

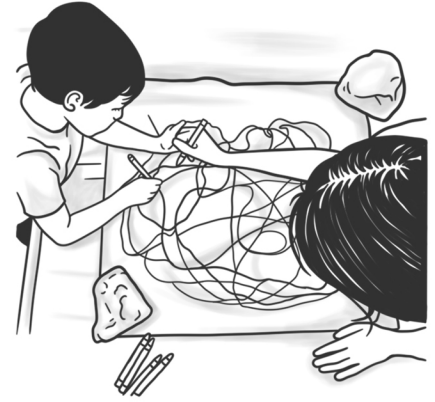


# Trauma Informed Art Lessons

CreativePlay for Safety, Connection & Calm

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## High Speed Scribble Chase



### TO DO BEFORE

- Gather materials & review preparations
- Set up inviting stage with material choices
- Prepare clear explanation of activity

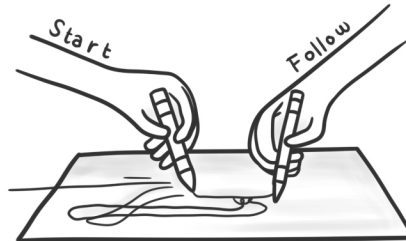
#### Materials

1. Colored construction paper
2. Skin tone construction paper
3. Scissors & Glue
4. Collage materials
5. Optional Step 4: Watercolor

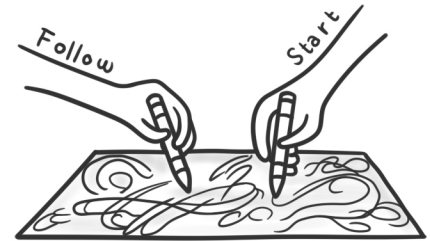
#### Set-Up Requirements

- Very Easy     Easy     Moderate

**Step 1:** Partner with a buddy & select 2 crayons of different colors. 1st child begins a slow scribbles while 2nd child "follows" with their crayon.



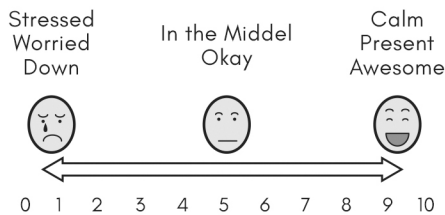
**Step 2:** Take turns. Now 2nd child scribbles while the 1st child follows. Working together this way, fill paper with scribbles.



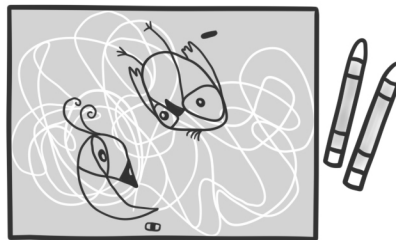
### TO DO DURING

- Provide Safety: Encourage choice.  
What else do you need?  
Are you Ok with sharing materials?
- Provide Connection: Build relationships.  
What can you learn from each other?  
How can you work together?
- Provide Calm: Remember to pause.

#### How Am I Feeling? Leader Self Regulation Scale



**Step 3:** Study scribble with your partner and find two objects or images in your picture. Outline and "color in" these 2 images with more crayon.



**Step 4:** (Optional) Add watercolor paint on top, working together with 2 brushes. Wax crayon will "resist" liquid and stand out.



### TO DO AFTER

- Build relationships: show interest in art
- Date & title artwork

**Document the Process:** Write child's name, date, and title of art on back. This documents cognitive & social emotional development, which allows you to observe changes in art & development over time.

**Maintain Portfolios:** Add art to individual portfolios at least 1/x week.

### REFLECT ON: How will I embed social & emotional support in this activity?

Follow these guidelines to provide a trauma informed art experience:

- Create a Safe Environment
- Build Relationships & Connections
- Support & Model Emotional Regulation

**Leader Check In:** What will I do to support these outcomes? Be specific.  
How am I feeling? Where am I on Leader Self Regulation Scale?