

# GRADES 6 - 8 | INK ABOUT IT

## PRIMARY SEL GOALS:

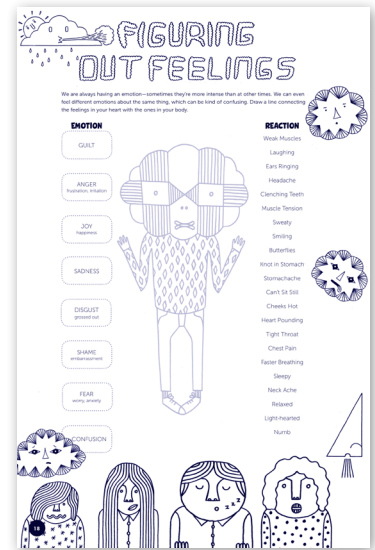
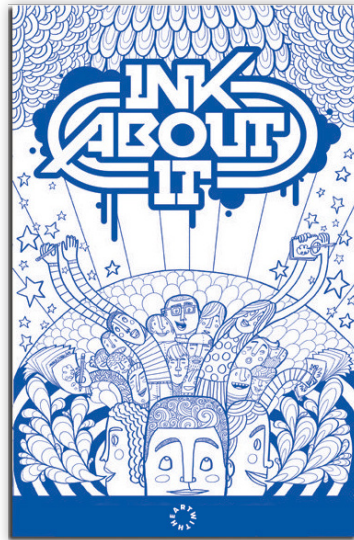
- Self-awareness
- Self-management
- Social awareness

## PRIMARY THERAPEUTIC GOALS:

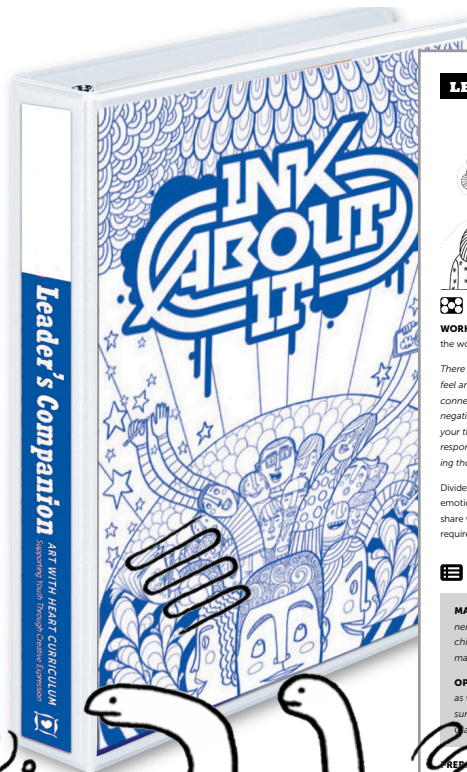
- Examine identity
- Develop capacity to tolerate mixed emotions
- Develop emotional vocabulary
- Identify support systems
- Build empathy

Ink About It asks middle-school kids what they want from relationships, how they handle stress, and what goals they most want to accomplish. Grades 6 through 8 are critical social and emotional learning years, so this book is designed to reach young people with writing and art prompts for self-exploration, self-awareness, and self-acceptance. Includes 20 different activities with various themes; including identity, emotion regulation, and relationships.


## Therapeutic activity book for kids:



## Companion curricula for adults:



**LESSON 10      FIGURING OUT FEELINGS      P. 11**



"Feelings or emotions are the universal language and are to be honored. They are the authentic expression of who you are at your deepest place."  
—Judith Wright

**THERAPEUTIC GOALS:**  
Increase awareness of mind/body connections, develop emotional literacy

**PRIMING ACTIVITY: COMPARE/CONTRAST**

**WORKBOOK:** Have participants answer the prompts in the workbook.

There is a huge connection between how we think and feel and how our bodies react. It's called the mind-body connection, and it works both ways: when you are feeling negatively, your body reacts negatively. But you can also use your thoughts to positively influence some of your physical responses. When you think about happy times or think calming thoughts, your body tends to relax.

Divide participants into small groups and pass out premade emotion word cards, one per person, and ask them not to share with each other (clear out any furniture, as this game requires room to move). Take turns among your small group to individually act out your emotion, without talking. Help us really feel the emotion. The group members who are not acting out the emotion will try to guess what the emotion is. Continue until the last participant has gone. End with some stretching and quiet breathing to create body awareness.

How easy was it to guess your group member's emotions on the first try? Was it hard for anyone? Discuss as a group. Sometimes emotions can show up differently for different people. Some people express their emotions in obvious ways, and for other people, it's not so obvious. If it is anticipated that participants will be uncomfortable acting in small groups, lead them through a discussion about how people can show the same emotions differently from person to person.

**ART ACTIVITY: RAY OF LIGHT COLLAGE**

**MATERIALS:** Acrylic paint, paper towels, plastic dinner plates (for circle templates), cardstock, pencils, chipboard or cardboard (for collage backing), scissors, magazines, Mod Podge

**OPTIONAL MATERIALS:** Supply additional EPHEMERA as well as MIXED MEDIA to add to their collage. Make sure to provide strong glue (such as Judikins Diamond Glaze) to make sure 3-D items will adhere.

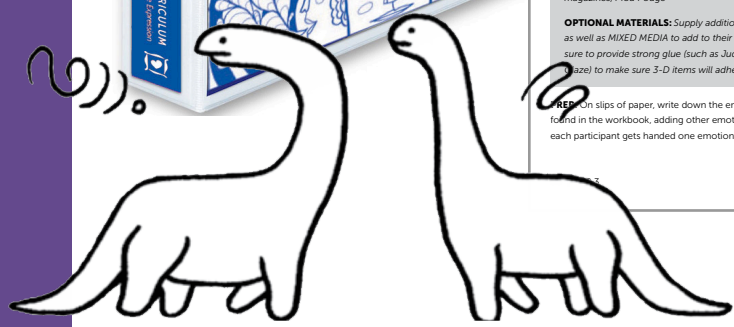
**PREP:** On slips of paper, write down the emotion words found in the workbook, adding other emotions so that each participant gets handed one emotion for the PRIMING

**ACTIVITY:** If you are short on time, cut out the circles earlier rather than having participants cut them out themselves.

**EXPLAIN:** Today we will be making ray of light collages, focusing on how we feel when we are happy. Show your sample.

**DEMONSTRATION:** Show how to make sunbeams by using a plate as a template to create a circle from cardstock paper, cut out the circle. Find the middle by carefully folding it in half three times and then unfolding. Cut out each "pizza slice" to serve as a sunbeam template, and use these templates to trace images in magazines.

Ink About It Leader's Companion



sample book activity

sample curricula lesson