

Benches (Hinges, Blooms and Hide & Seek)

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 younger 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.

Butt Hinge:

- You made it to the first bench! Take a quick break – how do you feel?
- Can you tell what this object is?
- What made this art is a common part of our houses, door hinges, and it is also special piece of art. Think about you – How are you like other kids/people? How are you special?

Blooms Bench:

- You made it to the next bench! Take a quick break – how do you feel?
- Notice that there are 3 flowers, 1 big, 1 medium, and 1 small. What are three things (one small, one medium, one large) that you can do to help feel better if you are having a bad day?
- Bonus Question: These flowers have grown healthy, and happy. What do you need to be healthy and happy?

Hide and Seek:

- You made it to the last bench, way to go! Take a quick break – how do you feel?
- This art piece is all about hide and seek! Sometimes we go so quick, we don't notice what's around us. Your challenge for this art piece is to do notice what is around you!
 - First, notice 5 things that you can see
 - Second, notice 4 things you can feel (explore what's around! Ex: does the brick on the ground feel different than the brick in the wall?)
 - Third, notice 3 things you can hear (does it change when you turn directions?)

- Fourth, notice 2 things you can smell
- Finally, without putting anything in your mouth, notice 1 thing you can taste

Bonus question – do you think the dog is looking for the boy, or is the boy looking for the dog?
How can you tell?

There is so much more around us than we notice! By taking time to notice how we feel, think about how we are similar and different than those around us, thinking about how we can keep ourselves healthy, and noticing our environment we can support our mental health.