

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

CALLING THE STORM

Good for	Ending a group Body and voice confidence
Length	5 minutes
Resources	Room / Outdoors
Actions	<p>Stand in a circle. Say: <i>"Let's imagine we are all trees in a forest. It's the middle of a hot summer's night and it's very still...The air is charged with electricity... There's a sense of expectation in the air..."</i></p> <p>Get the group to copy your actions in silence:</p> <p><i>First, there's a breeze. It starts to rustle our leaves</i> (Rub your fingers - listen)</p> <p><i>Then it moves our branches around</i> (Rub your palms together - listen)</p> <p>Animals run to their holes deep in the forest floor (Shuffle your feet and start pounding the ground)</p> <p><i>The wind gets up</i> (All make swishing noises)</p> <p><i>The rain is coming hard down</i> (All clap hard and fast, stamping feet, running on the spot for 15 seconds...)</p> <p><i>Then the storm starts to retreat...</i> (Reverse the actions one by one to quieten the storm...Stop stamping, stop clapping, just rub hands, stop swishing, rub palms then fingers, then cease all actions and stand in silence together for a moment.</p> <p>Close the group.</p>
Variation	You can add 'tingling' at the end by rubbing palms together until hot and opening arms. A good way to illustrate energy within a group.

