

LIFE PRESERVERS

P R O J E C T



COMMUNITY YOUTH ART PROGRAMING



Art Programing Proposal

Why: It has been shown that even a limited exposure to the arts will increase a child's long term chances of obtaining higher education and employment.¹

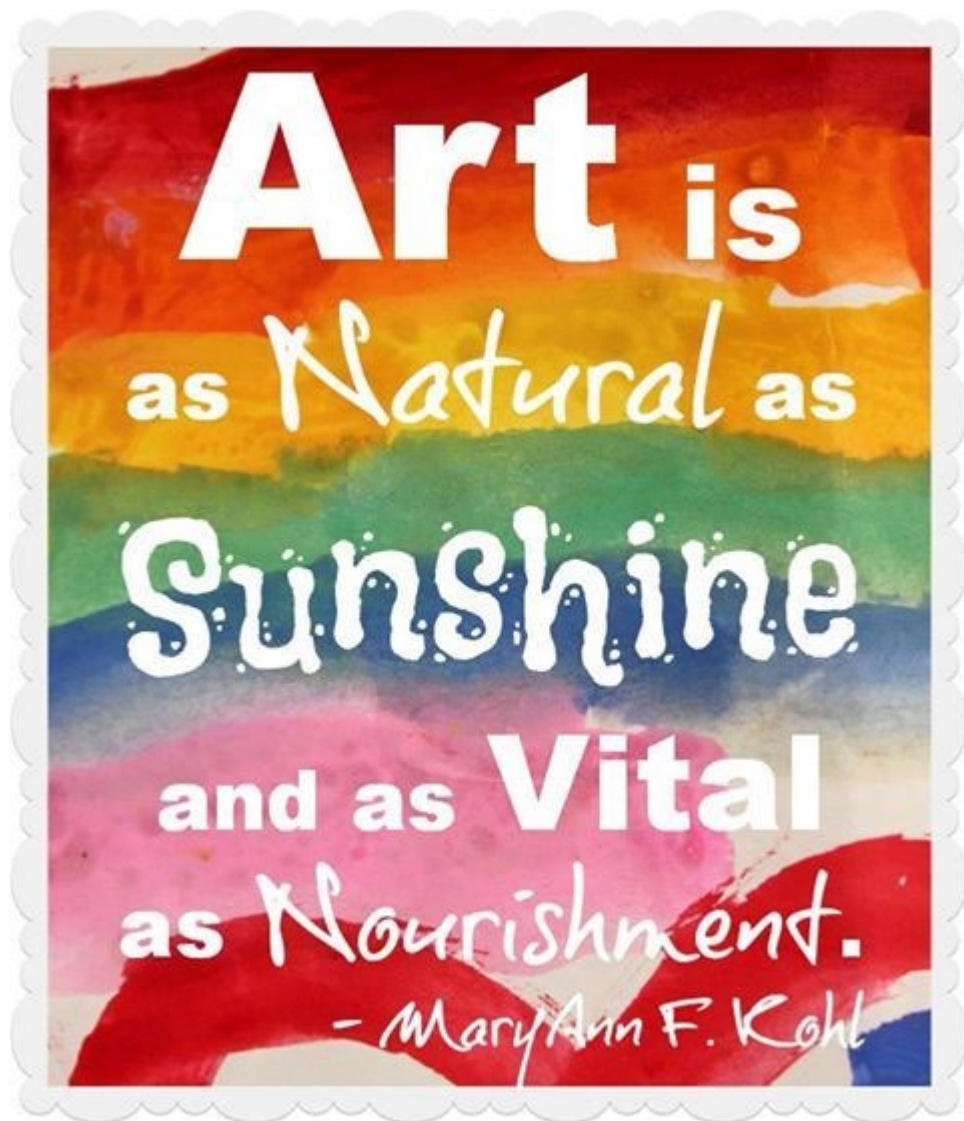
What: Life Preservers Project is committed to building an inclusive arts community that gives youth most in need of a creative outlet a safe place to fully express themselves. We believe in providing basic art education and opportunities to those who wish to use the arts as a means of communication or personal growth, and to further empower these individuals.

How: This is a three step program, including building peer to peer leadership opportunities.

- Art workshop and resources for all skill levels.
- Art Internship/Shadow opportunities.
- Opportunities for the youth to run the workshops themselves.

1. ([National Endowment for the Art 4 Year Longitudinal Study- Arts and Achievement in At Risk Youth](#))





**We want the youth artists to be a part of
developing the programming.
Creative Activism through Democracy.**

How can they own the process?

- Exploring what empowerment through art means to them individually.
- What steps can they take collectively through the arts to help find that strength.

What do they want to gain from the workshops?

- An outlet or stress release.
- Exploration of an interest in the arts.
- Learning specific art techniques.
- Are they looking for a way to monetize their art
- Do they want to join a larger art community.
- For those looking to show externally: exploring gallery or legal street art opportunities.

Creating a safe space in art that embraces all.

- Some may want structured workshops with real time peer critiques.
- Some may want to quietly sketch /draw while eating or when they are not at the shelter.

Life Preservers, Inc. Art Supplies

We understand that art supplies are extremely expensive and could be unattainable for the populations you serve. We commit to provide supplies for the workshops. We will also supply starter packs for youth who request them.

Workshop Supplies:

Paint Brushes/Pens/Pencils
Markers
Watercolors
Acrylic Paint
Paper
Canvas Board
Sticker Blanks

For Distribution:

Notebooks
Pens /Pencils/Charcoal



THE WORKSHOP

Program Objective

- To teach the basic sighting and perspective skills that will enable the students to walk away from a single session with some of the most important building blocks for drawing. This process helps the student engage the “right brain” allowing them to break free from the analytical and often judgmental noise of the “left brain”. Each of the four timed exercises build on the previous exercise. The breaks between the exercises will give the students the time to discuss how the previous exercise made them feel and to celebrate the beauty and freedom in what they have created.
- **Workshop A:** An hour-long immersive workshop will follow the same format each session, but with different still life objects. This format is appropriate for all levels of artists, ranging from beginners to advanced artists and can be revisited multiple times with varied results. Returning students will discover new skills and growth with each workshop.
- **Workshop B:** For those who are interested in learning more, we will provide a second 30-minute workshop directly after Workshop A that focuses on basic two point perspective and shading.
- **On-Going Mural Project:** For facilities interested in hosting an on-going mural for a month a

Materials:

Bond Paper	Acrylic Paint
Canvas Board	Water Color
Pencils	Brushes
White Erasers	Plastic Cups
Black Uni-ball Pens	Paper Palettes
Sharpies- Multicolor	Paper Towels



* Full lesson plan available upon request.

Blind Contour Drawing- Shana Pederson, 2019

Art Instructor and Creative Director

Shana Pederson

Shana Pederson is the Founder and President of 501c3 non-profit, Life Preservers, Inc. Shana holds a Bachelors in Fine Art from Hunter College. She has a community arts background both as a youth participant and an instructor. Shana is involved in several collectives and shows locally in NYC.

For more information about Life Preservers, Inc. please visit
www.lifepreserversproject.org