

# THE JOURNAL

*Modest Fly Art Studio Gallery Quarterly Newsletter*



## TABLE OF CONTENTS

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### **THE ART OF TEACHING**

**WINNER OF THE  
MEL ART SCHOLARSHIP:  
LILIT AVETISYAN**

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**THE ART OF BALANCING  
CREATIVITY AND  
CONSUMPTION**

**SUMMER ART ACTIVITIES**

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**MOBILE ART CLASSES**

**MY TOP BOOKS**

**EVENTS AT MODEST FLY**

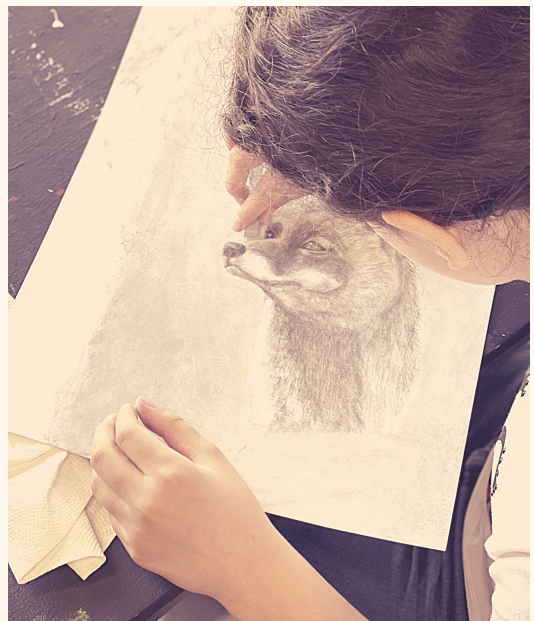
## **The ART of Teaching**

Teaching is a way of being. For us art teachers, it is a way of life. As teachers, we always need to be aware of the fact that every word, phrase, idea, and gesture will make a difference in our student's lives. We also must be aware that we are always learning from our students and from hearing ourselves teach. Even though, at times, we are learning more from teaching our students. Those are the reasons why there is an art to teaching.

At Modest Fly, we are training teachers how to teach and students how to learn. We are giving our older students the opportunity to volunteer as staff to help them get a broader view of how they can apply their skills and create a difference in the classroom. Each and every student is offered the same teaching approach of our curriculum as any other, regardless of their faith, income, and social status.

## THE ART OF TEACHING CONTINUED...

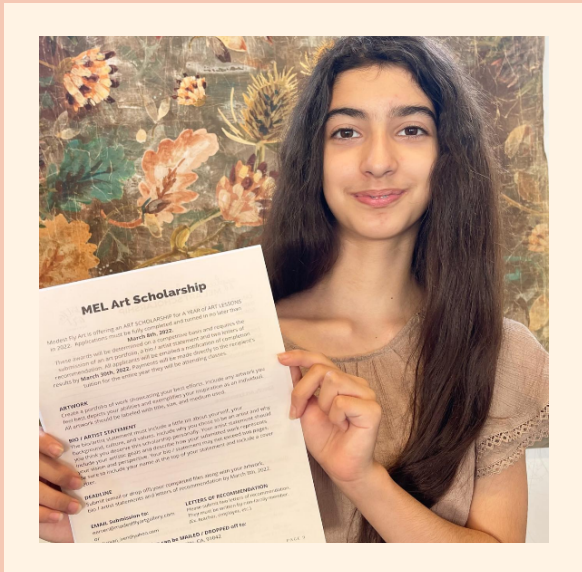
Asking our students, "why?" "how?" and "what if?" helps them achieve a deeper understanding of the subject. President Kate Walsh, president of the National Council on Teacher Quality, states that, "There is a certain artistry to delivering instruction, the quality that makes people great teachers is hard to put your finger on, but you know it when you see it. Somebody you like to listen to, somebody shows or sparks great interest in the topic at hand, somebody who doesn't make you discouraged, who makes you feel like you can grasp what's being taught." At Modest Fly Art, we are always encouraging our instructors to grasp this art of teaching as they experience each individual student's abilities and make decisions based on their knowledge, interests, and hobbies.



# Winner of the MEL Art Scholarship Lilit Avetisyan



"My name is Lilit Avetisyan, my parents were born in Armenia but we then decided to move to the US. Me and my sister Ellen were born here. When I was younger i loved drawing. I would want to draw something new everyday. Art allows me to express my emotions and to share my imagination with other people. I always use the skill of art, unlike many things I can always experiment with art, I also show my feelings through art, I also show my feelings through art and how I feel about different things." - Lilit Avetisyan



## THE ART OF BALANCING CREATIVITY AND CONSUMPTION:

### 1. People don't understand their capacity to be a channel for creativity

We need to manage our lives well so that we have the capacity to process creative ideas and bring them to fruition.

#### What you can do instead:

- Keep open spaces in your schedule.
- Keep your energy and time well managed.
- Take care of your relationships.
- Set aside regular time to dedicate to a project.

### 2. Creating is Risky

Our ego goes overboard to protect us from the 'danger' of taking risks. And to our ego's eyes, a creative endeavor is very risky.

#### What you can do instead:

- Create art for yourself only!
- Deliberately make secret art that no one will ever see.
- Use meditation as a tool to manage the resistance that comes during the creative process.

### 3. People lose sight of their own value

People consume to elevate their self-worth, thinking that in order to be worthy they need to add more value to themselves. However, a person's value lies in simply being a human being.

#### What you can do instead:

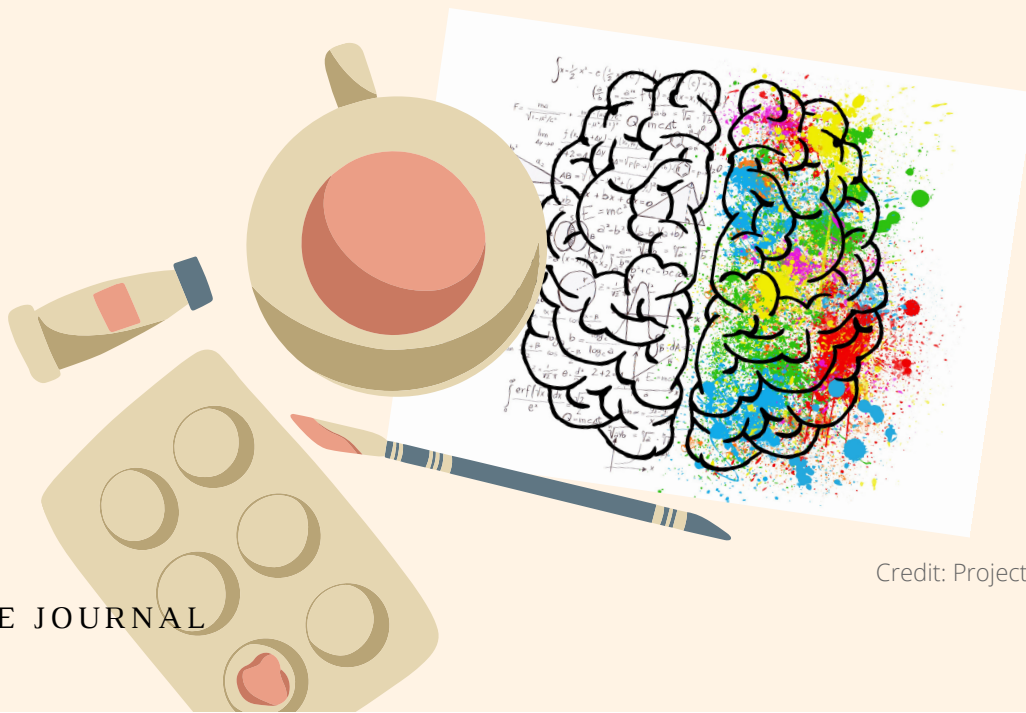
- Start doing affirmations.
- Help others.
- Write a list of 30 ways you are proud of yourself.

### 4. We feel that we don't have ideas and that we're not creative

Nothing could be further from the truth - we are creativity in and of itself! Creativity is literally the primal force driving everything in this universe. Yet overconsuming dulls our creative spark.

#### What you can do instead:

- Plan a retreat day full of activities.
- Observe your surroundings and note how creative life is



Credit: Project Calm by Dariana Moreira

## 5. Consuming is the easiest way to temporarily numb deep wounds.

We resist discomfort and pain so much that we go through life ignoring major issues, and pretending nothing hurts by distracting ourselves with fleeting moments of consumption.

### What you can do instead:

- Consider therapy or consulting an alternative healing practitioner.
- Journal your thoughts.
- Start a creative practice with a friend or group.

## 6. We are coded to look for pleasure and instant satisfaction

We get trapped in a dopamine loop of searching, getting, and desiring again. Whether its shopping or social media likes, we always want more. This is also why watching Netflix beats the discomfort of working on a creative project.

### What you can do instead:

- Turn off your phone notifications.
- Designate creative alternatives for when you catch yourself in the loop.
- Find a new hobby

## Conclusion:

Consuming more than creating can make us lose touch with our real selves, feel unwell, make us prisoners of other peoples' opinions, have addictive behaviors, struggle with indecisiveness, feel disconnected, and become inauthentic. The creative force is the glue that holds a meaningful life together, allowing us to connect with our intuition, which in turn guides us to a higher version of ourselves through our soul's expansion.



# SUMMER ACTIVITIES

## Tie Dye

1. Prep the materials. Before you tie dye, you need to prewash the garments. ...
2. Mix your dyes. Pre-soak your garment, if necessary. ...
3. Fold and tie your garment. There are so many ways to fold and tie your fabric. ...
4. Apply the dye. ...
5. Let the dye set. ...
6. Rinse, wash, and wear your garment.



## Lava Lamp Experiment

### Materials

- A clear container (preferably with a lid but can be done without one)
- Water
- Oil (i.e. vegetable, baby, etc.)
- Food Coloring
- Alka-Seltzer Tablet or alternative including:
  - Mixture of baking soda and citric acid
  - Baking Soda and Vinegar
  - Table Salt



1. Prep the materials. Fill the container 1/3 of the way with water
2. Fill the rest container most of the way with vegetable oil. The oil will stay on top of the water
3. Add a few drops of food coloring; your choice of color. The food coloring is water-based, so it will also sink and color the water.
4. Break an alka-seltzer tablet into a few small pieces and drop them in the flask one at a time.
5. Watch your lava lamp erupt into activity! As the reaction slows down, simply add more alka-seltzer.
6. If you used a lidded container, make sure to leave the lid off while the reaction is taking place. Once all of the alka-seltzer is dissolved, you can close the lid and keep your lava lamp to reactivate later (add more alka-seltzer whenever you want to reactivate the bubbles)
7. Be sure to properly dispose of your lava lamp as you would any cooking oil.



art  
classes

@HOME

## MY TOP BOOKS

**Power of Now by Eckhart Tolle**

**Seat of the Soul by Gary Zukav**

**Think Like a Monk by Jay Shetty**

**The Alchemist by Paulo Coelho**

**The Emotionally Intelligent Leader  
by Daniel Goleman**



# Events at Modest Fly Art

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

## **ARTFUL FUN PACKAGE**

**\$875 / 8-12 persons**  
(*\$25 additional for each additional guest*)

**Includes 3 hours**  
**\$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 min Set-up and Clean-up after allotted party time**  
**Tablecloths, Napkins and Utensils (your color choice)**  
**Cake ceremony (Staff help to sing, cut, & serve the 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*  
*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 & Decoration Packages range anywhere between \$800 - \$1200)*

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

