

Art Activity: Rabbit Chase

WATCH THE ACTIVITY WEBINAR

Time: 30-45 min

Suggested Age: 6-10

Book: Draw it Out, pg. 36

Materials:

- Large piece of paper
- Something to color with like Markers, crayons, pencils

Prep: gather markers and paper in front of you

Therapeutic Goals:

- Develop emotional literacy
- Learning ways to cope

SEL Skill Development:

- Self-Awareness
- Self-Management



Priming Activity:

Set intention for art making. If you have Draw it Out work in it following the prompts on pg. 36. On cards, write different emotion words like silly, sad, excited, peaceful. Without looking, pick a card and take turns acting out what the card says. Just use the body and face to communicate without words or sounds. Have others try to guess the emotion. If the meaning of a word isn't known kids can ask for hints. Kids can also share the last time they had the feeling on the card.

Here are some words to start with from pages 8 and 11 in Draw it Out: guilty, stress, whole, relief, love, struggle, compassion, empathy, comfort, healing, faith, grossed out, excited, afraid, proud, scared, goofy, left out, confused, energetic, and powerful.

How to explain activity to a kid:

“Super Bunny” is a brave rabbit that helps chase away bad things or problems. Think about one bad thing or problem in your life, examples could be someone you know whose sick or fight with a friend. We're going to write a story and make a comic book showing Super Bunny chasing down those challenges and conquering them.

Create:

1. Brainstorm ideas of how Super Bunny can conquer the bad thing or problem.
2. Use the whole paper or divide it into 3 sections, this can represent beginning, middle, and end of the story.
3. On the paper or in each panel draw the story of how Super Bunny conquers his challenges.

Guiding questions to encourage sharing and reflection:

- Naming our feelings helps us move through them. Can you help me name these emotions? If I felt like curling up in a corner of my room or hiding under a table, what word(s) might name my feelings? Sad, scared, lonely What if I wanted to punch my pillow? Angry, frustrated. If I can't sit still or concentrate on anything, what am I feeling? Nervous, anxious, worried. If I'm bouncing around the house with a huge smile on my face, what am I feeling? Happy, excited What are some feelings you've had that you'd like help naming?
- Just like the weather can go from sunny to rainy, calm to windy, our feelings can change every day, sometimes even from moment to moment. Name a time when you had a whirlwind of emotions all at once or one right after the other. When else in your life have you felt like that? How do you cope with it?
- Did you feel more positive or negative emotions this week?

Continued support:

Make a list of emotions that you felt today or this week. Draw a circle and split into sections making a Circle of Many Feelings in each section draw a picture of a different emotion from your list. Share with someone you trust any difficult feelings from your circle that seem to happen a lot. Talk about ways you can help yourself and ways others can help you feel better. Notice when your mood changes because of things others say or do, or things you do.

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[DRAW IT OUT CURRICULUM](#)

[DRAW IT OUT THERAPEUTIC ACTIVITY BOOK](#)