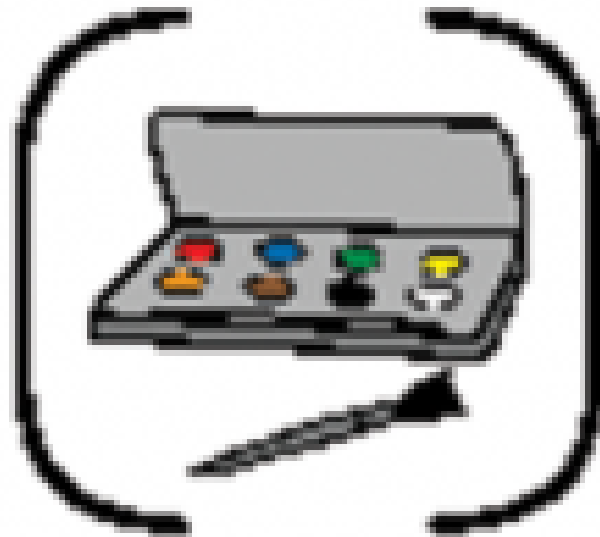


Developing resilience through art

'The ability to do well despite stressful life challenges, and to achieve good outcomes against the odds'





Carnegie Primary School
Support for Learning @ Home

The Resilience Framework:

Within this toolkit there are a range of activities that will focus on each of the 5 key areas within the resilience framework and will look to develop children's core skills in each area. These can be worked through in order taking one activity per week or you can pick and choose the activities that you think will benefit your child.



Session	Resilience focus	Lesson activities	Resourcing
<p>Session 1</p> 	<p>Basics:</p>	<p>Starter activity: with your child spend 5 mins drawing a place they feel safe. Check in: Discuss with your child why they selected this location. Talk about what it means to be resilient and what this would look like Main activity: With your child ask them to add themselves to the picture, talk about the emotions that are linked to this place.</p>	<p>Paper Mixture of media – paints, crayons, pencils, pens.</p>
<p>Session 2</p> <p>Focus: Creating a sense of belonging</p> 	<p>Belonging:</p>	<p>Starter activity: With your child create a name logo that can be attached to all pieces of art work completed throughout the art planner. Check in: Revisit previous weeks work and talk about how you child felt while completing the work.</p>	<p>Non-porous surface (upside down baking tray tray or base of a plastic box) Paint Paper</p>



Main activity: Mono-printing (appendix 1) of what you like about where you live. Discuss with your child the best features of the local area and the place they most like to visit. Show children how to create a mono print. If monoprinting is not something you can do try painting or drawing the best features.

Finally: Discuss with your child why is important to feel a sense of belonging in the local area.

Session 3

Focus: working together as a team



Learning:



Starter activity: Ask your child to write down words that the associate with team work As the adult complete the same activity at the same time.


Check in: Discuss and compare the words you both came up with.

Main activity: Group collage With your child create a group collage in a single large sheet of paper. You and your Child should negotiate the theme and content of the final design.

Finally: Discuss with your child how it felt to work together on a project.

Stickers
Large sheet of paper
A range of collage materials

<p>Session 4</p> <p>Focus: Learning to copy and trust others with our work.</p> 	<p>Coping</p>	<p>Starter activity: With your child both begin painting a picture of your choice. (for about 10 mins)</p> <p>Check in: Discuss with your child what they have produced.</p> <p>Main activity: Now swap pictures and complete each other work.</p> <p>Finally: Discuss with your child how it felt to allow someone to change their picture and why this required resilience.</p>	<p>Paper Paint Brushes</p>
<p>Session 5</p> <p>Focus: Identify core strengths and talents</p> 	<p>Core self:</p>	<p>Starter activity: Ask your child to draw a quick sketch of their talents</p> <p>Check in: Share talents that your child has drawn</p> <p>Main activity: With your child make stencils by cutting out shapes from pieces of card board. Make the stencils represent one of your child's talents.</p> <p>Finally: Test the stencils with pens and paper to see if they work.</p>	<p>Thick cardboard Scissors or craft knives Paper pens</p>

<p>Session 6</p> <p>Focus: to show what children have achieved</p> 	<p>Core self:</p>	<p>Starter activity: Ask your child to create a word cloud of what they have learned from completing the art plan.</p> <p>Check in: talk about the words that your child came up with and why they choose them.</p> <p>Main activity: Allow your child to use their stencils designs from previous week to print onto a piece of old fabric which shows off all their talents.</p> <p>Finally: Display finally cloth designs and discuss how it feels to have managed to produce the finally piece of art.</p>	<p>Old Fabric or cloth Fabric paints or permanent markers Stencils designs</p>
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Monoprinting guide (appendix 1)

Method 1

Method 1 involves painting images onto the printing plate, laying the paper on top, and pressing to transfer the images onto the paper.



1. Find an appropriate printing plate. Any non-porous flat material such as plexiglass, Styrofoam board, or an old plastic placemat will do. You can even use recycled materials such as shoebox lids or cereal boxes, just as long as they are non-porous (do not absorb water).



2. Cut out your paper to the same size as your printing plate.



3. Add just enough water to your paint to make it spreadable. Start painting on your printing plate. Use a paint brush, a cotton swab, or your fingers to paint.

You can start out with a basic shape - you don't need to paint in all the details yet. In case you want to "erase" something you can simply wipe off the paint with a wet tissue or sponge.



4. Put the paper on top, carefully aligning the paper and the printing plate along the edges. Press firmly on the painted area.



5. Gently lift the paper. The image that you painted on the printing plate has been transferred onto your paper!



6. If you want to add more detail onto your picture, paint more stuff onto the printing plate.



7. Again lay the paper on top and align its edges with those of the printing plate. Press on the painted area and then lift the paper to see the added details printed onto your picture.



8. As you may have noticed, we gradually add the details in batches. The reason for this is we try to avoid the paint from drying prematurely on your printing plate. However, if you have a simple design or if you can paint quickly, then you can definitely paint and print everything in one go.



Once your picture dries, cut out the paper to the desired size. Your printed image will look pretty on a frame!

*Another variation of this monoprinting technique that you can apply when you accidentally end up with a prematurely dry paint on your printing plate:

(1.) Leisurely paint on your printing plate, not minding if the paint dries on it. Make your picture as elaborate as you like.

(2.) Dampen your sketch paper by brushing it over with a wet paint brush.

(3.) Put the wet paper in between 2 more sheets of paper to absorb the excess water.

(4.) Lay this wet paper on top of your painted printing plate - this should reactivate your dried-up water-based paint.

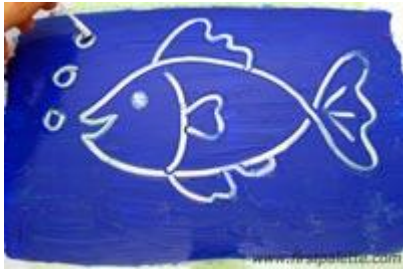
(5.) Press and carefully peel away the paper to reveal the printed image.

Method 2

Method 2 is a subtractive technique in that you cover the entire surface or a large area of the printing plate with paint. Images are created by "removing" paint from the plate using a cotton swab or your finger.



1. Paint on an area on your printing plate that is slightly smaller than your paper.



2. Draw designs on the painted area using a cotton swab, the end of a paintbrush, or your finger. As you draw, you are removing paint as you make those strokes. You can wipe your drawing tool when it gets overloaded with paint and continue drawing.



3. When you're happy with your design, lay the paper on top, making sure to cover the area with paint. Press on the painted area.



4. Gently peel the paper from the printing plate to reveal the printed image.



5. Notice that a mon