



# ART ACTIVITY: PAPER CHAIN OF SUPPORT

## ART WITH HEART LESSON: DRAW IT OUT, HANGING OUT

**DRAW IT OUT WORKBOOK p 5 | DRAW IT OUT LEADER'S COMPANION p 60-61**

TIME: 40-60 min

SUGGESTED GRADES: 4th-5th grade

### THERAPEUTIC GOALS:

(Consider the goals of your participants.)

- Decrease feelings of isolation
  - Identify/recognize support system
  - Acknowledge loss; allow bereavement
  - Encourage continued relationship despite loss
  - Offer reassurance/comfort
  - Explore what's important to them
  - Prompt projection/reflective distance
  - Identify mis-perceptions or unhelpful views
  - Decrease feelings of isolation
- SEL:**
- Self-Awareness
  - Social Awareness
  - Relationship Skills

### INTRODUCTION: PRIMING ACTIVITY (10 min)

(Begin to set intention for art making.)

Have participants work in their *Draw It Out* workbooks by following the prompts on page 5.

### ART ACTIVITY: PAPER CHAIN OF SUPPORT (20-30 min) [VIDEO TUTORIAL](#)

(Time for depthful creative expression.)

**MATERIALS:** 1" x 5.5" strips of colored cardstock (5+ per child), colored markers, scissors, clear, strong tape

**PREP:** Create an example of your own paper chain of support to share.

**EXPLAIN:** *Think of friends or people who support you. What are they like? How do they make you feel? Let's start by making a collective list of all of the people who support us in some way. Make a group list. Now, each of you will be making your own paper chain to represent all of the people who support you. Pass out paper strips, tape, and markers.*

**CREATE:** *In the center of a strip of paper, write a word or sentence that describes one of your friends or supporters. Flip it over and in the center decorate that person's name. Gather the ends of one strip so the person's name is on the outside. Then tape it together to make a loop. Slide the second paper strip through the circle and fasten the ends together, so you've got two links. Keep adding names until it's long enough to be necklace or a room decoration. Allow time. Tell us about one of the links in your chain.*

**OPTION:** Link everyone's chains together to represent a supportive community.

### DISCUSSION QUESTIONS: (10-20 min)

(Be sure to spend time sharing, discussing, and reflecting.)

- What famous person (in real life or in books or movies) would you like to meet and hang out with? What qualities do you like most about them?
- Some people are really nice. What do they do to show how nice they are? Where do you think that comes from? Why are some people nice while other people aren't?
- Who do you go to when you need help? Who do you go to when you need to be hugged or comforted?
- Who makes you laugh? Where else do you find caring people? Why is it important to have kind people in your life?
- How can you be a good friend to someone else going through a hard time?

### COMMUNITY CONNECTION

(Extend today's thinking beyond the group.)

Ask two people you trust what makes them like spending time with you. Then tell them what makes you like spending time with them.

[WATCH OUR VIDEO ON HOW TO LEAD CREATIVE EXPRESSION.](#)

[DRAW IT OUT CURRICULUM](#)

[DRAW IT OUT BOOK](#)