



**BUILD**

HOPE · LIVES · FUTURES

**Field Trip Experiences**

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# **BUILD**

## **HOPE · LIVES · FUTURES**

## **Field Trip Experiences**

Kids' arts and STEAM workshops offer a unique opportunity for children to explore both creativity and critical thinking in a fun, hands-on environment. These workshops combine the imaginative world of the arts—like painting and design—with the problem-solving and innovative aspects of science, technology, engineering, and math. By participating, children not only nurture their creative expression but also develop key skills like collaboration, communication, and logical reasoning. These sessions often include interactive projects that allow kids to experiment, build, and explore, fostering a passion for both the arts and sciences that can inspire future interests and career paths.

# Maker's Space + STEAM Education

Are you ready to dive into the world of design and create something truly unique? At BUILD, we've crafted an exciting lineup of creative workshops where your imagination is the only limit. Whether you're into accessories, fashion, or jewelry, we've got something for everyone. Come join us and make your mark!

## **ACCESSORY DESIGN:** CUSTOM WATER BOTTLES

Stay hydrated in style! Join us in our maker's space to design your own one-of-a-kind water bottle. We provide a wide variety of materials to bring your ideas to life. Perfect for expressing your personality on a daily essential!

**Group Size:** 15-20 Participants  
**Time:** 30 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## **FASHION DESIGN:** T-SHIRTS

Step into the world of fashion design! Learn to use cutting-edge design software on iPads, master the art of heat pressing, and explore vinyl printing to create your very own T-shirt. This workshop is perfect for aspiring designers looking to make a statement!

**Group Size:** 15-20 Participants  
**Time:** 90 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## **ACCESSORY DESIGN:** TRUCKER HATS

Top off your look with a custom-designed trucker hat! Whether you're sporty, artsy, or somewhere in between, our maker's space has everything you need to create a hat that stands out in any crowd.

**Group Size:** 15-20 Participants  
**Time:** 30 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## **FASHION DESIGN:** JEWELRY DESIGN

Shine bright with your own custom-designed jewelry! In this workshop, you'll get hands-on with a variety of materials, including our amazing 3D printers and laser cutters, to craft a piece of jewelry that's truly you.

**Group Size:** 15-20 Participants  
**Time:** 90 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

# Arts Studio

Get ready to dive into the world of art and express yourself in ways you've never imagined. Our Art Studio workshops are designed to inspire and ignite your creativity, whether you're into graffiti, abstract art, or creating personal portraits. Join us in a supportive environment where your artistic voice can shine!

## GRAFFITI ART WORKSHOP

Discover the rich history and vibrant styles of graffiti art! In this workshop, you'll learn about the cultural significance of graffiti and get hands-on experience. Design your name in a unique graffiti style using acrylic pens and water-based spray paint on canvas.

**Group Size:** 15-20 Participants

**Time:** 30 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## COLLAGE PORTRAIT WORKSHOP

How do you see yourself, and how does the world see you? Explore these questions through our Collage Portrait workshop. Using various materials and adhesives, create a powerful portrait that speaks to your identity and experiences.

**Group Size:** 15-20 Participants

**Time:** 90 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## EXPRESS YOURSELF: BUTTON-MAKING WORKSHOP

Create your own wearable art! In this fun workshop, you'll design a button that reflects your personality. Use paint pens, colored pencils, and sharpie markers to craft a button that's uniquely you.

**Group Size:** 15-20 Participants

**Time:** 30 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## ABSTRACT ART WORKSHOP

Learn the fascinating world of abstract art and discover how everyday household items can be transformed into artistic tools. This workshop will guide you through creating your own abstract masterpiece that defies conventional art forms.

**Group Size:** 15-20 Participants

**Time:** 120 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

# Austin Grown

Expand your knowledge and creativity in our engaging gardening workshops. Whether you're interested in hands-on projects or learning about important social issues, these workshops offer something for everyone. Join us and connect with nature in meaningful ways!

## PLANT & PAINT WORKSHOP

Unleash your creativity in our Plant & Paint workshop! Participants will get to paint clay pots, adding their unique artistic touch, and then plant a flower or houseplant to take home. This is the perfect project to brighten up your window-sill with a pop of color and greenery.

**Group Size:** 10-15 Participants

**Time:** 60 Minutes

*There is a small materials cost for this experience - contact us to discuss: [sarahloffman@buildchicago.org](mailto:sarahloffman@buildchicago.org)*

## INTRO TO FOOD JUSTICE WORKSHOP

Discover the importance of food justice in our Intro to Food Justice workshop. Learn about the origins of food justice and urban sustainable agriculture, and how these movements play a crucial role in building stronger, more connected communities. This workshop is essential for those passionate about equity, sustainability, and community empowerment.

**Group Size:** 15-20 Participants

**Time:** 60 Minutes

## AUSTIN GROWN GARDEN TOUR

Take a stroll through our beautiful garden in the Austin neighborhood and discover what's growing! Participants will learn about various plants, how they're cultivated, and even get to sample a few fresh veggies. This tour is a great way to connect with nature and gain inspiration for your own gardening projects.

**Group Size:** 5-30 Participants

**Time:** 30 Minutes

# Peace and Justice Center

Join us for a workshop that will teach you how restorative justice can make a difference in your community. You will learn that justice is not just about righting the wrongs, but about restoring relationships, and building a foundation of connectedness.

## INTRODUCTION TO RESTORATIVE JUSTICE

Discover the principles and practices of restorative justice in this engaging workshop. Participants will explore how restorative justice can be used to resolve conflicts, build stronger communities, and promote healing. This workshop is adaptable for different age groups, making it accessible and meaningful for everyone.

**Group Size:** 20-30 Participants

**Time:** 60 Minutes

# Sports + Fitness:

Join us for these exciting workshops that promote teamwork, fitness, and a healthy lifestyle! Sign up today and take the first step towards a stronger, healthier you.

## TEAM BUILDING & GOOD SPORTSMANSHIP WORKSHOP

Learn the importance of teamwork and good sportsmanship in this interactive workshop. Through fun team-building activities and discussions, participants will discover how to work together, support each other, and develop a winning attitude both on and off the field.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

## FUN & GAMES:

### LAWN GAMES & OUTDOOR FUN

Step outside for some classic lawn games and outdoor fun! This workshop offers a variety of games like cornhole, frisbee, and relay races that are perfect for enjoying the great outdoors while staying active. It's all about having a good time and making new friends.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

# Sports + Fitness (cont'd):

## SKILLS & DRILLS WORKSHOP

Sharpen your athletic skills with our Skills & Drills workshop. Participants will engage in sport-specific drills designed to improve agility, coordination, and technique. Whether you play soccer, basketball, or any other sport, this workshop will help you take your game to the next level.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

## STRETCH & MINDFULNESS: INJURY PREVENTION WORKSHOP

Protect your body and mind with our Stretch & Mindfulness workshop. Participants will learn essential stretching techniques and mindfulness practices that help prevent injuries and improve overall well-being. This workshop is perfect for athletes and anyone looking to enhance their physical and mental health.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

## FOOD AS FUEL: NUTRITION WITH FIT LAB

Learn how to fuel your body for optimal performance with our Food as Fuel workshop. Participants will explore the basics of sports nutrition, including what to eat before and after workouts, and how to maintain a balanced diet for peak fitness. Led by our Fit Lab team, this workshop is essential for anyone looking to boost their energy and health through proper nutrition.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

## GROUP FITNESS WORKSHOP

Get fit together in our high-energy Group Fitness workshop! This session combines cardio, strength training, and flexibility exercises to create a full-body workout. Designed for all fitness levels, participants will experience the benefits of exercising in a supportive and motivating group environment.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

## OFF THE COURT: CAREERS IN SPORTS & FITNESS

Explore the many career opportunities in the sports and fitness industry! This workshop provides an overview of various roles, from coaching and athletic training to sports management and fitness entrepreneurship. Participants will gain insights into what it takes to succeed in these exciting fields.

**Group Size:** Up to 25 Participants

**Time:** 60 Minutes

