

# Hello Big Feelings

## Turning Happy Thoughts into Keepsakes

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**Time Needed:** 30 minutes

**Arts Focus:** Visual Arts

**Age Range:** 6-8

### Mini-Lesson Description:

In this lesson, learners are encouraged to remember joyful memories and focus on writing and drawing them. Learners will use their drawings to craft paper beads that they can turn into jewelry, toys, or keepsakes as a comfort during times of emotional stress.

### Key Concepts:

Memories; Imagination; Fine-Motor Development; Expression; Craft; Triangles; Two-Dimensional; Three-Dimensional; Keepsake.

### Materials Needed/Prep:

- Crayons or color pencils
- White paper
- Scissors
- Glue
- Thin rod like a skewer or small wooden dowel
- String

### Step-by-Step:

1. Ask the learner(s) to think of a happy memory they have, and give some examples of your own.
2. Provide the learner(s) crayons and a piece of white paper to draw and write about their memory.
3. Encourage the learner(s) to draw images and/or write a few words connected to their memory. The drawing does not have to be realistic since they will be cutting this image up. Remind the learner(s) they don't need to make the image for anyone else.
4. Make sure to draw your own memory to use as a demonstration.
5. Explain that you are now going to turn the two-dimensional drawing into a three-dimensional keepsake.
6. Demonstrate how to turn the page horizontally and cut the paper into long triangle shapes. The base of the triangle starts along the long-edge of the paper, and should be about two inches wide.
7. Take one triangle and flip it white-side up and put some glue on the thin tip.
8. Place the thin rod horizontally across the base of the triangle and wrap the triangle tightly around it, making sure to keep the tip centered until the triangle has been wound completely around the rod. You now have a bead!
9. Repeat until all of the triangles have been turned into beads. Use the string to make a necklace, bracelet, keychain, etc.

### Variations and Next Steps:

- For learners who become emotionally attached to the first step and are at risk of becoming upset about cutting up the image they drew, the learner can cut triangles from blank paper before any image is created. They can draw or write happy thoughts or memories on the triangle before they roll them into beads. Depending on emotional need, the learner can also write names of loved ones inside the bead or create gifts from the final product.

Watch a video of this Creative Start Mini-Lesson and find more at: <https://www.arts.wa.gov/creative-start/>