

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



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Editor's Note

As we reflect on this past year, our hearts are full of gratitude. 2025 has been a year of growth, courage, and connection for Modest Fly Art. Together with our students, families, educators, and community partners, we witnessed the healing power of creativity come to life in classrooms and shared spaces. Every brushstroke, every story told through art, and every moment of discovery reminded us why this work matters. We are deeply thankful for all who believed in our mission and walked beside us as we expanded our programs and impact.

Looking ahead to 2026, we carry that same spirit forward with renewed hope and purpose. The year to come is about deepening roots, building meaningful partnerships, and continuing to create spaces where art nurtures confidence, expression, and belonging. We envision a future where even more children and communities experience the transformative power of the arts—where creativity becomes a bridge to healing, connection, and possibility.

As we turn the page, we do so with gratitude for what has been and excitement for what's to come. Thank you for being part of this journey. Your support, trust, and shared belief in the power of art inspire us to keep dreaming bigger and reaching further. Together, we will continue to grow, create, and make a difference—one heart, one student, and one work of art at a time.

WITH OUR STAFF





CHRISTMAS TOY DRIVE

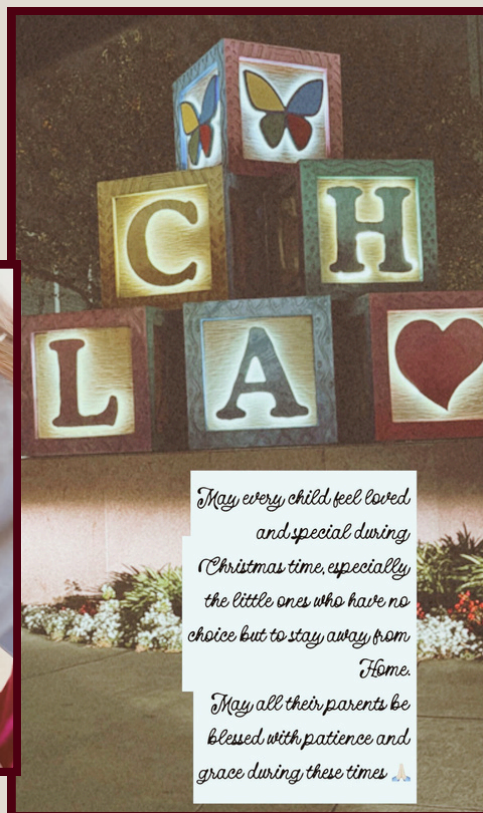
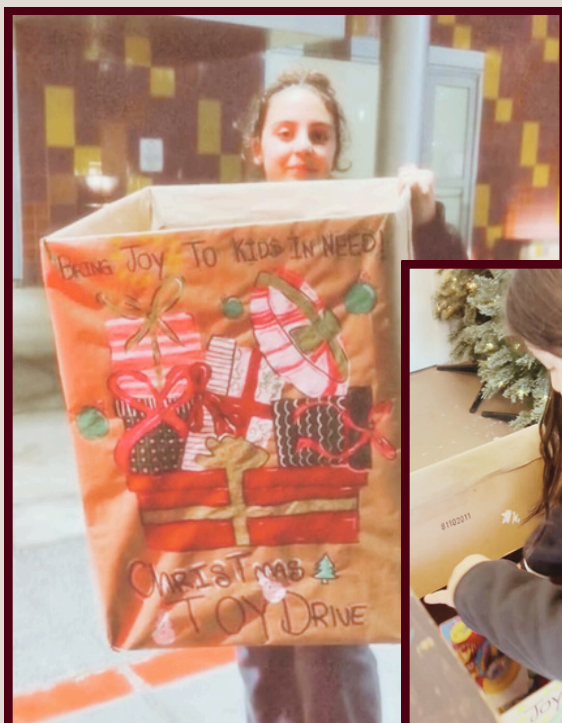
Bring your donations before Christmas!



Thank you to everyone who donated toys and helped make our holiday toy drive so special. Your generosity brought comfort, joy, and bright smiles to children spending their Christmas in the hospital.

Each gift was more than just a toy—it was a reminder that they are cared for, thought of, and surrounded by kindness.

We are so grateful to be part of a community that shares so much love!

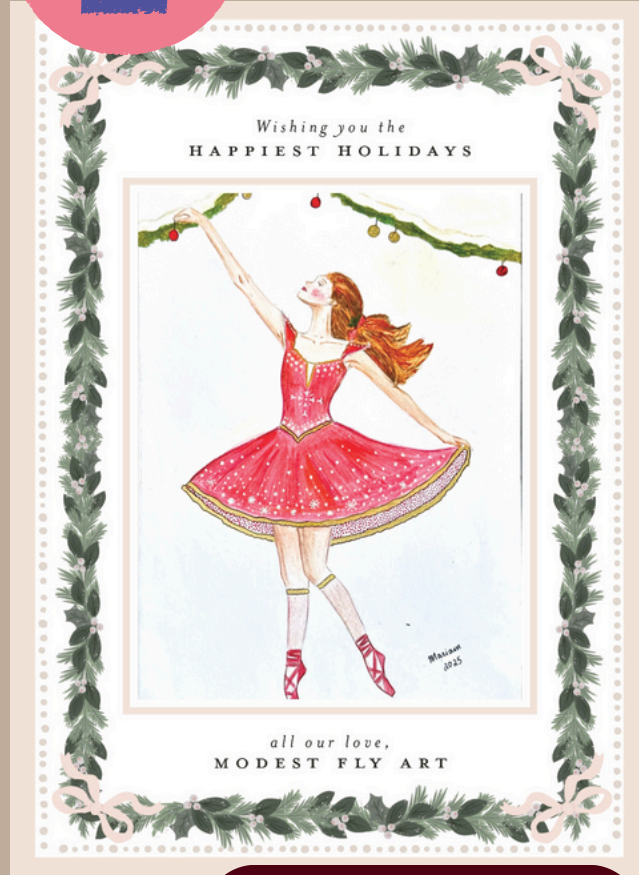


*May every child feel loved
and special during
Christmas time, especially
the little ones who have no
choice but to stay away from
Home.
May all their parents be
blessed with patience and
grace during these times 🙏*

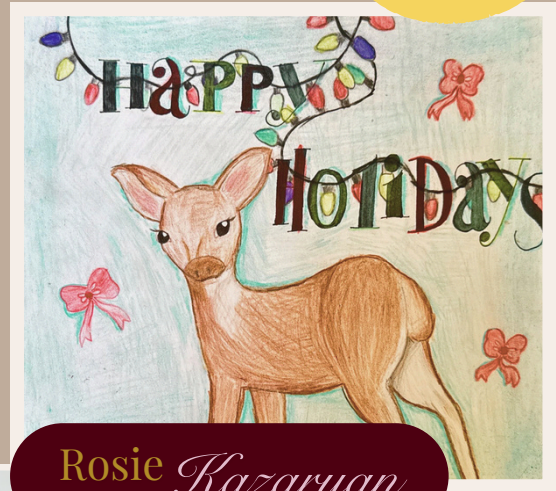
HOLIDAY CARD

Contest Winners

1



Mariam Ismailyan



Rosie Kazaryan



3

These young artists filled the season with creativity, color, and spirit. We're so proud to celebrate our winners and runner-ups!



Sophia Akopyan



HOLIDAY CARD *Runner Ups*



Nellie Gregorian



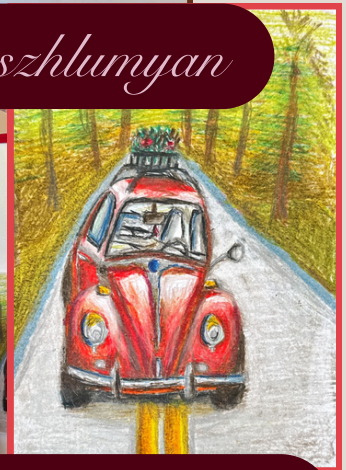
Maria Babayan



Edyn Joseph



Karapet Meszhumyan



Chloe Gregorian



Aliss Martinez



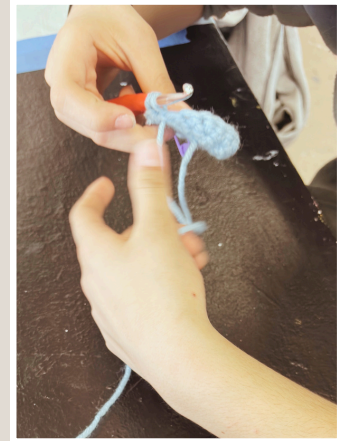
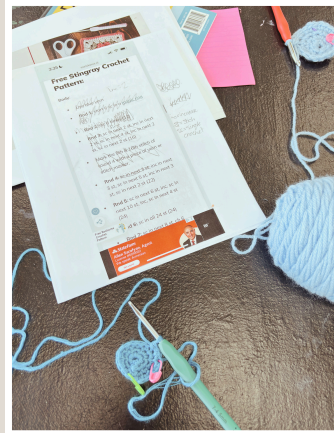
Milla Sardyan



Introducing our new...



CROCHET



In this class, students learn how to use yarn and a hook to create handmade pieces like scarves, small plushies, and decorative items. Crochet builds focus, patience, and confidence while offering a calming, hands-on way to create something from start to finish.



POTTERY



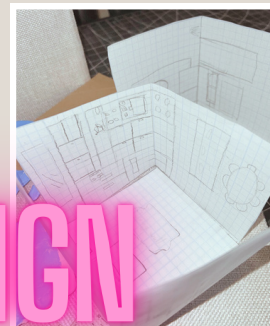
Students explore working with clay through hand-building techniques such as pinching, coiling, and slab work. Pottery encourages creativity, sensory exploration, and problem-solving as students shape functional and sculptural pieces.

creative MEDIUMS



EMBROIDERY

This class introduces stitching as a form of drawing with thread. Students learn basic embroidery stitches to create designs, patterns, and images on fabric while developing focus, creativity, and fine motor skills.



3D/INTERIOR DESIGN

Students learn to think and create in three dimensions through modeling, building, and design projects. This class supports spatial thinking, experimentation, and creative problem-solving while bringing ideas to life.

COLOR THERAPY



OFTEN, THE COLORS WE LIKE BEST ARE THE COLORS
WE MOST NEED IN OUR LIVES, PROVIDING US WITH
SUBTLE VIBRATIONAL HELP.

The wondrous displays of color that define the world around us are manifestations of light, and as such, each possesses a unique frequency. The attraction we feel to certain colors is not a matter of chance — we experience the beneficial effects of color even while blindfolded. We are naturally drawn to those colors that lift our mood, expand consciousness, and restore health. Color therapy, also known as chromotherapy, enables us to harness the power of individual color frequencies to heal the body, positively influence our emotions, and achieve a renewed sense of inner harmony through sympathetic resonance.

It is easy to overlook the colors that saturate our personal and professional environments. Yet these, whether in the form of the paint on our walls or the clothing we wear, can influence our thoughts, behaviors, and feelings to an extraordinary degree. The colors we like best are often those that we need most in our lives, and there are many ways we can utilize them. Basking under a colored lightbulb or gazing at an area of color can stimulate or calm us, depending on the color we choose. For example, red stimulates the brain, our circulatory systems, and the first chakra, giving us an energy boost, while blue acts on the throat chakra, soothing the body and mind. And when we do not feel drawn to any one color, we can still benefit from the healing effects of white light, which is an amalgamation of all the colors of the visible spectrum. It is a cleansing color, one that can purify us on many levels.

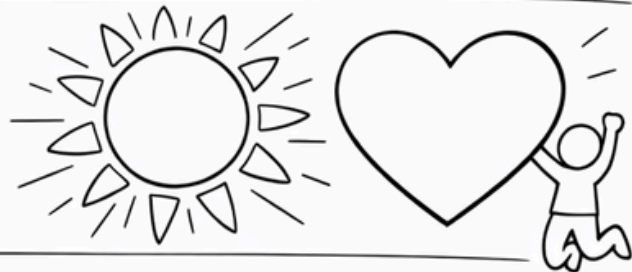
Human beings evolved to delight in vivid sunsets and rainbows, to enjoy the sensations awakened by a particularly eye-catching color, and to decorate our spaces and ourselves with bright colors. In essence, we evolved to love the light because of its harmonizing influence on every aspect of us. When we pay attention to the potential effects of individual colors, we can modify our spaces, wardrobes, and habits to ensure that we introduce the colors that speak to us most deeply in our everyday lives.

Color Your World

Colors can help our mind and body feel better! Read and color the pictures.

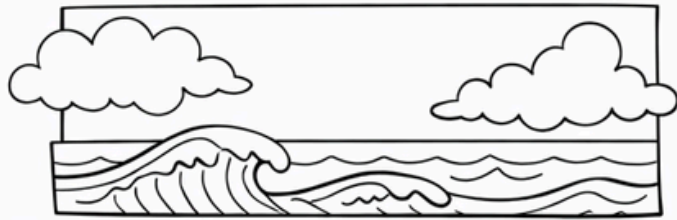
1. Red - Energy & Strength

Color the sun and the heart red!



2. Blue - Calm & Clarity

Color the ocean and sky blue!



3. Yellow - Happiness & Focus

Color the flowers and lightbulb yellow!



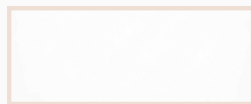
4. Green - Healing & Balance

Color the leaves and tree green!



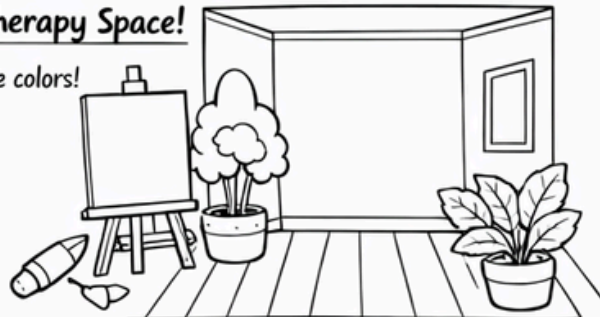
5. White - Purity & Renewal

Color the rainbow and leave some areas white!



Bonus Challenge! Create Your Own Color Therapy Space!

Draw a room, outfit, or magical garden with your favorite colors!



— What colors make you feel happy and strong? —



Our enrichment program offers three unique art clubs designed to inspire creativity, build confidence, and support growth at every age and skill level. Whether students are learning the basics, exploring hands-on materials, or expressing emotions through art, there's a space for everyone to create and thrive.

10% GOES BACK TO YOUR SCHOOL!

ALL ENROLLMENT DONE ONLINE!

Fine Art Club

Fine Art Club welcomes artists of all ages and experience levels. This class teaches essential art fundamentals while nurturing creativity and confidence in a supportive setting.



Creative 3D Art Club

This hands-on class invites students of all ages to explore sculpture, slime, clay, glitter art, mosaics, and 3D papier-mâché. Through sensory, tactile projects, students build creativity, fine motor skills, and self-expression.



Expressive Art Club

Designed as a calm, supportive space, this class blends art-making with mindfulness and emotional learning. Students explore different art mediums while building confidence and healthy emotional expression.



Meet your Art Teacher!

All About Me!



Name: **Ms. Larisa**

Favorite place: **Italy**

Favorite artist: **Vincent van Gogh**

Favorite thing: **Giraffe**



Welcome
To Our
3D
ART
CLASS!!



Meet Your Art Teacher!!



Name: **Ms. Victoria**

Favorite place: **Beach**

Favorite artist: **Georgia O Keeffe**

Favorite thing: **Rose Lily Flower**



Year in Review

2025

PROGRAM GROWTH & IMPACT:

In 2025, we achieved significant growth by successfully implementing our Art Therapy, Fine Arts, and Enrichment Program within school settings. Our programs were integrated into schools such as Delevan Elementary School and Odyssey Charter School, allowing us to reach students where they learn and grow daily. This expansion strengthened our mission to make healing, creativity, and enrichment accessible to diverse communities.

CREATIVE EXPANSION:

This year marked an important evolution in our artistic offerings. We incorporated new mediums across all programs, not limited to studio classes. Participants explored crochet, embroidery, pottery, mosaic, 3D art, and more. This expansion encouraged experimentation, inclusivity, and deeper creative engagement for students of all ages.

FOUNDATION FOR THE FUTURE:

Through these efforts, 2025 became a year of strengthening our foundation. We refined our curriculum, expanded partnerships, and reinforced our commitment to using art as a tool for healing, expression, and personal growth.

The Year Ahead

2026

DEEPENING SCHOOL & COMMUNITY PARTNERSHIPS:

In 2026, we look forward to expanding our presence in schools and community spaces by nurturing meaningful, long term partnerships. With a focus on sustainability, consistency, and genuine connection, we aim to deepen the impact of our Art Therapy, Fine Arts, and Enrichment Programs. Building on the momentum of 2025, we hope to reach five times as many schools, bringing creative healing and enrichment to even more students and communities.

PROGRAM DEVELOPMENT & INNOVATION:

In 2026, we plan to continue evolving our curriculum by introducing new techniques, interdisciplinary projects, and advanced creative pathways. By responding to the needs of our participants, we will ensure our programs remain engaging, therapeutic, and accessible. In addition, we will be hosting a collaborative community event that brings together a diverse group of artists, practitioners, organizations, and creative partners. This event will serve as a celebration of collaboration, creativity, and collective impact, uniting multiple disciplines to create a meaningful and inspiring experience for our community.

VISION & SUSTAINABILITY:

The year ahead is centered on growth with intention. Our goals include strengthening organizational infrastructure, increasing outreach, and securing resources that allow us to serve more individuals, while maintaining the quality and heart of our work. 2026 will be about building on what we have created, expanding thoughtfully, leading with purpose, and continuing to use art as a catalyst for healing and transformation.

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