

# Zen Art: Inspiring the Right Side of Your Brain

Instructor: Kim Tran Franchi (Goes by Miss Kim) Week of June 15-18, 2026

Time	Monday, June 15	Tuesday, June 16	Wednesday, June 17	Thursday, June 18	Friday, June 19
8:45	Walk to Classroom	Walk to Classroom	Walk to Classroom	Walk to Classroom	NO CAMP IN HONOR OF THE JUNETEENTH HOLIDAY
9:00	Introductions, roll calls, class expectations, housekeeping rules and making clothes pin people badges for artwork folders.	Morning greeting, roll call, class introduction to “Shrink Art” and “Mandala Art.”	Morning greeting, roll call, introduction to Lesson Plan “Let it Flow”- Free flow pour painting with acrylic paints. Set up classroom and materials.	Lesson Plan – “Simply Charmed.” Prep I: Watch videos on beginning charms. Discuss use of Polymer clay, utensils and baking process. Five charms will be made into magnets or wearable jewellery.	
10:00	Discussion on Zen Art. Explain Lesson. “The Family Rocks and Kindness Rocks.”  Setup classroom, gather materials and don on painting smocks.  Paint background of canvas for project 1: “The Family Rocks” with acrylics.	Discussion of polymer shrink art. Using markers, colored pencils and paint markers, students will create keychains.  Students create their designs on the polymer shrink 8 X 11 film.  Students paint wooden 3-inch circle black to be used for project 2 – Mandala Art.	Instructor discusses lesson plan, presents basic color theory and analogous color palette.  Students gather supplies, don on smocks and select materials.	Students prepare work surfaces and gather supplies for each charm. Process Step 2: Creating workspace.  Counselors assist in passing out tools and supplies. Supervision is required for sharp tools.	
11:00	While canvas is drying, select rocks of varying shapes and sizes to represent family members and pets. Organize dry run of placement of rocks. Paint faces on rocks if desired.	Bake film and watch the magic happen as the artwork shrinks to one-third of the size it began.  Attach keychain lanyard once shrink art has cooled.	Students select 3-4 colors, and with help, mix floetrol and silicone with acrylics into paint containers.  Students prepare work area for the pour.	Process Steps 1-4 completed for art project.	
11:50	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom	
12:00	Lunch	Lunch	Lunch	Lunch	
12:55	Walk to Class	Walk to Class	Walk to Class	Walk to Class	
1:00	Don on smocks and explain next steps. Glue rocks to canvas using hot glue gun or regular glue. Set canvas aside.	Mandala art discussed. Dot Painting Tutorial using stylus, dotting tools, toothpicks and pencils.	Instructor discusses additional options of the “dirty pour” using small chains, funnels and strainers. Students don on smocks and select 3-4 colors of acrylic colors into pour cup.	Process Step 5 – Baking polymer clay to harden it. Allow polymer clay to cool prior to Preparation Step III.	

3:15	<p>Start project 2: “Kindness Rocks.” Gather supplies and select rocks of varying sizes. Paint rocks, stencil rocks, allow to dry and spray glossy varnish over top in ventilated area.</p> <p>Clean up time and discuss tomorrow’s lesson plan. Time permitting, showcase all rocks, including examples of instructors’ rocks painted previously.</p>	<p>Setup classroom, gather materials and don on painting smocks. Gather supplies to begin practice dotting on scrap black paper.</p> <p>Students paint their wooden circles painted early using dotting methods.</p> <p>Cleanup and share artwork made for the day with class.</p>	<p>Students pour paint onto canvas and experiment using different instruments. Optional activities include adding glitter to pour paint while canvas is still wet for added sparkle.</p> <p>Spraying silicone spray in certain areas of canvas to create cells.</p> <p>Time permitting, a second pour can be conducted. Cleanup and set pour paint canvases to dry overnight. Share artwork made.</p>	<p>Attach magnet or hardware for jewelry. Clean up classroom and discuss tomorrow’s lesson plan.</p> <p>Share artwork made for the day with class.</p>	
3:55	Walk to Game Room (wait for parent pickup)	Walk to Game Room (wait for parent pickup)	Walk to Game Room (wait for parent pickup)	Walk to Game Room (wait for parent pickup)	

- Campers are dropped off from 8-8:45 a.m. in front of the Frandsen Humanities Building and picked up between 4-4:30 p.m.
- Classes are from 9 a.m. to 4 p.m. with a morning and afternoon snack (each 15 minutes) and an hour lunch
- Campers will bring their own snacks, lunch and a water bottle.