

RELATED FOUNDATIONS:

- School & Classroom Leadership
- Student Engagement

RESOURCES:

- Banner paper
- Markers/Paint

Connecting Through Art

ACTIVITY GOAL: To engage the school community through art to foster a sense of connectedness and belonging.

ACTIVITY EXAMPLES:

In addition to stress reduction, colouring this giant art work can also help to increase connectedness as many students are coming together to contribute to a larger school wide activity.

Giant Mandala

- Have your school's Healthy School Committee or art class draw the outline of a Mandala on large banner.
- Post it on a wall in the hallway or on a large table.
- Invite all students to participate in colouring a portion of the art work.

School of Fish

- Cut out enough fish to give one to each student or students passing by in the hall.
- Have students write their name or initials on the fish and colour/design them to represent themselves.
- Collect all of the fish and display them together in the hallway.

School Mascot:

- Print out school mascot or something that represents the school mascot on a small piece of paper (i.e. paws).
- Provide one cut-out to each student in homeroom and provide dedicated time at the end of homeroom period to decorate.
- Encourage students to add comments, thoughts, sign or answer a specific question.
- Assemble all artwork and display creatively in the school.

Curriculum Connections:

- Grade 9: C 2.2 Relationships – skills and strategies
- Grade 10: C 1.1 Mental health – factors that enhance
- Grade 11: C 3.5 Mental illness – reducing stigma
- Grade 12: C 1.3 Skills and strategies for evolving relationships
C 2.5 Maintaining health and wellbeing when independent



