ChopArt Sample Creative Toolkit Program Calendar

Focus: Acrylic on Canvas + Trauma-Informed Healing Through Art
Session Length: 2–3 Hours Weekly
Audience: Middle & High School Youth in Shelter
Structure: Reflection → Artistic Practice → Group Processing

Week	Session Theme	Activity Overview	Trauma-Responsive Objective
Pre-Wk 1	**Shelter Onboarding + Program Design**	Site visit, space confirmation, calendar review, program goals discussion	Establish partnership expectations and safety parameters
Pre-Wk 2	**Youth Orientation + Grounding Practice**	Supply handouts, intro to ChopArt values, guided group agreements, sketchbook cover design	Build trust, introduce consistency and psychological safety
Week 1	**Mapping Emotions with Color**	Body map painting using acrylics to represent feelings through color and placement	Establish creative-emotional link, build self-awareness
Week 2	**Self-Compassion & Confidence Building**	Blind contour self-portraits in mirror + “what I love about me” collage overlay	Activate self-compassion and soften inner critic
Week 3	**Identity in Layers**	Dual self-portrait (outside view vs inside truth) with color blending + symbol choice	Explore layered identity through visuals and values
Week 4	**My Safe Place**	Guided meditation + small practice painting of a personal “safe space” using acrylics	Visualize safety, access emotional grounding imagery
Week 5	**Art as Process: Mistakes + Recovery**	Abstract acrylics: use music to guide movement + respond to “mistakes” through layering	Reduce perfectionism, model resilience and creative risk
Week 6	**Ideation + Sketching Concepts**	Brainstorm, mood-board, and thumbnail sketch 1–2 ideas for final canvas	Center youth voice, prepare for long-form creative focus

Week 7	**Canvas Work Week 1: Layout + Underpainting**	Transfer design to canvas, establish background and composition	Support vision transfer, reinforce foundational techniques
Week 8	**Canvas Work Week 2: Color Blocking + Form**	Add key colors and shapes; begin mid-stage painting	Deepen creative immersion and patience
Week 9	**Canvas Work Week 3: Detail + Texture**	Emphasize linework, texture tools, brush techniques	Introduce complexity and technical resilience
Week 10	**Canvas Work Week 4: Personal Symbolism**	Layer personal imagery/symbols or text, refine focal points	Embed meaning, affirm personal narrative
Week 11	**Canvas Work Week 5: Edits + Artist Statement**	Reflect, make edits, and write statement about theme and process	Encourage reflection and verbal expression of healing journey
Week 12	**Canvas Work Week 6: Final Touches + Titles**	Finish all elements, name pieces, and practice storytelling through gallery walk	Closure, ownership of work and voice
Week 13	**DualConcepts Art Show**	Final showcase and sale of artwork; 100% of profits go to youth	Celebration, public affirmation, economic empowerment
Week 14	**Reflection + Shelter Impact Review**	Youth art journaling + survey; ChopArt team meets with shelter staff to deliver impact report	Honor transformation, gather insights, and plan for future

Key Features:

- 6 full weeks of canvas development to accommodate absences, processing needs, and flexible pacing
- Creative warm-ups and trauma-informed reflections integrated into every session
- Artist statements and optional gallery talk practice support public expression
- Data collection through pre/post surveys (optional) for shelters interested in outcome reporting