

# STEM with an "A": Hands-on Art Workshop for OST Programs

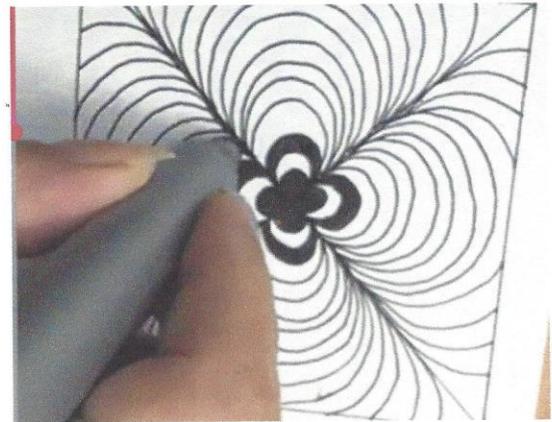
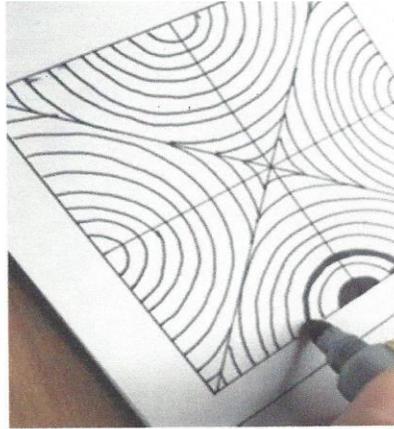
Social emotional learning and career pathways March 3, 2026 (1-2pm)



Presenter: Flo Trujillo, NWNMAC & NM Afterschool Ambassador, Emeritus

## Optical Illusion Art

- Square paper
- Ruler
- Pencil/Pen
- Marker
- Puzzle Piece

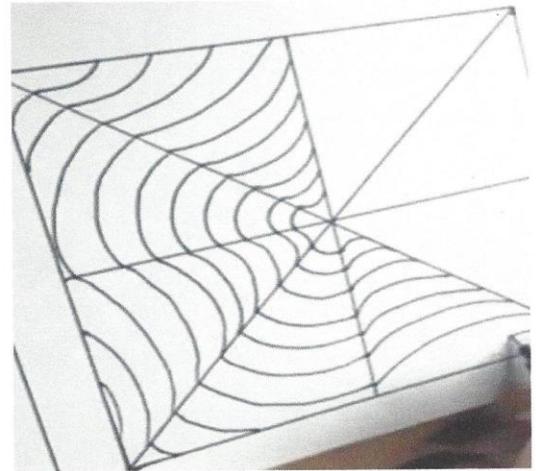
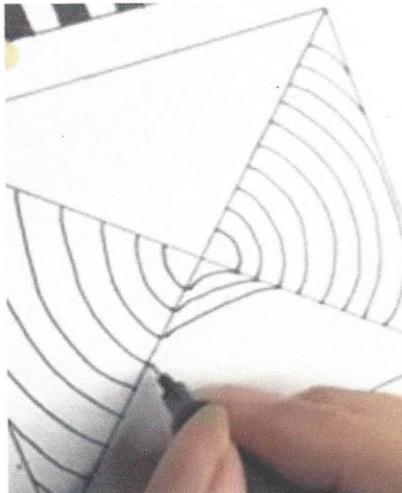


Select one of the optical illusions from the right photos.

Use ruler to make the lines you need for the illusion.

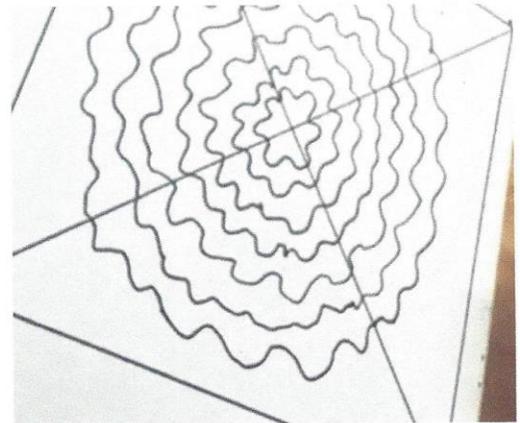
Use any marker to color every other space.

Trace the puzzle piece  
Cut the puzzle piece  
Connect to make a mural

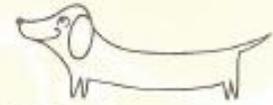


\*Use old puzzles to create team work and art.

Draw your grids with ruler  
Start in the Center for the design  
Select your marker  
Color every other space  
Put your puzzle together

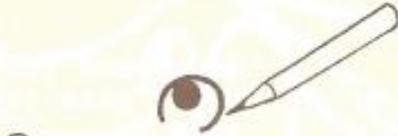


FRANKIE AND THE CAT

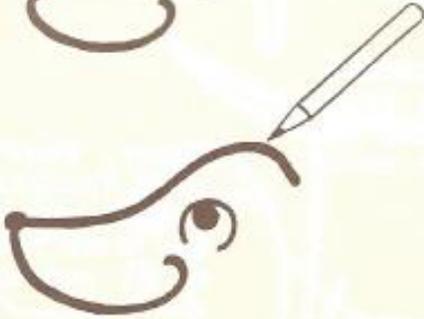


Frankie was a long, brown dog.

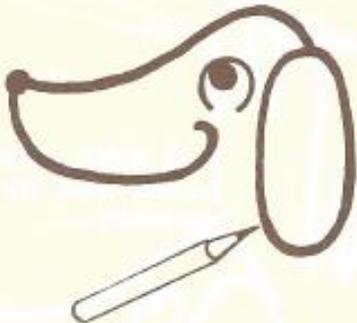
He had a nice basket in which to take his naps.....



He had a nice chair to take naps on too.....



When he got tired of his chair, he would walk over to the sofa like this.....

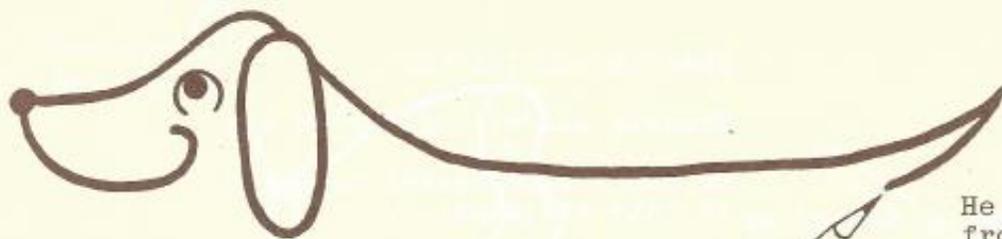


This was a nice sofa to take naps on too.....

Frankie was a happy dog. He loved his home and his family. But he did not like the cat next door.

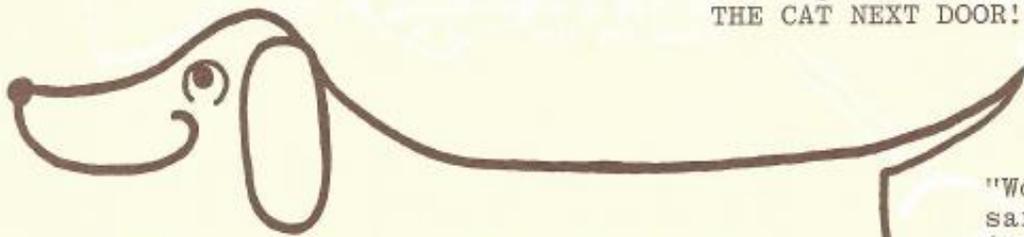


One day Frankie thought he would go visit some of his friends. He walked out the door and down the sidewalk like this.....



He opened the front gate like this..... and scampered out.

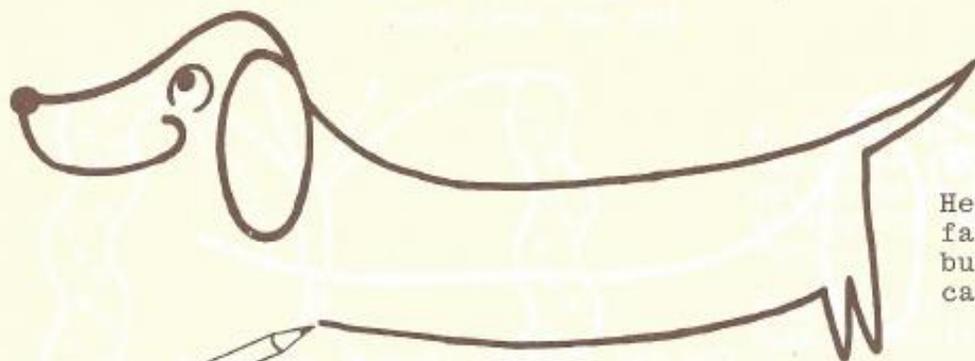
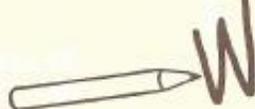
Now who do you suppose Frankie saw right outside the gate?  
THE CAT NEXT DOOR!



"Woof, Woof", said Frankie. And he chased her down one block and up another.....

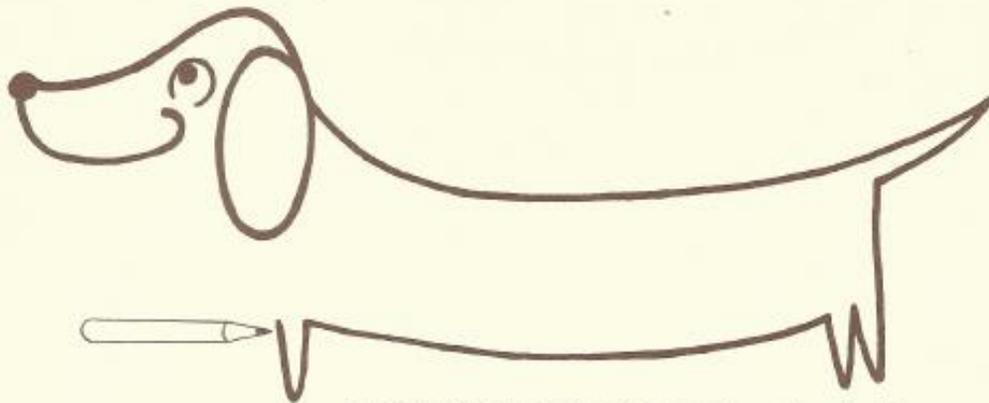


and down another block and up another.....

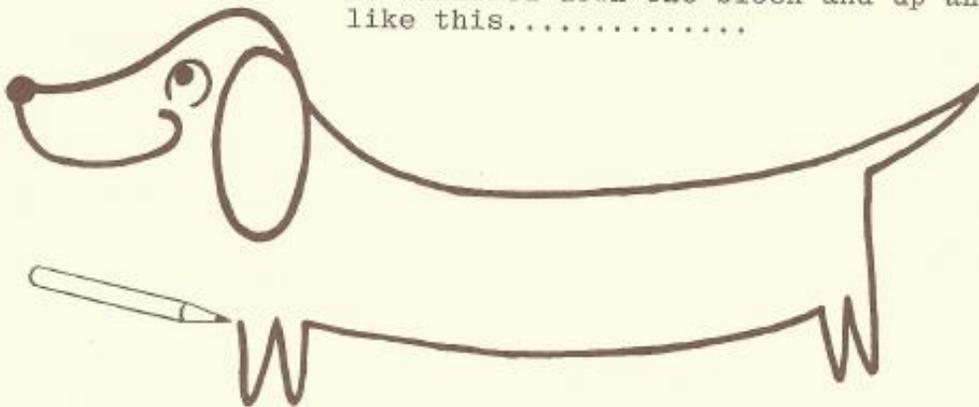


He ran hard and fast..... but he could not catch that cat.

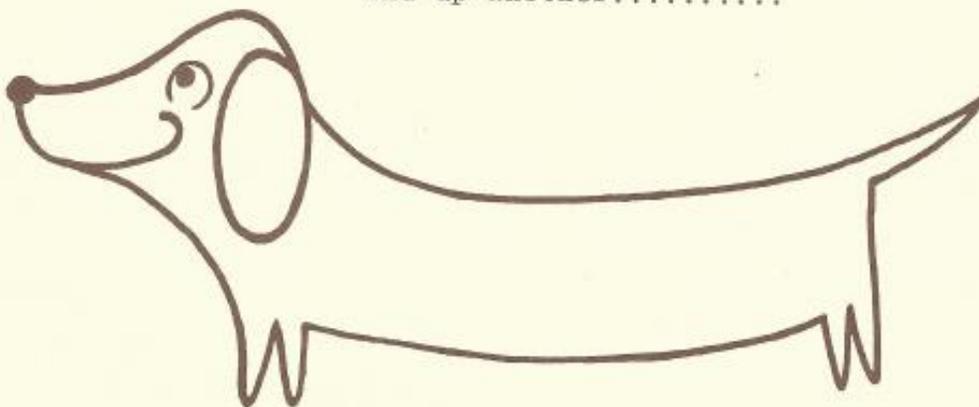
In fact the cat had disappeared. "Probably up a tree", thought Frankie. Then he looked at the houses and trees around him. They all looked strange. This was because he had run a long way from his home.  
HE WAS LOST!



Frankie's tail drooped. He felt very sad and very alone. How was he going to get back home? He wandered down one block and up another like this.....



Still he didn't see his house. He hurried down another block and up another.....



At last he saw a familiar house. He ran up to take a closer look..... It was his house. Frankie wagged his tail happily. He was very glad to be home again.

A ■ □ ■ ■ ■ ■ ■ □

B ■ □ ■ ■ ■ ■ □ ■

C ■ □ ■ ■ ■ ■ □ □

D ■ □ ■ ■ ■ □ ■ ■

E ■ □ ■ ■ ■ □ ■ □

F ■ □ ■ ■ ■ □ □ ■

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Z ■ □ ■ □ □ ■ □ ■

Select any two color beads to work with to make a bracelet.

Use the last color to separate the words or a different color bead, if you have more than one word.

Today we are doing just your name.

## Aromatherapy Lotion

Use the container filled with lotion  
(non-scented-calming lotion)  
Select your oil – and drop into the container  
Use the cotton swab to mix – Enjoy!



- **Carrier Oils:** Almond oil, coconut oil, or olive oil act as the moisturizing base.
- **Emulsifier:** Beeswax is essential to bind the oil and water together, ensuring a smooth, non-greasy lotion.
- **Water Base:** Use distilled water, rosewater, or aloe vera juice for hydration.
- **Aromatherapy Oils:** Add 10-20 drops of essential oils (like lavender for calming or citrus for energy) once the mixture has cooled slightly to avoid destroying their properties.
- **Blending:** Pour the oil/wax mixture slowly into the water in a blender while it is running to create an emulsion.
- **Storage:** Store in a sterilized, airtight glass jar in a cool, dark place or the refrigerator for longevity. 🔄

## Vanilla Sugar Scrub

Use the container filled with sugar (white or brown, I like brown with Vanilla extract)  
Use the vanilla extract to drop in consistency for your scrub (about 1 tsp)  
Mix with your popsicle stick/throw away after use  
Enjoy!

