

## ***Bugs, Butterflies, Birds and Bears***

Welcome, and happy mental health week! Today we are going to explore some public art, and do some activities to find out more about ourselves and the world around us. We often don't stop and take time to notice how we are doing. On this walk, the first step for all art will be to first notice how it makes us feel – there is no right, and no wrong way to feel! It sure makes it easier to take care of ourselves when we know how we feel, so we can practice that together today!

Sometimes for children, emotions can be confusing to talk about. We can help them by using weather to describe how we feel – is it a sunny day inside? Cloudy? Windy? They often have an easier time expressing themselves.

### **Red Thunder's Gift**

- You made it to the first art piece, way to go! Notice what feelings come up as you look at Red Thunder's Gift.
- Notice how the wing of the Thunderbird allows water to pool. There are some things we are given, like water, that we can't live without, but it's easy to forget! Stopping, noticing, and being thankful for what we are given lets our hearts be full.
- First Nations culture sees us as being made up of 4 connected parts – body, heart, mind and spirit (connection to something greater than ourselves).
- Think about what you need to keep your body, heart, mind and spirit healthy.
- Can you think of one thing in each category that you are grateful, thankful for?

### **Mother Bear Prays for Earth Healing**

- This is our second art piece. First notice – how do you feel when you look at Mother Bear?
- The Mother Bear is a powerful protector, with lots to teach us. We all need people in our lives who care for and guide us.

- Who are the people in your life that are powerful protectors, that you feel safe around? Who are the people in your life who have things to teach you?
- See how many you can think of!

### **Fallen Branch**

- You made it to the 3<sup>rd</sup> art piece! First, notice what you first feel when looking at Fallen Branch.
- The artist wanted us to pay attention to the beauty of things we may not notice, like fallen branches.
- Look around you. Find 2 things that you would not usually notice, that you think are beautiful. It could be anything at all!
- Think about yourself – do you think there's anything about you that is beautiful or important that people may not notice?
- Bonus question: How can we notice these things in ourselves and other people?

### **Snail on a Leaf**

- Congrats, you made it the 4<sup>th</sup> art piece! Like always, take a second and notice what you feel when you look at the Snail on a Leaf?
- There are two places to sit. If you are from the same household, have one person sit on each side of the Snail, looking in opposite directions. Going one at a time, each person has 30 seconds to do their best to describe everything they can see to the other person. When listening, do your best to imagine what the other person is seeing, but don't peek! After each person has gone, switch seats, and see how close you got!
- Do you think that it's easy or hard to see things from another person's point of view?
- What might make it easier or harder to see things through another person's eyes?

### **Butterfly Kaleidoscope**

- See if you can see this art piece from far away – what do you see?
- When you get close, do you notice anything different? Do you feel any different?
- Sometimes, we can only see something from up close. What is something about you that can only be seen when someone really knows you?
- This has been a long year. The Butterfly represents change, growth, and moving forward. To finish off the walk, your challenge is to think of how you have grown or changed this year? And, what you are most looking forward to this summer?