



Spring Awakening - Activity #2 - FOR GUARDIANS (of kids age 6 to 12)

1

FEEL

Suggested Time: 1-3 minutes

Tools Required: None

Modifications:

You can read the questions aloud. If colour is not how you feel today, you can also use things like sound, texture, or other adjectives to describe your check-in.

Guardians should keep their eyes open

Benefits:

Grounding yourself with others and connecting with your feelings

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

2

BREATHE

Suggested Time: 5 minutes

Tools Required: A comfy place (other than your bed!)

Modifications:

Can be done outside if you would like

Can be done before or after the next activity

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

Benefits:

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

3

DO

Suggested Time: 20+ Minutes Tools Required: Any household items that inspire you!

You can choose to do the Discovery Walk from last week again or skip ahead to:

RECREATE!

Use any materials you have on hand to recreate images you found on your Discovery walk
(ex. chalk, laundry, pets, magazine clippings, newspapers, etc.)

Check out some of our examples AND Look at the Getty Museum Challenge for inspiration

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

Benefits:

Reflect on the things we've experienced and remember the details of those experiences.

An opportunity for a collaborative family creation

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 this image today? Is there a story in this new image? Characters?

Benefits:

To create a physical documentation of one or all of the activities (check-in, meditation, discovery walk), 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, thought of, heard, tasted, smelled 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



An agency of the Government of Ontario
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