



Trauma Informed Art Lessons

CreativePlay for Safety, Connection & Calm

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Leaf Rubbing



TO DO BEFORE

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

Materials

1. White paper, 9x12"
2. Leaves from nature walk
3. Crayons
4. Watercolors
5. Masking tape

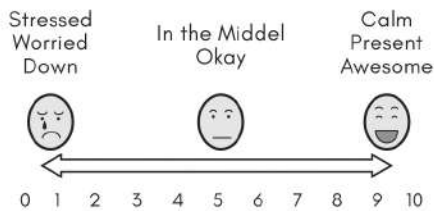
Set-Up Requirements

- Very Easy Easy Moderate

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



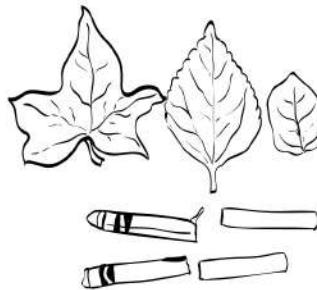
TO DO AFTER

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

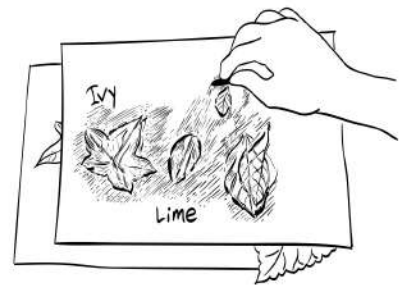
Document the Process: Write child's name, date, and title of art on back. This documents cognitive & social emotional development, which allows you to observe changes in art & development over time.

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

Step 1: Gather and examine leaves, feeling texture of leaf veins on back of leaves.



Step 2: Place some leaves on paper, vein side up. Place 2nd paper on top. Tape edges down to secure paper.



Step 3: Rub over leaves with side of crayon, watching leaves and their vein textures appear on paper.



Step 4: Add watercolor as top layer to create textured "crayon resist" effect.



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?