

The Art Room At Home

Calm Project



Anxiety and worry are normal everyday feelings which can help to motivate and protect us. At this time many children and young people may be feeling more anxious as we leave the coronavirus lockdown. This project offers space to notice and explore these feelings. The four creative activities encourage children to spot, settle, soothe and share their worries so these feelings do not become overwhelming. By doing this children can be helped to feel calm.

Activities
There are 4 activities in this project. Each one offers a different way of supporting children to manage anxiety and worry, described in 'Activity Aim'. Feel free to choose which activities would be most helpful for your child.

- Materials**
- recycled & natural materials
 - paper
 - coloured pencils/pens
 - scissors and glue/tape



 **Project inspiration**

Check out this document for more images, stories, activities and music which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art.

[Download additional resources](#)



Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

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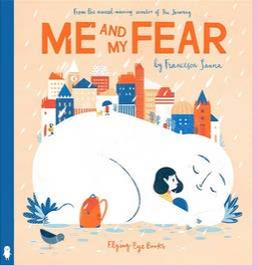


Activity 1: Spot your worries



Imagine

Read this story 'Me and My Fear' by Rebecca Sanna



It is on YouTube to read or watch:
<https://bit.ly/3h657um>

Listen to our Calm Project Playlist on Spotify:
<https://spoti.fi/3j1tDP>

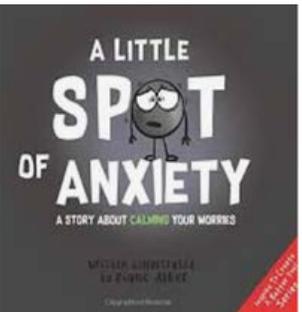


'Body Maps'. We can feel emotions in our bodies. These drawings are by children noticing where they feel happy or angry. More on body maps in our Additional Resources



'Emotions Wheel' by Todd Atkins

'A Little Spot of Anxiety' by Diane Alber
You can read the story here:
bit.ly/3exE7Ci



Activity Aim

- To notice and think about feelings and worries through drawing



Create

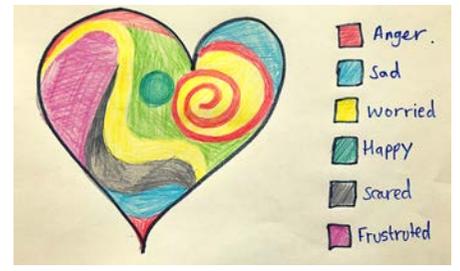
You will need:

- paper/card or card
- coloured pencils/ pens/ crayons / paint
- Optional:
 - scissors and glue
 - recycled magazine paper or newspaper
 - old fabric and string / elastic band / pipe-cleaners

Creative Activity:

- Draw an outline of a heart or your hand on blank paper or card.
- Make a key using different colours, patterns and shapes for each of your worries and/or feelings.
- Fill your outline with the colours and patterns from your key using coloured pens, pencils, crayons and/ or paint. Things can even be pasted onto it.
- Instead, you can make an envelope or tie a piece of cloth at the top like a bag to put your worried feelings, thoughts and drawings. It can be decorated as pleased.

For instructions on how to make an envelope, see link:
<https://bit.ly/3eztM9f>



Explore

- If you had a friend called Fear like in 'Me and My Fear', how would you describe them? Would they change from small to big sometimes?
- Take a look at the 'Body Maps' picture in the Inspire section, and imagine how you would colour an outline of your body when feeling worried? (See our additional resources if you're interested in exploring this further.)
- The child in the story felt alone before learning that other children also had "secret friends called Fear." Have you ever been through something similar?

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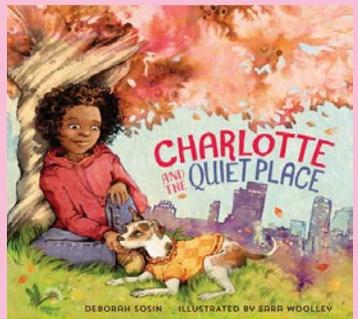


Activity 2: Settle your thoughts



Imagine

Read this story 'Charlotte And The Quiet Place' by Deborah Sosin



It is on YouTube to read or watch:
<https://bit.ly/3fBSRBz>

Listen to our Calm Project Playlist on Spotify: <https://spoti.fi/3j11tDP>



'Eye Candy 3' by Bruce Gray



'Syncopated Accompaniment' by František Kupka



'Yellow-Red-Blue' by Wassily Kandinsky



Activity Aim

- To use drawing, colouring and pattern making to help you settle



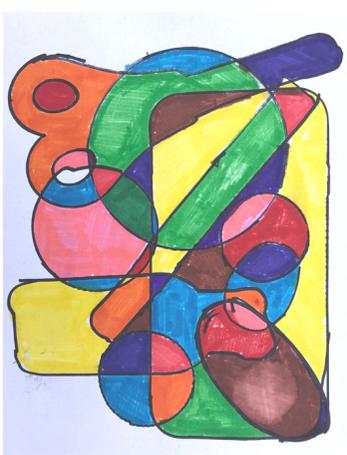
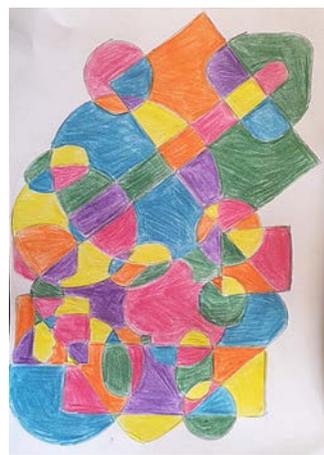
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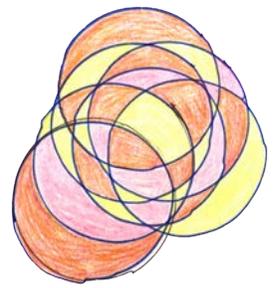
- paper or card
- pencil
- small household objects you can draw around
- colouring pencils or pens

Creative Activity:

1. Collect some small objects from around your house such as coasters, lids, coins, cups and jigsaw pieces. Have fun finding unusual shapes too!
2. One by one, draw around each object with pencil on paper or card. Make sure that the outlines of different objects overlap so that there are more sections of different shapes and sizes.
3. Colour each section with paint, and/ or coloured pens, crayons or pencils.
4. Look at your creation and see how many objects you can spot! Show it to someone else and see if they can guess which objects you drew around!



This pattern was made by drawing around a mug!



Explore

- What was it like to pay attention to colouring in your pattern?
- What was it like for Charlotte when she finally found her quiet place in the story? Do you have a quiet place?
- Charlotte listened carefully to her breath to find a calm and quiet place inside herself. Some people might also find it relaxing to colour and draw. What helps you feel settled?

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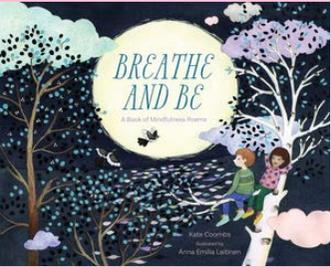


Activity 3: Soothe your senses



Imagine

Read this story 'Breathe And Be' by Kate Coombs



It is on YouTube to read or watch:
<https://bit.ly/3eARAJA>

Create your own forest soundscape to soothe your senses: <https://bit.ly/3fu8n2u>
or listen to our Calm Project Playlist on Spotify: <https://spoti.fi/3j11tDP>



'Forest' by Paul Cezanne



'Birch Forest' by Gustav Klimt



'Enchanted Forest' by Victor Ovsyannikov

Activity Aim

- To create a 'Forest of Calm' to soothe your senses



Create

You will need:

- plain paper/card or cardboard
- coloured paper or card
- coloured pencils/ pens/crayons/paint
- scissors and glue
- optional: pipe cleaners, leaves, twigs, flowers, tissue paper, cotton wool

Creative Activity:

Here are some calming forest sounds that can help with imagining your forest whilst making art: <https://bit.ly/3fu8n2u>

1. Draw or paint tree trunks onto a piece of plain paper or card.
2. For the treetops, cut different sizes of coloured or recycled paper to stick above the trunks.
3. Details such as branches, leaves, flowers or fruit can be painted or drawn on top at the end.
4. Alternatively, use pipe cleaners or twigs for the trunks/branches. Tissue paper, cotton wool, or even real leaves and flowers can also be used for the treetops or forest floor!



Explore

- Which three words best describe your Forest of Calm?
- Imagine taking a walk through your forest. What can you see, hear, smell, taste or feel?
- The girl in 'Breathe and Be' finds it soothing to connect to nature. If you could become anything in the natural world, such as a tree or the clouds, what would you choose? What would that be like?

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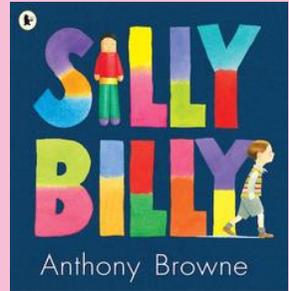


Activity 4: Share your worries



Imagine

Read this story 'Silly Billy' by Anthony Browne



It is on YouTube to read or watch:
<https://bit.ly/3h3Ik2r>

Listen to our Calm Project Playlist on Spotify:
<https://spoti.fi/3j11tDP>



A girl releasing butterflies from a box (Artist unknown)



'Worry dolls' from Guatemala



Drawing from the book 'Ruby's Worry' by Tom Percival. You can hear it here: bit.ly/2B4BbQ8



Activity Aims

- To make a worry doll and explore how sharing our worries can help us



Create

You will need:

- a stick, lollipop stick or pipe cleaners
- string, thread, yarn, wool or plastic food wrappers
- scraps of coloured fabric
- glue or tape
- bits of coloured card tissue paper
- a pen

Creative Activity:

1. Find a lollipop stick and/or a pipe cleaner this will form the structure of your worry doll. Check link to see how to bend pipe cleaner into a doll structure: <https://bit.ly/2DPbLHe>
2. Decorate doll- use string/thread/yarn/wool to wrap around body, you can/also tie fabric over the doll structure using wool/thread or glue.
3. Draw dolls face on a piece of paper cut and stick face on doll alternatively you draw face directly on if your doll is made from a lollipop stick as surface is smooth and flat.



Explore

- Imagine you were Billy in the story 'Silly Billy'. Why do you think he felt silly about sharing his worries with his grandma?
- Billy's grandma gave him worry dolls to share all of his worries with. What would it be like to share your worries with your worry doll?
- Imagine if your worry doll was a person, what would they be like?

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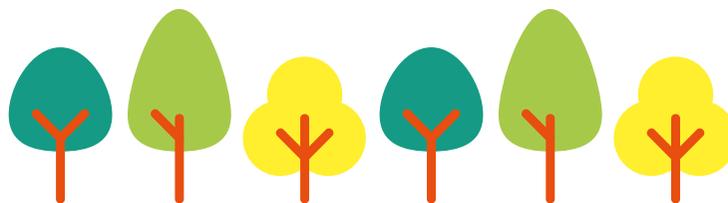


'Sometimes It's Better to Let Go' by Graham Franciose



'Forever Friends' by Karin Taylor

You can now use these activities to help you spot, settle, soothe and share your worries whenever they appear...



End of project reflection

- Think about the activities you have done in this project, how did they help you?
- What other activities can you do to comfort yourself and ease your worries?
- When feeling unsettled what positive thoughts can you keep in mind to calm yourself?

More from The Art Room

If you enjoyed this 'Calm' Project, why not try one of the activities on our additional resources page?

Continue exploring the theme of 'Calm' by downloading our additional resources pack!

[Download additional resources](#)

Have you seen our other Art Room at Home Projects?

Visit The Art Room At Home website to see our other projects for families, including Colour, Animal Homes, Space and the Seasons Tree. We'll be adding new projects regularly, so keep checking the website for more.

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