

## ACTIVITY BASED ENGAGEMENT 001

MAY 2019

# HAND TRACED SUN

*In this creative art activity, children create little suns to share what makes them happy and what makes them sad. This simple activity allows children to share their dreams along with any challenges that prevent them from achieving their goals.*

### What age group is this appropriate for?

4 to 8 years old

### Where should it be done?

Inside or indoors

### How much time is needed?

15 minutes to explain activity

60 minutes to do the arts activity

15 minutes to discuss the art work

### Resources required:

A5 sized red paper

A5 sized yellow paper

Pencils

Crayons

Scissors (to be used with supervision)

Stapler

### Directions:

- 1) Tell the story of Tama Te Rā Ariki given in the purpose box on the right hand side of this sheet
- 2) Children trace their right hand onto the piece of yellow paper
- 3) Children trace their left hand onto the piece of red paper
- 4) Cut out the traced hands
- 5) On the palm of the yellow hand, children write/draw a sentence about what they hope to be in the future, or their happiest dream.
- 6) On each finger of the yellow hand children can write one thing that makes them happy (each finger could represent a different area of their life e.g. thumb= family, index finger = school, pinky = community etc.).
- 7) On the palm of the red hand children write/draw about what fears they have.
- 8) On each of the red hand fingers children write one thing that makes them sad or that they find challenging (again allocate a different area of life to each finger if you want).
- 9) Position the yellow hand on top of the red hand so that red fingers can be seen in between yellow fingers. Staple together at the bottom of the palms.
- 10) Come together as a group and allow children to share what they have created.

### Outcomes:

Children have a piece of art which reminds them of their goals and the positive things in their life.

You should take note of their challenges and fears, helping the children see how they can use their yellow hand to overcome the red. Life is made up of both shadow and light, making life beautiful, like the sun.



### PURPOSE OF THE ACTIVITY:

#### TAMA TE RĀ ARIKI

The word tamariki has a story. Our children are like little suns, **Tama Te Rā** means children of the sun. They are our little lights, precious taonga of our whanau, families and communities. Just as the planets orbit the sun, many of our decisions revolve around the wellbeing of our children.

**Ariki** means of high status or important position. Our children are of high importance in our communities, and their voice should be heard to ensure that they are able to participate in the shaping of their world.

The purpose of this activity is to find out what children's aspirations are and what challenges or fears they may have.

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