



# Trauma Informed Art Lessons

CreativePlay for Safety, Connection & Calm

Anna Reyner / CreativePlayLA

## Bilateral Scribble Wall



### TO DO BEFORE

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

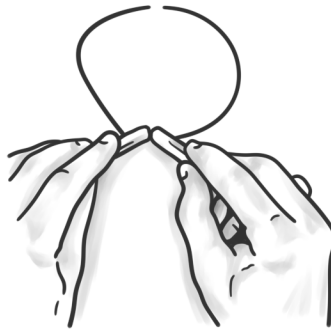
#### Materials

1. Butcher paper roll
2. Crayons
3. Oil pastel
4. Colored Markers

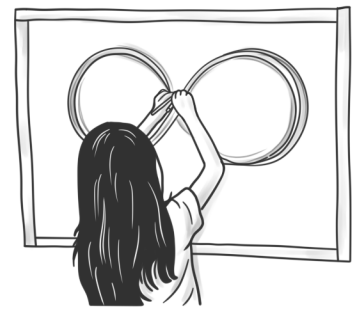
#### Set-Up Requirements

- Very Easy     Easy     Moderate

Step 1: Place a marker in each hand. Starting at center, make circle using both hands at the same time, meeting your hands back together in the center.



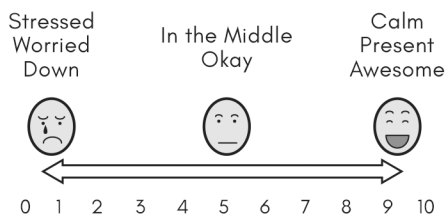
Step 2: Tape large piece of butcher paper to wall. Use double width of paper if desired. Take 2 markers and swing arms in big circles, as shown



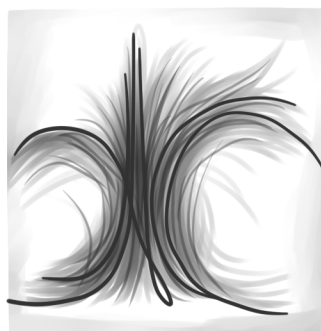
### TO DO DURING

- 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.

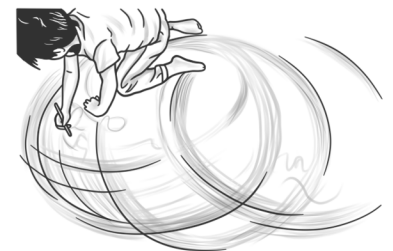
#### How Am I Feeling? Leader Self Regulation Scale



Step 3: Continue scribbling, making same scribbles with both hands at the same time. You might compare how this feels different with markers crayons & oil pastels.



Step 4: On another day, experiment with same process on floor or tabletop. Continue building layers by having different children scribble on top of same paper.



### 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?