

Proposed Art Directive for Live Instruction: Gratitude Stones

Date: Time: Nov 2021 6:30pm-7:30pm (Central Time)
Duration: 1 hour
Method of Delivery: Video Chat instruction via Zoom
Facilitator: Gabriela Gamez
Language: Bilingual Instruction. (No need for translator)



ACTIVITY

Participants will paint on stones images, words or combination of colors that have a special meaning to them as a symbol of Gratitude.

GOAL

- To identify 3 or more things you are grateful for
- To find a way to symbolize that (those) things which you are grateful for
- To have a tangible reminder of the many blessings that surround you.

Throughout the instruction, facilitator will be commenting on the things she is noticing on how they work, their choices, their skills, their ideas, etc...

Closing circle:

Participants will have the opportunity to share and talk about their finished piece as we prepare to end our group.

MATERIALS YOU WILL NEED

- Paint or white paint with permanent markers
- small/thin paint brush
- paper towels
- 6+ Large rocks (If possible the size of an egg or bigger)
- an empty egg carton or a clear jar (to place the finished rocks)

ACTIVIDAD

El participante pintará sobre piedras, imagenes, palabras o combinación de colores creando un símbolo de gratitud.

OBJETIVO

- Identificar 3 o mas cosas de las que estas agradecido.
- Encontrar una forma de simbolizarlo
- Tener un objeto tangible que te recuerde de las muchas cosas de las cuales das gracias.

Durante la sesión, la facilitadora estará motivando, y comentando en las creaciones de los participantes, invitándolos a compartir y continuar paso a paso en el proceso.

*Circulo para concluir: Los últimos minutos serán utilizados para compartir en el monitor nuestras creaciones y experiencia.

MATERIALES

- Pinutura o solo pintura blanca y marcadores permanentes.
- Pincel delgado
- toallas de papel
- 6 o más piedras del tamaño de un huevo o más grandes.
- Un cartón de huevos vacío para colocar las piezas terminadas o un contenedor transparente.