeping joints lubricated, preventing infection, keeping organs functioning properly, and delivering nutrients to cells. It also helps keep the brain working at peak capacity. A lack of fluid, or dehydration, can lead to headaches that may distract you from your daily tasks and compromise physical jobs. One physical sign that your fluid levels are adequate is your urine will be pale straw in color. Aim for at least eight glasses of fluid a day, though more will be needed if you're exercising or the weather's warm. The more you sweat, the more fluid you need.

Keep a water bottle with you to encourage you to drink more and don't forget about herbal teas for variety and flavor. Regular teas and coffees also count toward your fluid intake, as do milk, soups, and smoothies.

