



Enspire Arts

The Arts, Education & Student Wellness

Enspire Arts

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Overview

Enspire Arts offers a series of expressive arts programs for schools. Our programs highlight the science behind the benefits of arts experiences for learning and wellness, as well as providing tools for integrating music & the arts into the classroom to create an inclusive learning environment. Enspire Arts believes the arts are a powerful tool to engage students in their learning, support student wellness and provide the opportunity for meaningful and authentic connections within the classroom.

Introductory Sessions:

Session	Facilitator	Cost
Teacher Power Tools: Arts Based Practices to Engage, Energize & Refocus your Students	Sarah Lightfoot	
The Teacher Power Tools provides arts based tools for making meaningful connections to engage learners and build community. Using the Creative Empowerment Model, designed by Partners for Youth Empowerment, we'll demonstrate how arts-based practices, create an inclusive learning environment where students thrive. The five Power Tools are Imagination, Rhythm, Movement, Voice and Mirroring. We'll explore the benefits of each power tool and you will have the opportunity to experience a selection of hands-on activities.	1 hr	\$200

Our Teacher Power Tools is offered as a Professional Development option. Suitable for in-service days, district wide events, meetings & conferences.

Session	Facilitator	Cost
Teacher Toolkit: Arts Activities for the Classroom	Sarah Lightfoot	Max: 25 Participants
The Teacher Toolkit expands on the 5 Power Tools and explores some of the brain science of how & why the arts benefit learning and wellness. This workshop is largely hands on with teachers gaining experience with several arts activities so that they will leave confident to implement these new arts tools. Teachers receive a Teacher Resource Card, as well as a detailed instruction manual outlining 38 arts activities.	2 1/2 hr	\$750

Our Teacher Toolkit is designed to include all school staff or a minimum cohort of 8 teachers.

Enspire Arts Program Offerings

Enspire Arts offers a variety of services to meet the preferences and needs of each school we serve. Our sessions empower teachers to use the arts with confidence and a strong sense of purpose. Choose a program package or we can work with you to design your own program.

Session	Facilitator	Hours
<p>Power Tools: Digging Deeper A follow up to our Teacher Toolkit workshop. An opportunity for all school staff to experience more arts tools for the classroom. Facilitated discussion "What does it mean to infuse a school with the participatory arts?", "How do I find the time?" & "How will our students benefit?" Max: 25 Participants</p>	Sarah Lightfoot	2 ½ hours
<p>Small Group: Session for 5-8 team members. Small Group Sessions provide opportunity for implementation checkpoints regarding the use of the power tools, reflection on what's working and what's not, and brainstorming curriculum integration. (Recommended 2-3 sessions per year, same team members)</p>	Sarah Lightfoot	1 ½ hours
<p>1 to 1 Classroom Visit: Provides individualized teacher support for implementing activities, curriculum integration support, & creative support for incorporating the 5 Power Tools.</p>	Sarah Lightfoot	Min. ½ day (3 hours)
<p>Expressive Arts & the Art of Self Regulation: What is self regulation and what does it have to do with expressive arts in a learning environment? Led by mental health therapist, Kristin Harper, this workshop will address why arts experiences are critical to mental health and learning. Staff will have the opportunity to present questions regarding specific behaviors and challenges in the classroom. Kristin will model a variety of techniques for making connections with students; whether to improve focus, build a relationship or connect in a crisis.</p>	Kristin Harper	2 hours
<p>Effects of Trauma, How it Manifests & What to do! This session will explore how trauma affects the brain and how this may manifest in student behavior. We will also discuss the importance of self care and how arts tools are of benefit for both teacher and student.</p>	Kristin Harper	1 ½ hours
<p>1 to 1 Consultation: An opportunity for teachers, counselors, or administrators to have a more in depth discussion and gather tools to assist in addressing challenging student behavior.</p>	Kristin Harper	1 hour

Package Options

Package A	\$1700	Package B	\$2750	Package C	\$3900
<ul style="list-style-type: none"> Teacher Toolkit Power Tools: Digging Deeper Expressive Arts & The Art of Self Regulation 		<ul style="list-style-type: none"> Teacher Toolkit Power Tools: Digging Deeper Small Group (2 sessions) 1:1 Classroom Support (3 hours) Expressive Arts & The Art of Self Regulation 		<ul style="list-style-type: none"> Teacher Toolkit Power Tools: Digging Deeper Small Group (3 sessions) 1:1 Classroom Support (6 hours) Expressive Arts & The Art of Self Regulation Effects of Trauma 1:1 Consultation with Kristin Harper (1 hr) 	

Add-On Programs

Session	Facilitator	Time/Cost
<p>Parent Series: Arts@Home</p> <p>A 90 min class for parents & children to bring the joy of the arts into the home. Kristin will spend time with the parents presenting the brain science of why the arts are important for development and of benefit to family relationships. Sarah will lead arts activities for the children. Parents and children will have the opportunity to participate in arts activities together.</p>	Sarah Lightfoot & Kristin Harper	\$300
<p>The Importance of the Arts in the Digital Age</p> <p>A 90 min informational presentation demonstrating how the arts support the mind, body & spirit of today's youth living in a digital society. We explore how arts experiences are key to helping young people navigate the challenges of a digital society to build connections, develop empathy, self regulate, be mindful and have a strong sense of personal empowerment. Presentation either for school staff and/or parents.</p>	Kristin Harper & Sarah Lightfoot	\$300
<p>After School Arts Exploration Program</p> <p>Join the Enspire Arts Team for a fun time exploring the arts! Singing songs, painting, telling stories, drama games, drawing, dancing, rhythm games and more. Our classes provide a unique learning environment blending a variety of art forms together to cultivate mindfulness, foster creativity, build self-esteem, grow confidence and empower youth. Max: 15 students</p>	Enspire Arts Team	6 wk: \$595 8 wk: \$795 10 wk: \$995

For Booking & Scheduling Information:

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