

**Visual Verses: Paint & Poetry Workshop with  
Alicia Cobb & Silent Quill**  
*Final Report*

**VISUAL VERSES**  
**PAINT & POETRY**  
**WORKSHOP**  
with  
*Alicia Cobb & Silent Quill*

**TWO DAY WORKSHOP**  
**Saturday 8/24 & Sunday 8/25**  
12:00pm to 3:00pm

**ART SIMPLICATED STUDIO**  
345 RAILROAD AVE, BRIDGEPORT, CT

**RVSP ON**  
**EVENTBRITE**  
(SPACE IS LIMITED)

The Teaching Artist Hub CT  
CONNECTICUT DEPARTMENT OF EDUCATION  
SACT IS AN INITIATIVE OF THE PARTNERSHIP BETWEEN  
CTA & CDE

**Meeting #1 - April 15, 2024 - 4pm to 6pm (2 hrs)**

In this meeting we reviewed the original submission for the grant to decide if we needed to make any changes or adjustments to that plan. We decided to move forward with the original plan of a community based workshop that included visual art and poetry. The original proposal was as follows:

**Visual Verses - An Art & Creative Writing Workshop (original concept)**

This two hour SEL based workshop will encourage participants to develop better self awareness, build social skills, confidence and community through creative writing and visual art. Participants will work individually and collectively to create short but poignant self reflection poems and visual art to compliment it. They will then merge their works together to create a collective poem and work of art. These activities will help participants to view themselves and others as valuable members of the community, capable of creating and contributing beauty to the world around them.

Rough outline of program:

- Intros and Ice breakers (30 minutes)
- Opening discussion (10 minutes)
- Personal poetry writing - Nature and the self (30 minutes)
- Poetry to picture - creating concrete poetry from their nature poems (30 minutes)
- Presentation (20 minutes)
- Closing discussion (10 minutes)
- Closing of workshop (5 minutes)

Questions:

- We will need to find a location
- We need to identify our target audience
- We need to create a supplies list
- We need to source supplies
- We need to market the workshop

Observations:

We immediately realized that our methods to formulate ideas was very different. Alicia has a style of rapid fire ideas while Silent is a deep thinker and it takes a little more time for ideas to come. Alicia was able to take the lead on ideas while Silent documented and clarified.

**Action Items:**

Both will look for locations and consider dates to hold the workshop

Alicia will start to consider supplies that will be needed.

Silent will consider prompts that would be inclusive to all participants who sign up.

**Meeting #2 - June 1st, 2024 - 10am to 11am (1 Hr)**

During this meeting we discussed possible locations which we wanted to be Bridgeport based:

1. BPT Creates
2. Metro Art Studios
3. Ground Floor Gallery at Read's

We also started to create the outline/itinerary for the workshop based on our original proposal. We didn't initially realize that the workshop had to be six hours in total as our original proposal was for a two hour workshop and it was accepted. We adjusted the plan to accommodate a two day workshop, three hours each day. We discussed dates and locations as well as our target audience. We also decided to cap the workshop at 15 people.

## Action Items:

Alicia will reach out to all three locations for August availability. Dates we are looking to facilitate: 8/10&11, 8/17&18 or 8/24& 25 during brunch hours somewhere between 11am & 4pm.

Silent will revisit the outline and subject to see if any changes are needed to discuss in our next meeting. He will also check with his job in Fairfield for an alternate location.

Rough outline of new two day workshop:

Day #1 (180 minutes)

- Intros and Ice breakers (30 minutes)
- Opening discussion (15 minutes)
- Personal poetry question prompts - Nature and the self (15 minutes)
- Personal poetry writing - Nature and the self (40 minutes)
- Break? (10 minutes)
- Poetry to picture - creating concrete poetry from their nature poems (45 minutes)
- Closing discussion (20 minutes)
- Closing of workshop (5 minutes)

Day #2 (180 minutes)

- Arrivals (10 minutes)
- Personal poetry refining (30 minutes)
- Poetry to picture revisit (45 minutes)
- Break (5 minutes)
- Presentations (25 minutes)
- Merging all work collaborative (20 minutes)
- Closing Discussion and reflections (40 minutes)
- Close workshop (5 minutes)

Questions:

- Have we secured a location?
- What will we use for marketing?
- What kind of overhead cost will we incur for location, materials etc.?

Observations:

We immediately realized that we either misread or misunderstood the requirements so we had to re-adjust to accommodate for a longer workshop. We also realize that we were moving too slow in the planning process and we had to be more diligent about securing a location and getting the word out now that we had a more thorough & solid

plan in place. Our target audience is all ages 11 and over including families with children between 11 & 18 yrs.

### **Meeting #3 - July 20, 2024 - 7pm to 8pm (2 Hrs)**

During this meeting we discussed our final location. None of the originally proposed locations were available during the dates we wanted in August. Alicia proposed using her studio space which is on the smaller side but we could make it work. There would be no rental fee, we are familiar with the space and have full access. We decided to use Eventbrite as our RSVP platform and Canva to create flyers for the event. We also discussed some changes to the subject prompts and decided to move away from nature and into childhood dreams instead. The final outline including a supplies list is below:

([Full lesson plan here](#))

Final two day outline/curriculum:

### **Visual Verses: Paint & Poetry Workshop**

**Location:** Art Simplicated Studio

345 Railroad Ave, Studio #115, Bridgeport, CT 06604

**Dates:** Saturday, August 24 & Sunday, August 25, 2024

**Times:** 12:00 pm to 3:00 pm both days

#### **Supplies/Materials needed:**

1. Pencils/Erasers
2. Lined paper or small journals
3. 11 x 14 canvas boards
4. Magazines
5. Scissors
6. Glue sticks
7. Acrylic paint
8. Rinse Cups
9. Paper towels or reusable paint rags
10. Crayons or oil pastels
11. Colored pencils
12. Paint Pens
13. Other materials

**Day #1 (180 minutes) 12:00 to 12:10 arrivals (10 minutes)**

**12:10 - 12:50 start - Alicia - housekeeping - Intros and Ice breakers (30 minutes)**

Opening discussion (15 minutes)

**12:50 - 2:00 - Silent - Personal poetry writing - Self Awareness / Social Awareness**

Poetry prompt questions (10 minutes)

Sharing (encouraged but not required) of answers to prompt questions (20 minutes)

**Bathroom/breathing break (5 minutes)**

Poetry writing begins: (20 minutes)

Brief discussion: (15 minutes)

2:00 - bathroom/breathing break (5 minutes)

**2:05 - Alicia Poetry to picture begins** - creating concrete poetry from their childhood dream poems (45 minutes)

2:55 - Close out until tomorrow (5 minutes)

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**Day #2 (180 minutes) 12:00 to 12:10 arrivals: (10 minutes)**

**12:10 start - Silent** - Personal poetry editing from day #1 (20 minutes)

**12:35 - Alicia - Poetry to picture - revisiting our canvas, words and images from day #1** (45 minutes)

**1:20 - bathroom/breathing break (5 minutes)**

1:25 - Presentation - (30 minutes)

1:45 - Closing discussion (50 minutes)

2:45 - Questions, comments, concerns, feedback? (15 minutes)

2:50 - Closing of workshop (5 minutes)

**Action Items:**

Both will get supplies for the workshop and send updates to Artist Hub once the invite & flyer is complete. Create a refreshments list for shopping.

Alicia will create and monitor event on Eventbrite and social media platforms. She will also notify Metro Art Studios (where her studio is) about the event.

Silent will create flyer on Canva to start promotion

**Meeting # 4 - August 20, 2024 7pm to 8pm (1 Hr)**

During this meeting we discussed our final plan. Preparing the studio space for participants and getting all supplies ready. We are currently at full capacity with 15 people signed up. It is a free event so we are anticipating that not everyone will show up. We review the entire lesson plan and make sure that any necessary edits are made ahead of the workshop. We make a plan for refreshments for both days. We send follow up emails to those who signed up reminding them about the workshop.

Questions:

- How many people will we actually get?
- Do we have everything we need including chairs?
- How will we adjust if the question prompts don't resonate with someone?
- How will we survey afterward?

Observations:

Alicia already has all of the necessary supplies in her studio so we just have to organize them accordingly. Most of the people who registered were women and or single registrations, one registration was for three people. We put a disclaimer in the Evite and socials that this was a two day workshop so we are hoping everyone is reading that before committing.

Action Items:

Both: Prepare and set up the space for the two day workshop. Create an alternative for anyone who the prompt doesn't resonate with.

Alicia: Pick up refreshments for the workshop, print two copies of the lesson plan for you and Silent.

### **Debrief of our two day workshop:**

We had six people show up on day one of the workshop. As we surveyed the room and asked how they found out, some said Eventbrite, some said socials and some were word of mouth. We had three people from Bridgeport, one from New Haven, one from Hamden and one from Danbury. We followed the lesson plan almost accurately but ran behind on day one because of late arrivals. Day 2, five of the six returned, one stating that while he's happy he signed up, the workshop just wasn't what he expected and he didn't want to waste anyone's time. He was looking for a networking opportunity and ultimately wanted to paint, not write. He did request to come back for his materials which were a journal and painted canvas from day #1. Because our lesson plan was SEL based, we delved deep with some of the content so there were some very emotional moments. We had to change some things around and didn't end up merging the projects as originally intended but we feel we still achieved what we set out to. We both feel that the workshop overall was a great success. We decided on [Survey Monkey](#) for the follow up, and received a total of three responses. We also received some verbal feedback and follow up emails: [Read those here](#)

**Cost:** We spent about \$55 on refreshments and used about \$65 worth of supplies for a total of about \$105.

[Photos of the planning and workshop here](#)

## **Here's what we observed about each other in this entire process:**

### **Alicia of Silent:**

It was a pleasure to work alongside Silent in this process. He is very patient and a great listener. Silent is very thoughtful and reliable in this process. He pays very close attention to detail and points out things along the way that I hadn't noticed or thought of. He is very present and asked questions anytime something wasn't clear to him. Our work processes are very different. There were moments that I had to backtrack to explain what I was saying or what I meant because my brain moves very quickly. This process actually helped me to slow down a bit and really pay attention to what I was saying. It also helped me to be more patient as we navigated through it. It felt like a very balanced exchange and we ultimately created a really solid workshop that our participants enjoyed.

### **Silent of Alicia:**

Alicia demonstrated exceptional attentiveness to the participants, significantly enhancing the overall learning experience. Alicia displayed a high level of engagement with the participants throughout the workshop as she moved around the room, actively listening to ideas and providing constructive feedback. Her approach encouraged open dialogue and fostered a supportive environment where participants felt comfortable sharing their work. Alicia was responsive to the varying needs of the participants. When a student seemed unsure about their direction, Alicia approached them with patience and offered tailored advice that was both encouraging and practical. Her ability to quickly assess individual needs and provide relevant support was evident. Throughout the session, Alicia demonstrated adaptability in her facilitation. She seamlessly adjusted her approach based on the flow of the workshop and the needs of the participants. This flexibility ensured that the workshop remained relevant and engaging for everyone. Alicia's attentiveness and responsiveness were instrumental in creating a positive and productive workshop environment. Her engagement, supportive feedback, and adaptability significantly contributed to its success. Her presence as a co-facilitator greatly enhanced the learning experience and fostered a creative atmosphere for both myself and the participants.