



ART ACTIVITY: PERSONAL RAIN CLOUD

ART WITH HEART LESSON: INK ABOUT IT, THE GOOD IN THE BAD

INK ABOUT IT WORKBOOK p 39 | INK ABOUT IT LEADER'S COMPANION p 124-125

TIME: 60-90 min (Activity can be split into two sessions.)

SUGGESTED GRADES: 6th-8th grade

THERAPEUTIC GOALS:

(Consider the goals of your participants.)

- Explore and develop personal values
- Examine identity
- Reconcile emotional conflicts
- Develop capacity to tolerate emotions
- Develop capacity for nonverbal expression
- Create reflective distance
- Integrate past experiences,
- Develop dialectical thinking

INTRODUCTION: PRIMING ACTIVITY (15-25 min)

(Begin to set intention for art making.)

Have participants answer the prompts in the *Ink About It* workbook. Then, write a letter to someone who is going through some of the same things you have gone through. Offer advice on how they can start to feel better. Help them know that they are not alone.

Next, ask participants to gather into groups based on the things they have in common (favorite season, eye color, birthday month, languages you speak, etc). Lead them through each category, and ask participants to discuss a little about each topic when they are in their prospective group. Keep moving and changing groups, adding topics based on the specific group of participants you're working with.

ART ACTIVITY: PERSONAL RAIN CLOUD (35-45 min) [VIDEO TUTORIAL](#)

(Time for depthful creative expression.)

MATERIALS: Cardboard, acrylic paint, glue, colorful cardstock paper, scissors, pencils, string, tape

PREP: Create an example of your own personal rain cloud to share.

EXPLAIN: *Sometimes rain clouds can feel ominous or depressing, but the rain that these clouds bring provides life for so many plants and animals, which in turn, provides life for us. We are going to be making our own "rain clouds" and their resulting "raindrops."*

CREATE: On a piece of cardboard, draw the shape of a cloud. Drop gray, black, and white acrylic paint onto the cardboard, and use your cardboard scraps or a paper towel to work the paint into the cardboard. Let dry. Next, on gray or black cardstock, lightly write in pencil about some of the not-so-good things that have happened to you. This could be a series of events or one event in particular. Once complete, rip the paper into strips of varying size so you can't read the text. Feel free to manipulate these strips by curling, crumpling, or folding them, etc. Then, adhere them directly onto your cloud with glue, creating a 3-D effect. Next, on colorful paper, use a pencil to draw the outline of raindrops, and inside those raindrops, use a felt-tipped pen to write or draw images that represent the good that has come out of the bad event(s). Cut out your raindrops, and attach them to pieces of string. Tape these strings to the back of the rain cloud so the drops hang from the bottom.

OPTION: Instead of creating individual rainclouds, create one large Group Rain Cloud together.

DISCUSSION QUESTIONS: (15-20 min)

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

Make a list of common themes in your group. Notice the connections you are able to make with each other.

- *Why is it important to know that someone else has gone through something similar to you?*
- *What did it feel like as you were making the gray cloud? How did your feelings change as you were making colorful raindrops?*
- *What is it like to think back about something hard that happened? What is it like to think about the good things that have come out of it?*

COMMUNITY CONNECTION

(Extend today's thinking beyond the group.)

Starting with three rounds of deep breathing, pause and think about someone or something in your life that brings you comfort and joy. Hold onto this image to inspire feelings of peacefulness and to bring ease to the stressful situation.

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

INK ABOUT IT CURRICULUM

INK ABOUT IT BOOK