



Bio

Hello, my name is Dina Kharag. When it comes to art, I love creating to make people happy and allow self-expression while promoting relaxation techniques. In my spare time, I like to do photography, write poetry, knit, and do simple arts and crafts such as sock puppets. My daytime job is working with K to 5th students as an after school chess teacher. I also graduated in 2014 with a Bachelor's degree in psychology and minor in education from the University of California, Santa Cruz. I have been part of ArtSeed for over 12 years and excited to be back as an online teacher for Summer Intensive 2020.

ArtSeed Statement

Over the formative years, starting as a participant, then changing to other positions such as volunteer, Youth Council President, Counselor in Training, and presently an intern, ArtSeed has given me so much experience. I have gained knowledge in different mediums of art and maintaining a non-profit; both unique sets of skills that I can be able to use in my day to day life. I am eternally grateful for ArtSeed and proud of their accomplishments in changing lives, including my own.

Summer Intensive Lesson

Title: **Sock Buddies**

Artist(s): Dina Kharag

Materials/Prep: old sock, glue, fabrics/scrap, scissors, needle (only used with adult supervision), and thread

Introduction/Goals: Make a new buddy out of an old or lost sock.

Step 1: Find an old sock (long tubular, knee high recommended but they can be any size).

Step 2: If you want to decorate your sock, you can use whatever you want.

Step 3: Give your sock buddy a name!

Activity: In this activity, we are promoting our lonely socks as a way to be creative.

Challenges: How can we be creative with a piece of clothing we see and use everyday? How can creativity and play be used to increase relaxation?

CA State Standards:

K.VA:Cr1.1	3.VA:Cr1.1
Engage in exploration and imaginative play with various arts materials .	Elaborate on an imaginative idea.

Video Link:

<https://www.youtube.com/watch?v=6ZNXmDNLVFc&feature=youtu.be>