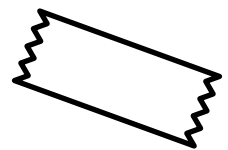
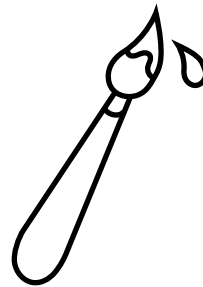
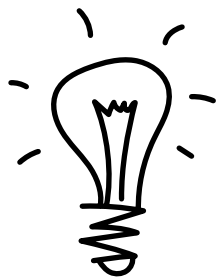
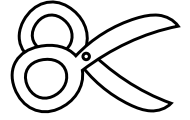
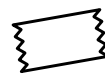


Activities at home:

Creative art
& craft



Monday



Icypole Stick Harmonica

You will need

- 2 Icypole Sticks
- 2 Rubber Bands ~ You could also use string
- A strip of paper the same size as the Icypole Stick
- 2 toothpicks cut the width or just wider than the Icypole Stick (or you can use straws if you have them)

Instructions

1. Sandwich the paper strip in between the 2 Icypole Sticks
2. Wrap a rubber band around one end until it is snug.
3. Slide a toothpick to the inside of the rubber band.
4. Sandwich the last toothpick at the other end of the Icypole sticks, and wrap with a rubber band.



Source: www.housingaforest.com

Paper Quilling

You will need

- Construction paper (coloured paper)
- Glue
- Scissors

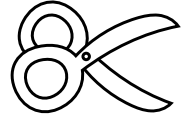


Instructions

1. Cut a series of strips from the construction paper roughly 1cm wide
2. Cut these strips to about 10 cm's long (educators may need to do this for younger children)
3. Encourage children to pinch the ends of the rings to make either abstract shapes, or recognisable objects like flowers, leaves etc
4. Leave the rings round for things like animal bodies, the sun and other round objects
5. Children can adjust the length of strips if desired by cutting them shorter for smaller things and leaving them long (or gluing smaller pieces together) for larger items
6. Children can glue these pieces to a sheet of construction paper (coloured paper/white paper) to create images and design

Source: www.honeysquilling.com

Tuesday



Shadow Drawing

You will need

- Paper
- Pencils/textas/crayons
- A sunny day
- Different objects that can be traced



Instructions

1. Place the paper on the ground outside where the sun can create a shadow on the paper
2. Place an object in the way of the sun so that the shadow is projected onto the paper
3. Make sure the children are on the other side of the paper in order to draw around the shadows edge and doesn't obstruct the shadow
4. Encourage the children to use different objects to create different shapes and to colour in their objects/paint their objects and to draw more details after they have traced the shadow

Source: www.emmaowl.com/animal-shadow-drawing

Scented Playdough

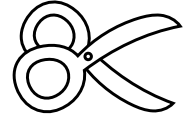
Instructions

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl, if you are using a spice to scent the playdough, add this to the dry ingredients as well
2. Add food colouring to the boiling water then into the dry ingredients
3. Stir continuously until it becomes a sticky, combined dough
4. Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all the stickiness has gone. *This is the most important part of the process, so keep at it until it's the perfect consistency!
5. If it remains a little sticky then add a touch more flour until just right
6. If you are using a herb, lavender or lemon/orange rind to scent the playdough, knead into playdough, you can use chopped herbs or leave them whole

Source: www.acraftyliving.com

You will need

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar.
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)
- desired scent – herb such as basil, thyme, rosemary or mint
- spices such as cinnamon, nutmeg, vanilla essence
- other scents such as lemon rind, orange rind or lavender (you can also choose your own)



Build a Safe Place

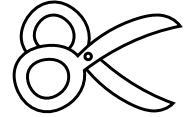
You will need

- Safe building materials such as cardboard boxes of different shapes and sizes, popsicle sticks, coloured cardboard, pipe-cleaners, colouring pens or pencils, and sequins.
- Scissors and glue
- You can tailor the materials you use; the idea is to provide them with as much as possible so they can get creative

Instructions

1. Ask the children to think about a space that makes them feel safe. Then ask them to reflect on what it is about this particular space that makes them feel safe. Is it bright and sunny or dark and calming? How does it smell? What can they see, hear, and touch when they are in their safe space? If they don't have one or can't think of one, ask them similar questions but geared towards what they think would make them feel safe.
2. Next, ask children to take a mindful minute. Close their eyes and focus on their breathing. Then bring to mind their safe space, real or imagined, and visualize what this looks like. How does it feel to be in their safe space? What emotions can they sense?
3. When children are comfortable, ask them to get stuck in with the various materials and to re-create their safe space. This could be in any format they like, whether a flat drawing or a sculpture, give them as much creative freedom as possible.
4. When they have finished and if they feel comfortable, ask them to share their creations with the group, describing the different parts of their safe space. These can be used to create an ongoing dialogue about safe environments and how they might create something like this in real life.

Thursday



Words to Live By Poster

You will need

- Old magazines, newspapers, picture books, and scrap paper
- Coloured pens and pencils
- Scissors and glue
- Cardboard or thick paper for the base of the collage



Instructions

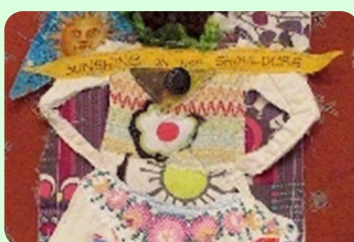
1. Asking the children to take a moment to reflect on their core values. Or what they feel good about when they see how other people behave and how they behave.
2. Once the children have a good idea of their values, invite them to take a mindful minute. Start by asking them to close their eyes and turn their focus to their breath. Now ask them to let the words associated with their values freely flow into their thoughts. What are these words? What are the related images or colours and shapes they feel connected to these words?
3. Then have children select images, words, phrases, or colours from the magazines and newspapers. They will use these to compile a collage that they feel reflects their words to live by. This can be image-based, or entirely abstract; it's all about how their words make them feel.
4. Save some time at the end of the session for them to present their collages and share with the group what they have created and what it means to them.

Source: www.positivepsychology.com/art-therapy

The Softness Project

You will need

- Various cut-offs of different fabric, textured materials, and soft textiles
- Cardboard or thick paper for the base
- Scissors and glue

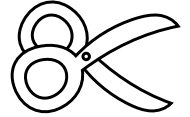


Instructions

1. Start by asking the children about their sense of touch. Invite them to share their ideas around things that feel good, doesn't feel right, and why. What are some of the things they enjoy touching? What materials do they find comforting and nurturing? that touch is an important sensory experience, and we can use it to create things that bring us comfort and a sense of calm.
2. Allow children to manipulate and play with the box of different materials and to take their time selecting pieces they enjoy.
3. Next, they can create a soft collage, sticking, sewing, or tying the pieces of fabric together on the cardboard or thick paper base. Encourage them to think carefully when selecting the materials and build the collage up as much as they like, creating a pillow-like sculpture.
4. If using this activity with an older group, you could give more direct instructions

Source: www.positivepsychology.com/art-therapy

Friday



Making Stress Balls

You will need

- Balloons
- ½ cup Flour (per balloon, approx.)
- Empty Water Bottle, dry
- Funnel



Instructions

1. Put funnel into the water bottle, and pour flour through it.
2. Stretch the balloon around the opening of the water bottle.
3. Turn water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open up so the flour can all go in.
4. After the flour is all in, pinch the balloon and release it from the bottle.
5. The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon.
6. Tie the balloon and wipe away any excess flour from the outside.
7. All ready to squeeze away stress and have fun!

Source: www.naturalbeachliving.com