

# GRADES 3 - 5 | DRAW IT OUT

## PRIMARY SEL GOALS:

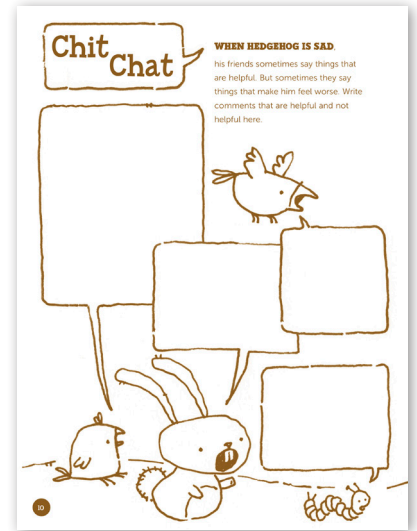
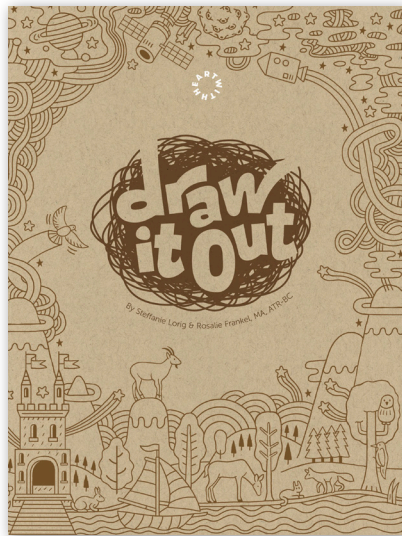
- Self-awareness
- Self-management

## PRIMARY THERAPEUTIC GOALS:

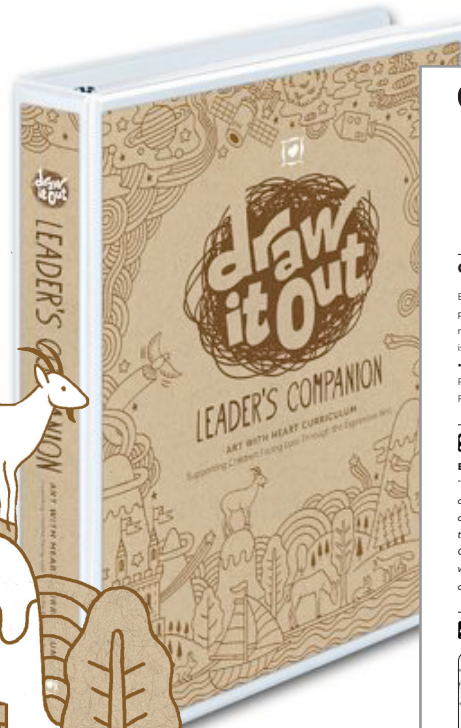
- Examine identity explore and develop personal values
- Develop emotion vocabulary
- Increase awareness of mind/body connection
- Develop capacity to tolerate mixed emotions
- Identify helpful and unhelpful thoughts and misconceptions
- Create safe distance from experience to express feelings
- Integrate past experiences

Draw It Out offers kids a safe place to ask difficult life questions and ponder their answers. This creative-expression book supports kids in better understanding their complex and confusing emotions, whether healing from grief or a major loss, or facing chronic adversity and ongoing life challenges. It invites kids to share their emotions, identify their support systems, and learn coping strategies and skills for self-care.


## Therapeutic activity book for kids:



## Companion curricula for adults:



EXPERIENTIAL LEARNING ACTIVITIES CHIT CHAT / LISTEN TO ME! PG. 28-29



"We think that holding on makes us strong, but sometimes it is letting go." — Herman Hesse

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**CHIT CHAT: THERAPEUTIC GOALS**

Explore what is important to them • Focus on solutions • Release of helplessness: provide corrective power • Prompt projection/reflective distance • Identify misperceptions or unhelpful views • Build confidence • Decrease feelings of isolation • Normalize/recognize commonalities • Identify/recognize support system

- Encourage assertiveness to express needs • Encourage storytelling • Increase awareness of mind/body connection • Prompt creative symbolic reasoning • Reduce negative emotional/behavioral responses • Guard against anxiety/fear • Reframe thoughts with positive message

- SEL: Self-Awareness • Self-Management • Social Awareness • Relationship Skills
- VOCABULARY: Graffiti, Courage

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**GRIEF-FITI WALL**

**EXPLAIN:** Who knows what graffiti is? Graffiti is when someone writes, draws, or "tags" a message without permission on a public space. Sometimes when people offer advice or say things that are not so nice, it kind of feels like they are "tagging" on us - saying things that are unwelcome. On this wall, use the thin-tipped markers to write all the messages you've heard that are hurtful things or make you feel icky. Once you are done, use the thick-tipped markers to cover over those messages with things you want to say to them or messages you think they should hear. You can also draw over or cross out the negative messages as you go.

- Masking or painter's tape
- Butcher paper (double layer paper to protect surfaces and tape to a wall or the ground)
- Markers (various sizes)
- OPTION: Paint/brushes or large dry erase board and pens

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**CLAY CONVERSATION**



- Self-hardening clay (various colors)
- Sculpting supplies
- Writing supplies

**EXPLAIN:** Sometimes people who love and care about us aren't quite sure what to say when we talk about what happened. Sometimes people try to help us feel better, but what they say actually makes us feel worse. Has that ever happened to you or have you overheard people saying things like that? How did these comments make you feel? Write answers on the board. We are going to make creatures out of clay that represents these unhelpful comments and how they make us feel. Pass out clay. When you are done making your unhelpful creature, you can smooth or smash it. Take photos of the clay creatures before they are destroyed.

**OPTIONAL:** Don't smash the creature, but make a new creature showing how you'd like to feel instead and let the two play out a conversation between them.

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sample book activity

sample curricula lesson

