



Spring Awakening - Activity #3 - FOR GUARDIANS (of kids age 6 to 12)

1 FEEL

Suggested Time: 1-3 minutes

Tools Required: None

You can read the questions aloud.

Encourage lots of investigating the room for shapes if they need inspiration

Use things like sound, texture, or other adjectives to describe your check-in

Guardians should keep their eyes open

Benefits:

Grounding yourself within your own body and connecting with the geometry around you.

Acknowledging how we feel today, right now, in this moment

2 BREATHE

Suggested Time: 5 minutes **Tools Required:** Any place with some space to move

Modifications:

Can be done with just hand/ arm movements if you prefer (for small spaces)

Encourage them to switch shapes slightly faster if it helps keep their attention

Do this along with your kids, if you'd like!

Benefits:

Tune into your mental health and well-being & wake up your senses

Practice making quick decisions intuitively

3 DO

Suggested Time: 15+ Minutes **Tools Required:** Space to move, a way to document shapes

RECREATE!

Maybe... Take 6 different photos and recreate with your body

Or... Take 1 photo and find 6 different shapes within that

Perhaps... Find 6 different objects around the house

Check out some of our examples!

Take a photo or shoot a video of you creating and share it with us!

REMEMBER - Sometimes simple is better!

Benefits:

Reflecting our surroundings through physicality

4 REFLECT

Suggested Time: 15 minutes **Tools Required:** Paper & any Arts Supplies you'd like

Modifications:

This activity is meant to let participants go wherever their mind takes them, but if you need some guidance or inspiration you can ask:

How did it feel to create these shapes today? Is there a story in these shapes? Characters?

Benefits:

To create a physical documentation of one or all of the activities (check-in, meditation, creation of shapes), to either be able to look back on at a later date or to simply reflect on your favourite parts of the day.

To allow ourselves to be inspired by what we did, saw or thought of, and make something creative and fun!

5 SHARE

By sharing our findings, we are reminded that we are part of a bigger community. Other people /our friends are doing the same activities and we can collectively share and talk about our experiences, thoughts, feelings to get us through this isolated time!

Head to our Facebook page or Instagram to upload and share!

MORE INFORMATION ...



Email us at info@princessproductions.ca



For more info about Swallowing Clouds



Public Health Ontario - COVID-19 Public Resources



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