COACH ART

Starter Kit

Introductory Lesson | Creative Writing

Set the tone for your 8 Lessons...

› Smile, Pen, Notebook

BEFORE YOUR 1ST SESSION

INTRODUCE YOURSELVES!
Connect w/ your student's parent/guardian.
Discover student's abilities & experience.

LESSON SCHEDULE

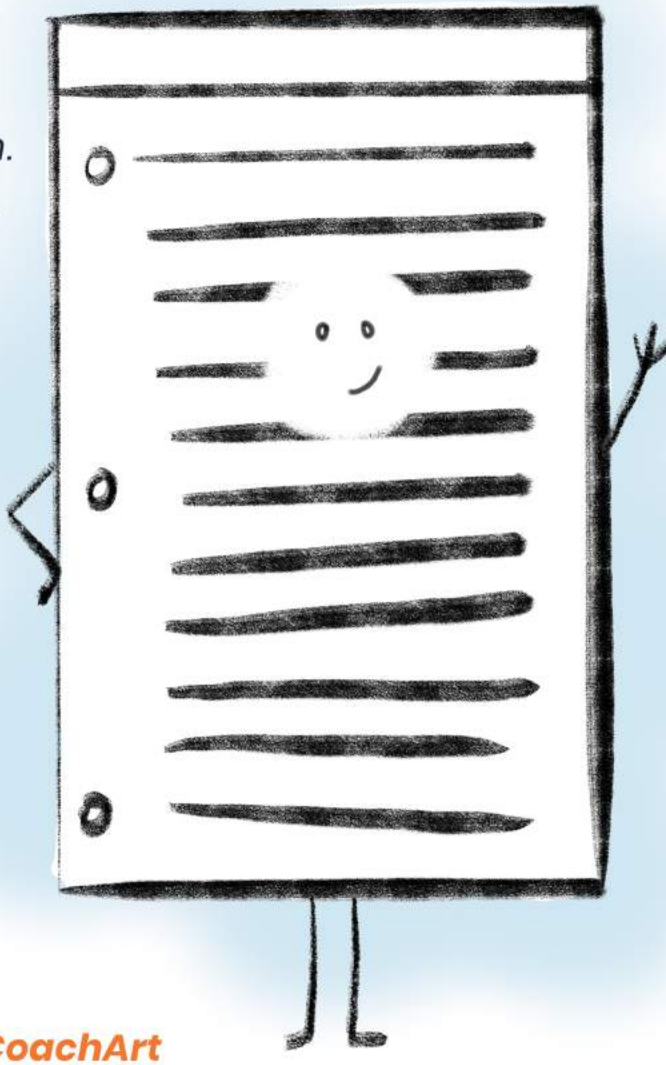
WRITE OUT SCHEDULE OF THE 8 LESSONS
DATES AND TIMES YOU WILL BE MEETING.
(Sample Schedule Included)

YOUR COMMITMENT

COMMUNICATION IS CRITICAL.
Be reliable, respectful, show up on time.

SHARE YOUR EXPERIENCE WITH US

ENJOY YOUR TIME TOGETHER!
Email your photos & stories to:
photos@coachart.org



***Post on social w/ guardian consent & tag #CoachArt**

RESOURCE: https://www.bbc.com/news/world-55869394

BUDGET AND REIMBURSEMENT

Contact your assigned program manager for your **FREE** equipment!

Created By: Liz Neff

Schedule Dates & Times

LESSON 1

Date: _____

Time: _____

LESSON 2

Date: _____

Time: _____

LESSON 3

Date: _____

Time: _____

LESSON 4

Date: _____

Time: _____

LESSON 5

Date: _____

Time: _____

LESSON 6

Date: _____

Time: _____

LESSON 7

Date: _____

Time: _____

LESSON 8

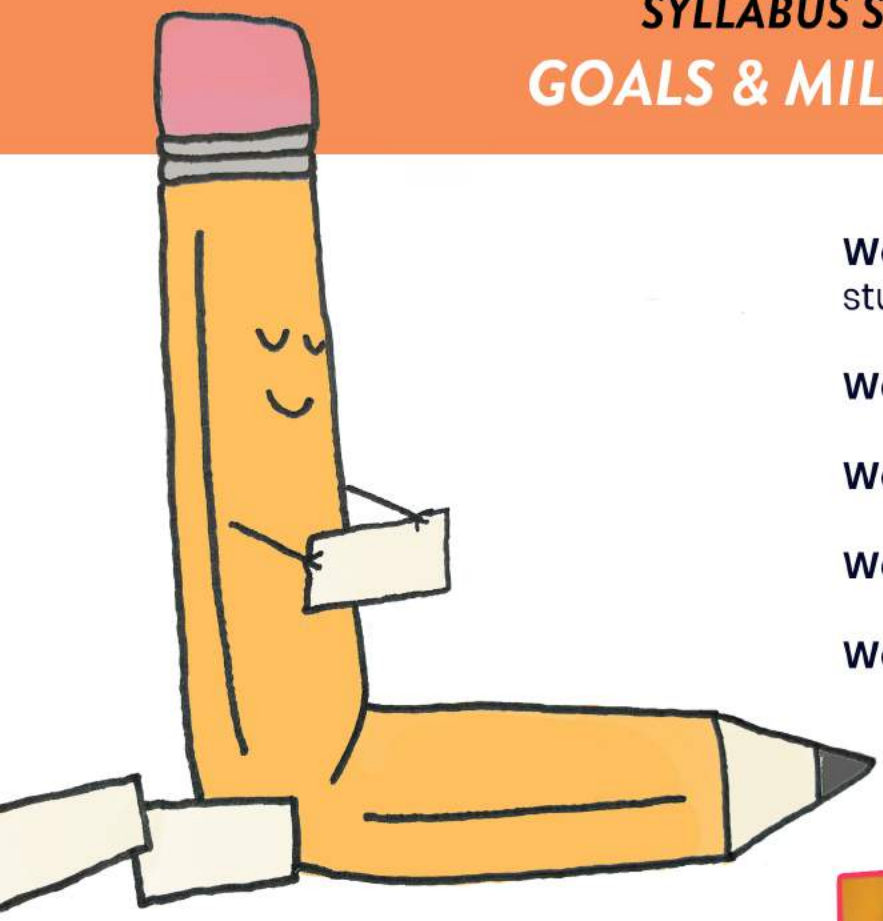
Date: _____

Time: _____

HOLIDAYS &
POTENTIAL CONFLICTS

TEXT | PHONE & EMAIL:

Weekly Theme Ideas



SYLLABUS SAMPLE
GOALS & MILESTONES

Week 1: Dive into icebreakers, help your student with **Pen Pal Challenge**.

Week 2: Create a journal.

Week 3: Creative writing meditation.

Week 4: How to write a poem.

Week 5: Set S.M.A.R.T. goals.

Week 6: **Make a Zine** to support your student in finding their voice.

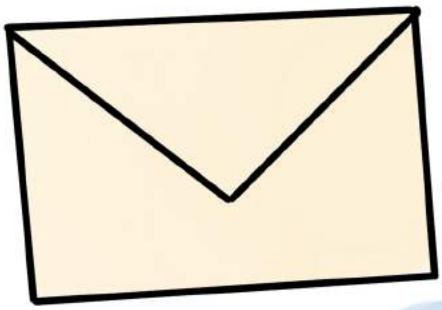
Week 7: **Student's Choice**: what project do they want to explore?

Week 8: **Celebration**! A party well-deserved for all your hard work! (Pizza party, ice cream, funny hats... check with parents about a special treat for their talented student!)

RESOURCE: https://www.cnn.com/2020/04/16/cnn-underscored/creative-writing-bundle-review/index.html

Sample Ice Breaker

PEN PAL CHALLENGE (30 - 45 minutes)

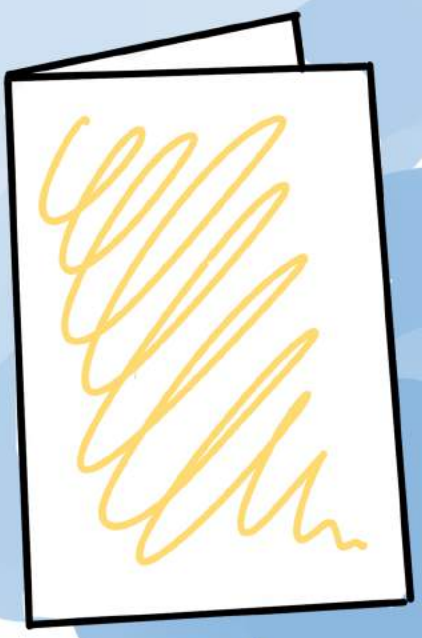


1 ENVELOPE

Letters can be a mix of artwork, tiny things, and significant ideas.

Share thoughts that you care about.

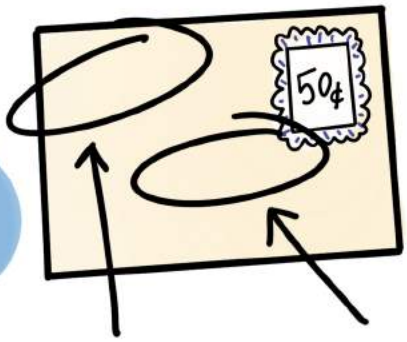
INCLUDE YOUR ART HERE!



You can include stickers, pictures, confetti, recipes, favorite things and much more!

You can write to the president, an idol, celebs, your best friend, long distance family, teachers etc...

STAMP(S)



YOUR ADDRESS

THEIR ADDRESS

For this challenge you will need to complete one letter: Locate an envelope, a blank piece of paper and enough postage. Write about your favorite songs, games, foods, school subjects, movies, TV series, actors, actresses, siblings, cartoons, books, places to visit, ice cream flavors, animals etc... **Mail it & cross your fingers for response!**

MORE ICE BREAKERS:

1. Share a fun fact about yourself, and ask if your student will share one too (this can be a way to discover things you have in common).

2. My Favorite [X]: During each lesson, you can introduce a detail about yourself by describing your favorite thing in a category (examples: food, musical artist, season, etc.). Encourage the student to do the same, and take a few minutes to talk about why you like your respective choices.

3. Two truths and a lie! Tell the student three things about yourself — one of which is false — and see if the student can guess which is false. Then switch roles.

4. Never have I ever. You and the student each hold up 10 fingers. Tell the student something you've never done, and if they've done it, they put down one finger. Take turns. The game ends when either you or your student have put down all fingers.

6. What animal describes you and why?

EXAMPLE OF WHAT AN HOUR MAY LOOK LIKE:

5 minute check in with parent/guardian.
10 minute introduction to student.
30 minute lesson.
15 minute closing summary, cleanup, recap and assignments.

Assign "Funwork": If you think this might be useful and welcome, invite your student to continue practicing their art, researching new craft ideas with a parent/guardian, and writing about their experience for discussion at your next virtual lesson.

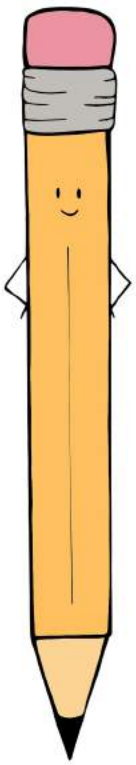
Prepare For Your Lessons

SAMPLE LESSON OPTION
CREATE A JOURNAL

Decide what type of journal you want to keep. Whether you use a notebook, your computer, or your tablet, choose a medium you feel comfortable writing in. Journaling helps you remember your life experiences and is a constructive way to process your thoughts and emotions. It also is an outlet for storytelling and accessing your imagination. Create a journal habit by setting a daily goal. Challenge yourself to write every single day, and make it part of your routine.

Set a purpose for your journal:

A daily personal entry
A travel log of adventures
An art journal to draw, paint and collage
A place for storytelling



Find a source of inspiration to write about.

What's going on in your life?
Reflect on a memory.
Explore your emotions or feelings.
Record your dreams.
Use a writing prompt.
Track your progress.
Write your own story.

Decide on a "point of view." Will you write in the "first person" perspective (using I/we pronouns), or "second person" (you pronoun), or "third person" (he/she/it/they pronouns)?

Write freely; don't worry about making errors or making sense. Just let it flow.

Prepare For Your Lessons

SAMPLE LESSON OPTION
CREATIVE WRITING MEDITATION

Invite your student to sit comfortably and take a moment to reflect. Invite them to inhale deeply, then exhale.

Ask them to begin to focus on one person, place, or thing that makes them especially happy and makes them feel good. If they feel shy in choosing, offer suggestions like their pets, their favorite book, or a fun vacation.

Have them write down what they thought of as a warm-up exercise.

Writing can bring a sense of mental clarity and awareness, allowing your student to strategize more easily when working towards their goals.

Prepare For Your Lessons

SAMPLE LESSON OPTION
HOW TO WRITE A POEM

Begin with the seed of your poem. What will your poem be about? Explore existing writing prompts or start purely from your own imagination.

Poem Prompt Ideas:
Why I love my...
My favorite place to be is...
One day I will travel to...
I woke up as my cat...

Jot down as many words, ideas or images you can until you've filled the page. Poems are typically written in verses rather than paragraphs. They can include complete sentences and often have a rhythm. Keep in mind, poems do not have to rhyme.

SAMPLE POEM:

Draw a crazy picture,
Write a nutty poem,
Sing a mumble-gumble song,
Whistle through your comb.
Do a loony-goony dance
'Cross the kitchen floor,
Put something silly in the world
That ain't been there before.

- Shel Silverstein

Prepare For Your Lessons

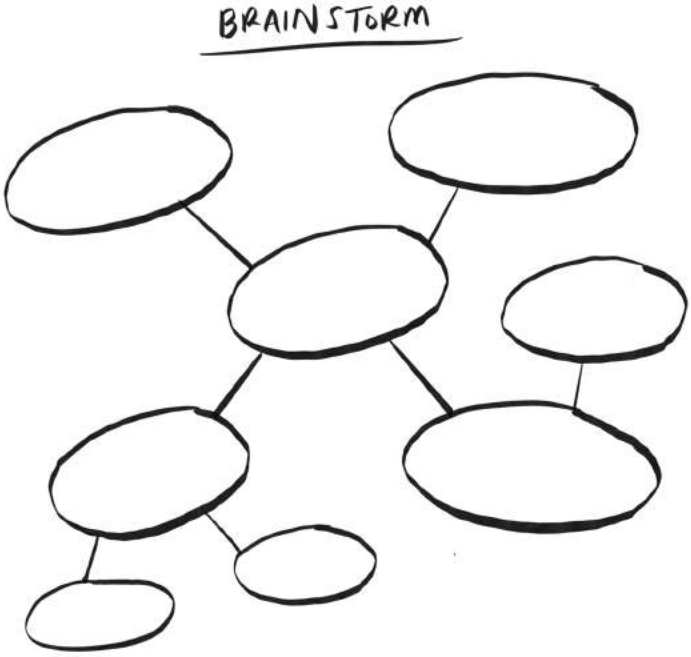
SAMPLE LESSON OPTION
SETTING SMART GOALS

What are SMART Goals?
S = specific activity, thought or idea
M = measurable, trackable progress
A = actions to take toward goal
R = realistic, possible to achieve
T = timely period to accomplish

Benefits of writing them down?

- More likely to achieve them
- Creates focus and direction
- Challenges you to grow
- Drives you to take action
- Offers inspiration
- Increases accountability

Assign your student to think of one activity, thought or idea that you can help with as an "accountability buddy." For example, your student would like to write a book as their goal. Invite them to write every day for 15 minutes and set a timer. Challenge them to have completed this every week during your time working together. Invite them to read it aloud to you, then offer positive, constructive feedback and direction. Encourage them to continue writing every day as a tool to express their voice through their own words.

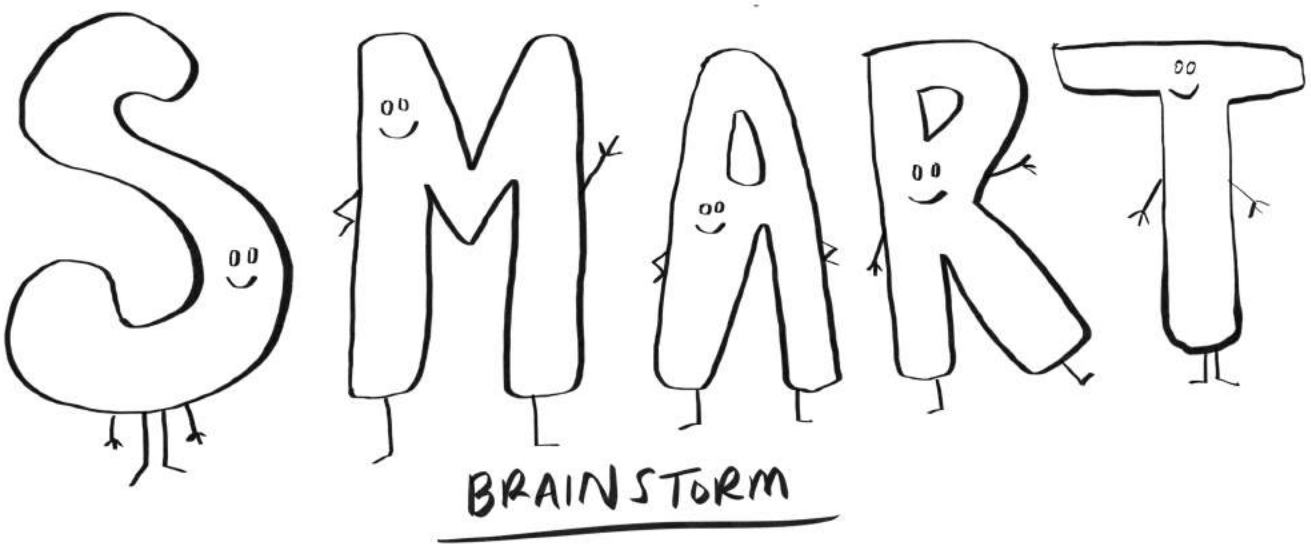


RESOURCE: https://lemonlimeadventures.com/simple-system-empower-young-children-to-love-writing/

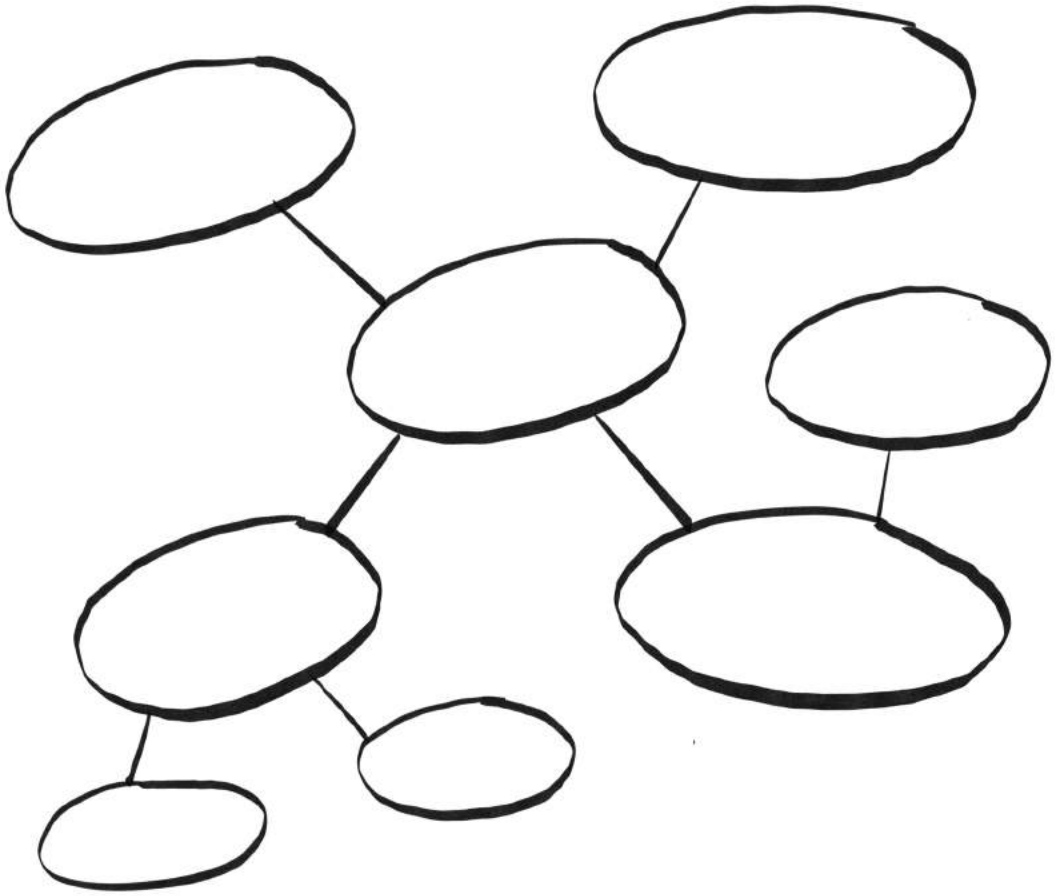
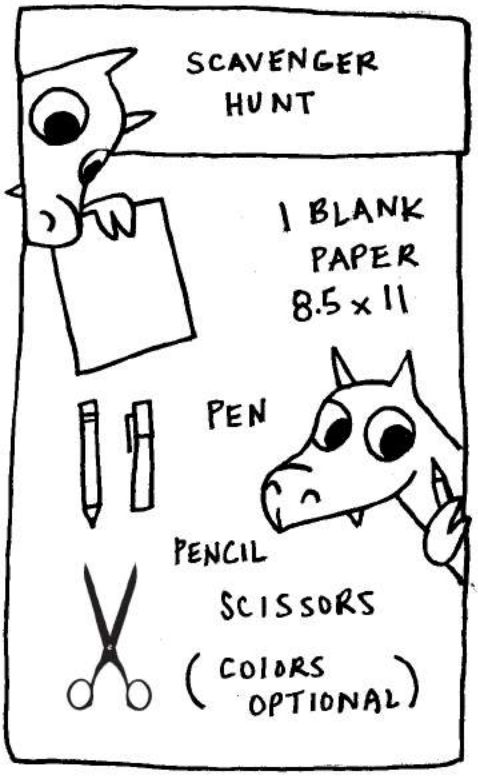
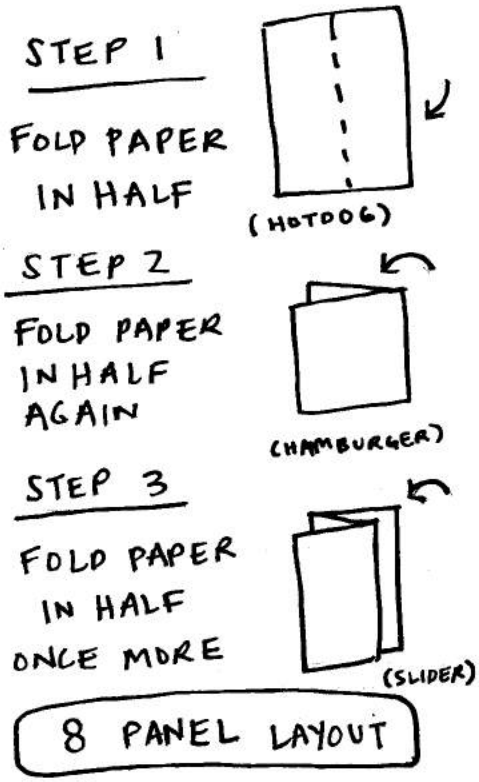
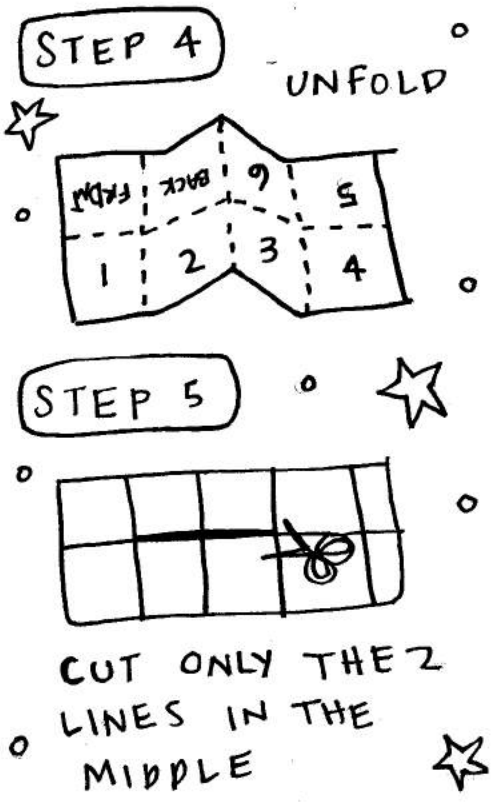
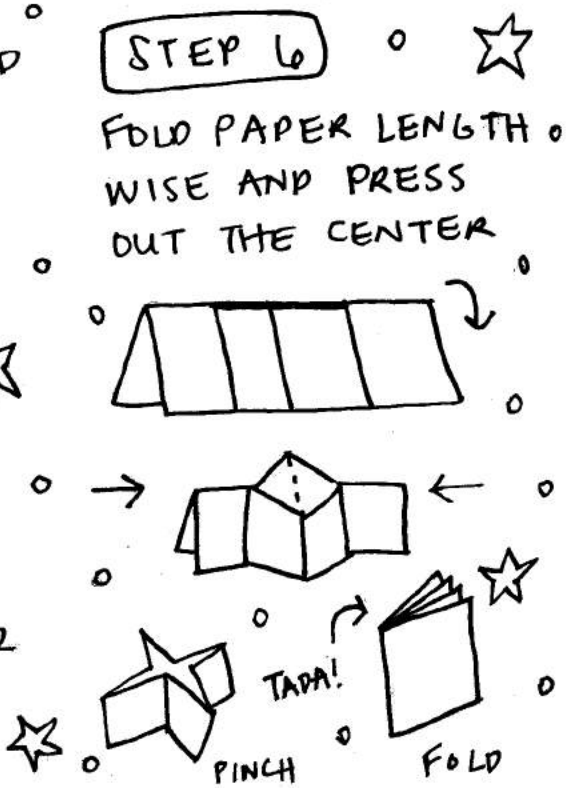
Prepare For Your Lessons

SAMPLE LESSON OPTION

SETTING SMART GOALS



BRAINSTORM



Zines are mini folded booklets that enable you to express your voice.