

SUGGESTED ART ACTIVITIES TO HELP GET THROUGH THE GLOBAL CRISIS

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Children's experiences and their reactions to the effects of the COVID-19 Virus will be varied. These reactions will be based not only on the impact on their own lives, but also on the reactions of adults, what they have seen personally, and what they have viewed on television.

The following drawing techniques will enhance virus discussions and learning experiences.

HELP CHILDREN ACKNOWLEDGE AND VALIDATE FEELINGS BY ASKING THEM TO MAKE DRAWINGS:

1. Draw the scariest event that occurred during the virus.
2. Draw the worst event that happened to you or your family.
3. Draw a picture or make a collage of your anger.
4. Illustrate and complete the following statements:
 - a. I felt out of control when _____
 - b. I felt in control when _____
 - c. I felt angry when _____
5. Draw a picture or make a collage about your sadness.
6. Choose from the following list of feelings and illustrate them: guilt, grief, denial, hopelessness, confusion, hope, growth, anger, nervousness.
7. When you have lots of energy, illustrate two things that you like to do.
8. Draw a picture of anything that made you feel happy during the time that the virus is happening.
9. Draw a picture of necessities and luxuries.
10. Do research online and draw a picture of where people who have the virus live.

11. When you are tired of thinking about the virus, draw what you do or think about that makes you feel happy.
12. When you are feeling okay inside, draw a picture of how you can help others that are affected by the virus.
13. Draw a picture of how you feel right now.
14. Draw a typical day in your life... illustrate your routine, what you do, and who you are with.
15. Think of one word that expresses what is the uppermost in your mind right now. Is it a person, thing, place, or feeling? Illustrate your answer.

HELP PROMOTE FEELINGS OF TRUST AND SAFETY:

1. Design a medal of honor for your parents or guardians in your life, indicating a positive action they exhibited when hearing about the crisis.
2. Using colored construction paper, create a collage of symbols for special people in your life whom you trust.
3. When you can't sleep at night, draw what you would like your mom or dad to do to help you.
4. When you can't concentrate on schoolwork, draw what you would like your teacher(s) to do to help you.
5. When adults fight, illustrate what you do to make yourself feel safe.
6. If you are angry at God because of recent damage to our lives, draw a picture illustrating why.
7. Draw the person and/or place that helps you feel calm and safe when you are upset.
8. Draw a picture of yourself with a person whom you trust.
9. Draw a picture of the people or pets that you need. Illustrate how you help and support them.