

# HANDBOOK FOR TEACHERS

## ART FOR WELLBEING IN THE CLASSROOM

### TOTEM TO A FRIEND

<b>Good for</b>	Getting to know each other Social skills Giving and receiving Manual and creative skills (drawing, cutting) A whole class working in pairs
<b>Length</b>	90 mins
<b>Resources</b>	Classroom with tables and chairs, children will sit in pairs Coloured card (have a range of colours available, approx. 4 x A5 sheets per person) Green flower sticks (1 per person) Coloured pencils / Oil pastels Scissors Sellotape
<b>Actions</b>	<ul style="list-style-type: none"><li>• Pair the group, children should not be working with best friends</li><li>• Start with portraits, these will go at the bottom of the totems. Choose whether they draw each other in pairs, or they draw themselves. Find out favourite colours, then choose card and oil pastels for each other / themselves</li><li>• Portraits 5 mins. If drawing each other, these are quick portraits sitting opposite, both draw at the same time. <i>Aim to capture an essence of the person, their expression, for example. There is no need to worry about what it looks like, just enjoy the flow of looking and drawing.</i></li><li>• Cut out the portraits before moving on to the next step</li><li>• Find out each other's favourite animal, draw this and cut out</li><li>• Favourite thing in nature, draw and cut out</li><li>• Find out a goal, this could be something they want to be good at in school? Write or draw it. Cut out.</li><li>• Find out what do they want to be in 20 years time, draw, cut out.</li><li>• Keeping all the artwork together for each child, assemble it on a stick, like below. Use sellotape on the back.</li><li>• When all are ready, make a circle with the group and gift the totems.</li><li>• Each child could introduce their partner, and share 2-3 facts about that person with the group</li><li>• Ask how it feels to give and receive</li><li>• Close the group</li></ul>
<b>Tips</b>	NB if they draw each other they may not like the portraits done for them. Encourage the group not to be fussy about the drawings, they are just sketches.

