

## Resilient Bubble Wrapping Art and Play



Changing things up with children and using art or play ideas can help you teach the resiliency principles, while keeping things fun and entertaining—which is great for adults too! A recent study of adults found that engaging in as little as thirty minutes of art activities—like coloring, painting, or clay modeling—significantly reduced their levels of anxiety. The Dollar Stores are chocked full of inexpensive art supplies include coloring books, finger painting, water painting, chalk drawing, anything with Popsicle sticks and googly eyes, construction paper, puppet shows, collages from magazines or stickers. Share the joy of connecting and playing together. Make a travel art kit with items like glue sticks, glue bottle, markers, crayons, scissors and small craft materials (pipe cleaners, buttons, googly eyes), then you are ready to use it indoors or take it outside. Here are some great ideas for implementing the resiliency principles through art and play activities:

### 1) Active Movement

- For young children simple items like ribbons on sticks or hoola hoops are great to get them moving outdoors.
- A dress up box with fun clothing and accessories (like a safari guide or astronaut), just for outdoor active play. I also include old sheets and blankets for building forts and tents.
- Have your children act out a story or two—ones they really like, maybe Clifford the Big Red Dog, or Cat in the Hat as an idea—and take it outdoors.
- Make your own parachute ball game. Get a couple sheets from a thrift store and sew them together (or use colored duct tape), then voila you have your own parachute. You can leave it rectangular in shape or cut the corners to make it round. Have children hold the sheet and pull it tight. Place different size balls in the middle and see how long it takes for all the balls to pop out.



## 2) Nature Engagement

Art outdoors is even better! The best items are those not necessarily developed specifically for play, but items lying around the house (pots pans, muffin tins, spoons). Play may be even more fun with made up toys versus dedicated toys. Better yet, create the toys yourself (DIY style). You can make a shovel from an old plastic milk jug. Just cut the top of the handle and then cut the bottom piece like a shovel shape.

- Loose natural parts like sticks, rocks, and other items found in nature are great to keep in the back yard for encouraging imagination and free play.
- Create your own mud kitchen. You can build one with boards, if you have time and know how (pinterest has some good ideas). If remodeling a bathroom in your house, consider leaving the sink outside in a flower bed for some mud play. You might also find great odds and ends pieces at a local thrift store. A mud kitchen can also be as simple as some pans for water and dirt.
- Have a budding musician on your hands, then consider hanging different size pvc or other piping from a patio for making music. You can also add buckets, just turn them upside down and now they are a drum.
- Get a large cardboard box that is being discarded from an appliance store or a furniture store. They are often happy to donate to you a leftover box, to cleanout their store. The box can become amazing things, just give it to your kids and send them outside. An old thread spool can make an excellent door handle if the box becomes a house. Use markers or paint to decorate.



## 3) Simple Foods

- Paint with edible colors. Add few drops of food coloring to plain yogurt. Go outside with friends and paint on a large sheet of butcher paper.

- Purchase 5 or 6 long plant stakes from Home Depot. Set them up in your yard like a teepee and plant beans or peas that grow on a vine and grow an edible food fort.
- Have a Garden Tea Party with simple foods you might have on hand. Invite some friends over to join you in your backyard. It's great if you have a dress up box with hats (for boys and girls),



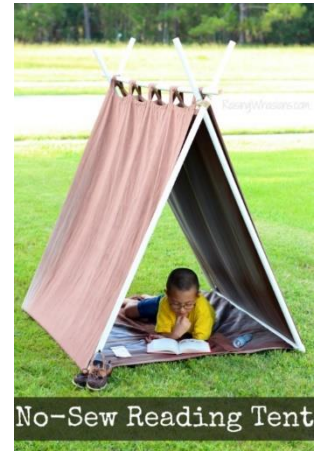
scarves, gloves, anything to make it fun. Look through your closet and see if you have clothes you no longer wear, they make excellent dress-up attire for children. I like to use a little table cloth and some old, fine china all purchased from the thrift store. Add some fruits, veggies, cheese and bread along with non-caFFEinated tea or water and you'll have a wonderful spread.

- Have a "Cooking Up Friendship" gathering for older children to get together and hone cooking skills amongst their friends. They choose and decide what they will bake and all the creative aspects that go along with presentation. With all the cooking, singing and dancing, Cooking Up Friendship has become a huge hit with the girls.

#### 4) **Resting Reset**

- Sitting quietly for one minute outdoors and using all your senses study the surrounding nature. What sounds do you hear? What sights you see? Do you feel anything under your bare feet? Then draw a picture of what you you've experienced with your senses and have others try to guess what you've drawn.
- Create a kid friendly gigantic bird nest—outdoors or inside the home—for curling up and relaxing with a good book.

- Hang a colorful hammock in your backyard. Children of all ages love gently swinging in the hammock and then cuddling up with a sibling or a parent to read a book or take a quick nap. You can make your own with a bed sheet and thick rope. Children can help decorate the sheet before hanging it up. You can easily convert it into a tent hammock by hanging a sheet over a rope above the hammock.
- Try a tent campout, either outside in your backyard or even in your living room. A small tent works great for children creating a cozy space for camping, while staying close to home. If outdoors isn't an option, try pitching a small tent in your living room. You can DIY and make your own tent out of PVC piping and curtains (no sewing required).



Link for no sewing tent: <https://raisingwhasians.com/no-sew-reading-tent-for-kids/>

## 5) Nurturing Relationships

- Make a flower basket art project and leave it on the neighbors door to cheer them up, especially seniors. It's wonderful if you can include a nice note.
- Make a card for encouraging another person or for any special occasion. All you need are odds and ends items to help decorate paper or cardstock. I recommend buying old jewelry from a thrift store, they often sell a bag for cheap filled with all kinds of jewelry. Break apart the jewelry and decorate your card. You can also use buttons or any small supplies lying around the house or yard.
- Have a playdate with family and friends and try a new twist on hunting Easter eggs (Puzzled by Easter Eggs Game). Place puzzle pieces in Easter eggs and hide them around your yard. Have younger children locate the easier eggs and older children find ones hidden in much harder spaces. Then everyone can pitch into to build the puzzle. Just remember where you hide all the eggs.

- A great standby to remedy boredom is simply board or card games. Children of all ages can get involved. The younger ones might need to partner up and form a team with an older sibling or parent. We like the game “Spoons”, and all you need is a deck of playing cards and eating spoons. Include one less spoon the number of people you have (like four players then only need three spoons). Everyone is dealt four cards, which they will hold in their hands and the deck is placed face down by the dealer. The dealer will draw one card at a time and decide whether to keep it in exchange for another or pass that card to the next player. The next player picks up the card and either replaces one in their hand or sends on the card to the next player. The final player after looking at the card either replaces one of their existing cards or discards into the discard pile. The goal is to get four of a kind and then pick up a spoon. Once a spoon is picked up, all players without four of a kind may also pick up a spoon. The object is to pick up a spoon before they run out.

#### **6) Faith Foundation**

- Create a puppet show about a Bible story or other story of faith. The story of Noah’s ark (and all the animals) makes for an excellent play. If you don’t have a puppet handy, not to worry one can easily be made from an old sock or two. Share the play with family and friends. A puppet stage can be made relatively easily with PVC piping.
- Can create a large cardboard boat and pretend it is Noah’s ark. Get any type of box. The bigger the better! Even a refrigerator delivery box.



#### **7) Positive Mindset**

- Make your own board game or a puzzle that has a positive message and play it with your family and/or friends.
- Play with chalk outside and encourage children to draw pictures of great things they can do. Take a picture of the art, print it out and hang it on your fridge as a reminder.

- Make “Champion Art” with fruit or veggies outdoors. You can use anything from celery, apples, broccoli or even potatoes can be cut to make stamps. Simple pour washable paints into pie tins, grab your fruits and veggies and a large sheet of butcher paper. Have the children make pictures of activities doing things that they are really great at or something they’d like to learn. When they are finished, talk about their picture with them and remind them that they have the power to accomplish their dreams.

## 8) **Helping Hands**

- Help create an art flower garden at a friend’s house. Use inexpensive items to decorate. The Dollar Store often carries seeds and garden decorations near spring time.
- Create flower baskets and take to a neighbor. Simple wrap a sheet of paper into a cone and attach a ribbon handle. Then you are ready to fill with flowers.
- Contact a nursing home and see if they will allow you and your children to come have an art play date with the seniors. This activity is especially great around the less famous holidays (like Valentines or St. Patrick’s Day), when people may not be entertaining as much. Take an art kit filled with all your supplies and just cut, color, paste and create cards or pictures, whatever your heart’s desire. Sometimes the seniors might join in with creating the cards. Other times your children can just pass them around to seniors who are nearby.

