

### Watercolor Wind Down *[Wind Down Your Day]*

<b>AUTHOR(S):</b>	Briana Holtzman
<b>SUMMARY:</b>	Get creative and use watercolors and wind-up toys to let your mind, and paintbrush wander. They say a picture is worth a thousand words, and this alternative to journaling will give you a chance to reflect on your day.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel...</p> <ul style="list-style-type: none"> <li>• Calm</li> <li>• Reflective</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Create something</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• That art is one way to slow your mind and prepare for the end of your day</li> </ul>
<b>AUDIENCE:</b>	All ages, all experiences and comforts with art
<b>TIMING:</b>	45 minutes
<b>APPENDICES:</b>	N/A
<b>MATERIALS NEEDED:</b>	Required: Watercolor paint, paint brushes, water cups (and water), watercolor paper or postcards. Ideal: A variety of wind-up toys and/or dreidels
<b>SET-UP DETAILS:</b>	Somewhere with a hard surface, could be indoor or outdoor, with good light.

#### SESSION TIMELINE

- 00:00-00:05 – Welcome & wind up toy selection
- 00:05-00:15 – Reflect on the day in small groups
- 00:15-00:35 – Watercolor
- 00:35-00:45 – Gallery walk or share out

### **SESSION OUTLINE:**

00:00-00:05 - Session leader welcomes everyone into the program and invites everyone to pick a wind-up toy from the pile. Encourage people to play a little with the toy to see how it moves around.

00:05-00:15 – Session leaders breaks people up into groups of 4-5 and asks all participants to introduce themselves (name, camp, pro-nouns if they'd like, what they picked up, and briefly how the toy they selected relates to the day they've had so far. Welcoming everyone back, session leader shares that this wind down is about the experience and the end feeling, not the end art product.

00:15-00:35 – Session leader invites participants to grab a postcard, water color cup, and watercolors and find a spot where they can comfortably paint. Participants have two options:

- Paint what you want! Using just watercolors and their own imagination, participants will paint whatever they choose on the postcard. They could use a source image, something from their day, or just let their mind wander
- Follow the leader: In this case, the leader is your wind up toy. Wind up your toy and put it down on the paper. Follow the path with a pencil or pen. Feel free to get creative and wind up/trace the path with a few different start points. Once a path is drawn, use watercolors to follow along, fill in areas, or use the lines as an inspiration for painting.

Session leader plays quiet music during the activity, and offers, periodically, a reflection question/prompt for painters to consider while they paint from the list below:

- How did I wake up?
- What was a highlight for me today?
- What did I learn today?
- What made me smile today?
- Today, I could have done better ...
- Today, I stretched ...
- Who helped me get to today?
- What do I need to let go of?
- What do I need to hold on to?

Towards the end of the time, ask participants to start to wrap up their work, collecting supplies.

00:15-00:35 – If the group is feeling ready for conversation, ask participants to find a group of 2-3 people and share their art and their experience with the activity. If the vibe is still quiet, ask participants to take a few minutes to quietly walk around and see what others have painted. Then, in the final moments, ask for anyone who wants to share their watercolor and/or their experience.

### **BRINGING IT TO YOUR CAMP:**



## CORNERSTONE 2022 RESOURCE

One variation is to start with painting, do a gallery walk, and then once the paint has dried, give each participant a sharpie; on top of their watercolor they could draw one line image to transform their watercolor.

If using watercolor postcards, once dried ask participants to write a postcard to someone who helped them arrive at this day and drop it in the mail!