



AWBW Resilient Rainsticks

.....
Susan Bernardo & Courtenay Fletcher with A Window Between Worlds

WORKSHOP OBJECTIVE: To help families/children remember and honor the inner and external resources they have to cope with “stormy” experiences. During the creative process, families/children will work together to construct a rainstick and decorate it with colors/words/pictures/symbols that empower their healing/coping process.

Materials:

- Cardboard mailing tubes (we recommend 2” x 18” but you can also use recycled materials such as giftwrap rolls, etc);
- Aluminum foil (to create coils for inside the tubes)
- Small nails (optional – another way to slow down the beads “raining” inside the tube)
- Small beads or small aquarium gravel to go inside rainstick
- Tissue paper (some pre-cut into small squares, other left in larger sheets for wrapping)
- Colored copy or construction paper
- Other decorating materials: Raffia, beads, ribbon, feathers
- Mod-podge or thinned white glue for decoupage paper onto tubes
- Paintbrushes, small disposable cups to hold glue

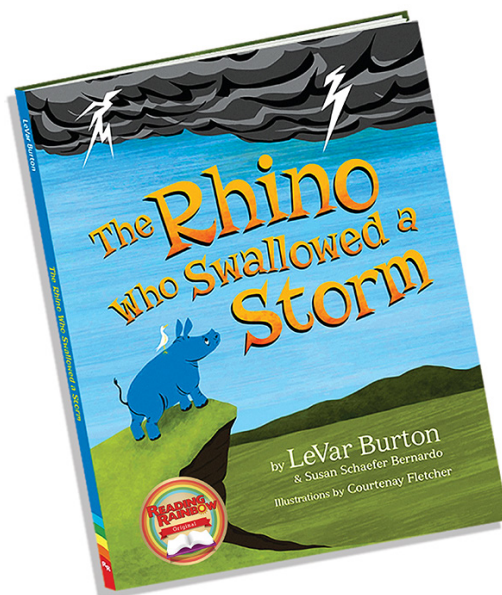
Timeframe: 1.5+ hours

(could be broken into two sessions if necessary)

Age Range: Family, all ages

Set-Up/Prep:

- Cut tissue paper into squares
- Set up art supplies at each table
 - Tubes
 - Foil and pipe cleaners for twisting
 - Markers, crayons, scissors, glue
 - Containers of various papers: construction, tissue
 - Beads, feathers, stickers and other decorative items





AWBW Resilient Rainsticks

.....
Susan Bernardo & Courtenay Fletcher with A Window Between Worlds

Warm Up, Relaxations or Opening Circle: Include a suggestion of how to set the tone for the activity

- Group sharing: If you were the weather, describe yourself now? (20 minutes)
- Read *The Rhino Who Swallowed a Storm* aloud to group (10 minutes)
- Pick a question from back of the book - Share responses in pairs (10 minutes)
- Embodied / Somatic Experience “Be the storm” “Shake, shimmy and stomp in the muck” (5 minutes)
- Whale Breathing: deep breathing in and out – visualizing a whale spouting out and then taking in the breath you need to dive deep into your story, transform it through art, and rise joyfully above the stormy experience. (5 minutes)

Creation of Rainsticks (55-60 minutes)

Materials Demo:

- Show how to create a coil out of aluminum foil; explain the purpose
- Foil goes inside tube
- Put in a handful of beads (different sizes work best); check sound to make sure its sound is pleasing to you
- Seal Tube
- Decorate Tube:
- Show technique of decoupage tissue and paper to create colorful background
- As desired, add words / pictures / symbols that represent positive coping resources (things that make them feel happy and strong, things they love about their world, etc)
- Embellish rainstick as desired with ribbons/raffia/beads/feathers.



Photos courtesy of AWWB

RAINSTICK INSERT INSTRUCTIONS

Step 1: Cut a piece of foil the length of the rainstick



Step 2: Fold the foil horizontally into a half-inch strip



Step 3: Twist the pipe cleaners around the foil in



Step 4: Make a spiral with the foil using your finger



Step 5: Insert the spiral into the rainstick