

THE JOURNAL

Nineteenth Quarterly Newsletter



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What We Built Together

As we reflect on the MFA Wellness Expo, our hearts are filled with gratitude. What began as a vision to bring together wellness, creativity, and community became something far more meaningful than we could have imagined.

Throughout the day, we watched people connect in ways that reminded us why Modest Fly Art exists. We saw artists sharing their talents, wellness professionals offering hope and encouragement, local businesses building new relationships, families creating together, and complete strangers leaving as friends. Every conversation, every smile, and every shared experience helped create an atmosphere that was welcoming, inspiring, and full of heart.

In a world that often moves too fast, the Expo reminded us of the importance of slowing down, investing in one another, and celebrating the incredible resources that exist within our own community.

This event would not have been possible without the dedication of our **employees, board members, volunteers, sponsors, speakers, vendors, and community partners**. Your generosity, passion, and belief in our mission transformed an idea into a truly unforgettable experience. We are deeply grateful to every person who gave their time, talents, and energy to make this event possible.

Most importantly, thank you to everyone who attended. Your presence is what brought this vision to life. Whether you discovered a new wellness resource, met someone who inspired you, supported a local business, or simply enjoyed being surrounded by community, you became part of something special.

The MFA Wellness Expo was never meant to be just one day—it is the beginning of a growing movement to make creativity, wellness, and connection more accessible to everyone. We are excited to continue building opportunities that bring people together, strengthen our community, and remind us all that healing often begins through human connection.

From all of us at Modest Fly Art, thank you for believing in this vision and for helping us build something bigger than an event. Together, we are creating a healthier, more compassionate, and more connected community, and we can't wait to see where this journey takes us next.



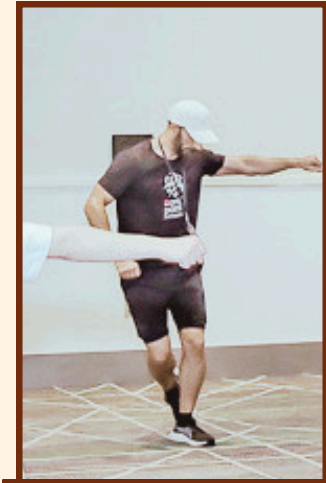
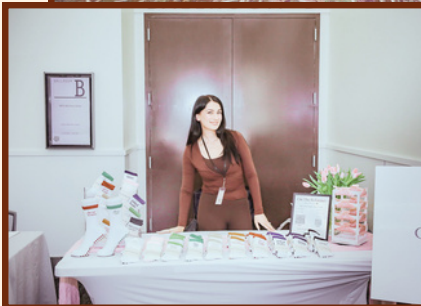


Movement Room

At the Wellness Expo, the Movement Room offered a peaceful retreat from the energy of the convention floor—a thoughtfully designed space where attendees could slow down, reconnect, and simply be present.

Through gentle movement, mindful practices, and a calming atmosphere, guests were invited to step away from the noise of everyday life and tune into their bodies. Soft lighting, intentional design, and a welcoming environment created a sense of ease, encouraging moments of reflection, restoration, and balance.

More than just a physical space, the Movement Room embodied the expo's commitment to holistic well-being, reminding visitors that wellness isn't only about doing more... it's also about creating space to pause, breathe, and reconnect with yourself.





Panel Speakers

Our panel discussions brought together a dynamic group of speakers who shared their knowledge, experiences, and unique perspectives on wellness, creativity, mindfulness, and personal growth.

Through engaging conversations and thoughtful storytelling, attendees were invited to explore new ideas, gain valuable insights, and connect with topics that resonated on both a personal and professional level. Each session encouraged meaningful dialogue, inspiring guests to reflect on their own journeys while learning from the experiences of others.

More than a series of talks, the panels created a space for connection, education, and inspiration—leaving attendees with fresh perspectives, practical takeaways, and a deeper sense of community.





MFA 'IN BALANCE'

Pause. Reset. Reconnect Through Art

What Is 'In Balance'?

'In Balance' is a creative wellness program designed for workplaces, schools, and families to intentionally pause, reset, and reconnect through art.

Through guided sessions held once or twice a month, participants are given the tools to paint, create, and express themselves in a way that supports both mental and emotional well-being.

How It Works

In Balance sessions are held once or twice per month and are led by a Modest Fly Art facilitator.

All materials and guided prompts are provided.
No experience is necessary.

Each program is customized to fit your group's goals, schedule, and environment. The program blends creativity, mindfulness, and community. We create a safe, judgment-free space where participants can explore freely—without pressure or expectations.

The goal isn't perfection. It's presence.

Why It Matters

In fast-paced environments, people rarely take time to slow down and check in with themselves. In Balance creates that space.

Through consistent creative practice, participants can:

- Release stress and tension
 - Improve focus and clarity
 - Express emotions in a healthy way
 - Feel more grounded and present
 - Strengthen connection with others
- Even one session a month can make a lasting impact.

Bring 'In Balance' To Your Space

Whether you're supporting a team, a classroom, or your family, In Balance offers a simple and powerful way to prioritize wellness through creativity. Let's create space for balance - together.

‘In Balance’ for Educators

Students today navigate increasing academic demands, social pressures, and constant stimulation. Finding opportunities to slow down and process emotions can be difficult within the school day.

In Balance provides a supportive creative outlet where students can step away from these pressures and engage in meaningful self-expression through art. Through guided painting experiences and reflective prompts, students are encouraged to explore their creativity while developing confidence, focus, and emotional awareness.

Our workshops can be incorporated into the school day or offered as part of an after-school enrichment program. Each session is designed to create a positive and welcoming environment where students feel comfortable expressing themselves without judgment.

By providing students with dedicated time to create, schools can support emotional well-being while fostering a more balanced learning experience.

‘In Balance’ for Families

In today's busy world, quality family time often competes with work schedules, school responsibilities, extracurricular activities, and digital distractions.

In Balance offers families an opportunity to slow down and reconnect through shared creative experiences. Parents, caregivers, and children create together in a relaxed environment that encourages conversation, collaboration, and meaningful interaction.

These sessions are designed to strengthen relationships through simple, engaging art projects that focus on the experience of creating together rather than achieving a perfect result. Families leave not only with artwork, but with shared memories and moments of connection that can extend beyond the session itself.

In Balance helps create intentional time for families to be present with one another while nurturing creativity, communication, and togetherness.

‘In Balance’ for the Workplace

The demands of today's workplace can often leave employees feeling overwhelmed, mentally fatigued, and disconnected from opportunities for self-care.

In Balance provides organizations with a creative wellness experience that allows employees to step away from daily responsibilities and focus on personal well-being. Through guided art sessions, participants are encouraged to slow down, engage their creativity, and take a meaningful break from workplace stress.

These sessions can serve as part of employee wellness initiatives, team-building opportunities, staff appreciation events, or professional development programs focused on well-being.

By creating space for creativity and reflection, employees are able to return to their work feeling more refreshed, grounded, and connected. The experience also encourages team engagement by bringing colleagues together in a positive, low-pressure environment that promotes wellness and morale.

One Program. Three Communities. Endless Opportunities for Connection.

Whether in a classroom, around a family table, or within the workplace, In Balance creates intentional space for creativity, reflection, and well-being through the power of art.

What Art Reveals About the Human Mind



For decades, scientists have studied how the brain processes information, solves problems, and forms memories. Increasingly, researchers are discovering that art offers a unique window into many of those same processes.

Art is more than decoration or entertainment. Whether we're creating it or simply experiencing it, art engages networks in the brain linked to emotion, attention, memory, imagination, and meaning-making. Researchers are using artistic experiences to better understand how people perceive the world differently and why the same work can evoke vastly different responses from different viewers.

One emerging area of research explores what some scientists call the "beholder's share"—the idea that every person brings their own experiences, memories, and perspectives to a work of art. In this sense, art becomes a powerful tool for studying subjective experience, something that has traditionally been difficult to measure in psychology and neuroscience.

Studies also suggest that artistic expression can help people engage with complex or uncomfortable emotions. Rather than avoiding difficult topics, viewers may be more willing to explore them when presented through an artistic lens. As one line of research suggests, art can make challenging subjects feel more approachable without diminishing their importance.

The growing intersection of neuroscience and the arts is changing how researchers think about creativity, mental health, and human experience. As scientists continue to study the brain, art is proving to be more than an object of study—it is becoming a research tool in its own right, helping us better understand how we think, feel, and connect with the world around us.

How Creativity Makes My Brain Grow

Part 1: What Happens in My Brain When I Create?

When we make art, many parts of the brain work together!
Draw a line matching the brain skill to what it helps you do:

Focus
Memory
Creativity
Problem Solving
Emotions

Remember Important Things
Pay attention to my Artwork
Come up with New Ideas
Express how I feel
Figure Out What to do Next

Part 2: Color Your Brain

Imagine your brain lighting up while you create art.
Color the brain below and show which areas feel active when you make art.

Yellow = Creativity
Blue = Focus
Green = Calmness
Red = Emotions
Purple = Imagination



Part 3: How Do I feel Before and After Art?

Before Creating Art (circle one answer)

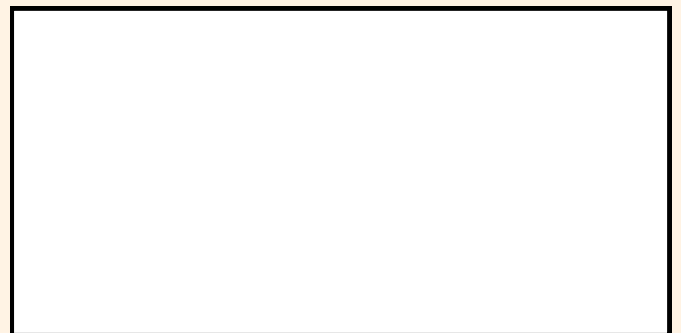
Happy
Okay
Neutral
Worried
Stressed

After Creating Art (circle one answer)

Happy
Calm
Relaxed
Confident
Inspired

Part 4: Draw Your Feelings

Create a small drawing that shows how you feel today.
Use colors, shapes, and lines to express your emotions.



Part 5: Brain Reflection

Did art help you today?

- ☐ I felt calmer
- ☐ I felt happier
- ☐ I learned something new
- ☐ I focused better
- ☐ I expressed my feelings
- ☐ I connected with others

One Thing I Discovered about Myself Today

Build-A-Scoop Ice Cream Collage

Mixed Media Art Project | Ages 4-7

Create a giant ice cream cone with several scoops stacked high. Each scoop becomes a silly, imaginative flavor that they invent themselves. The project combines painting, collage, drawing, and texture to create a colorful mixed-media masterpiece.



Materials

- White cardstock or heavy paper
- Construction paper (various colors)
- Watercolor or tempera paint
- Paintbrushes
- Tissue paper
- Pom-poms
- Stickers
- Markers or crayons
- Glue sticks
- Child-safe scissors

Instructions

1. Paint a colorful summer background and let it dry.
2. Cut out a large ice cream cone and glue it onto the paper.
3. Cut out 3-5 ice cream scoop shapes from construction paper and stack them on top of the cone.
4. Decorate each scoop with tissue paper, pom-poms, stickers, and drawings to create fun flavors and toppings.
5. Add details with markers or crayons, such as sprinkles, cherries, faces, or other imaginative decorations.
6. Give your ice cream creation a unique flavor name and display your artwork!

My Summer Adventure Map

Mixed Media Art Project | Ages 8+

Summer is a time for adventure, exploration, and making memories. In this project, you'll create your very own Summer Adventure Map - a colorful guide to places you'd love to visit, things you'd like to do, and experiences you hope to have this season.

Your map can be realistic, imaginary, or a combination of both.

There are no rules, just let your imagination lead the way!

Materials

- Paper
- Paint or watercolor
- Markers
- Scrap paper or magazine cutouts
- Glue

Instructions

1. Create a colorful summer background.
2. Draw a path or route across your paper.
3. Add destinations along the way, such as beaches, parks, forests, amusement parks, or imaginary worlds.
4. Use mixed media materials to decorate each location.
5. Draw yourself on the map and begin your adventure!



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At Modest Fly Art, our newsletters are a way to stay connected with our community, sharing the creativity, growth, and meaningful moments happening within our space. They allow us to highlight our students, celebrate their artistic journeys, and keep families and supporters inspired and informed about all that we're building together.