



Sidekicks™ Project Recipe: Storyprints

Total Session Time: 60 minutes
(not inclusive of set-up or clean-up)

Activity Theme:

Focus on maintaining a positive outlook through feelings of gratitude and reflect on what makes your life special today.

Activity Materials:

- » 8.5 in. x 11 in. heavyweight white paper
- » Color pencils
- » Sharpened pencil
- » Black permanent marker
- » Washable markers in 8 colors



Activity Overview and Instruction:

1. Gather all the materials in the above checklist and set them up in a comfortable space.
2. Use a pencil to lightly trace a pair of hands and a bit of each wrist on the piece of white paper.
3. Write on the LEFT hand things that make you feel grateful.
4. Write on the RIGHT hand your hopes and dreams.
5. Use markers and color pencils to fill in the hand outlines with pictures, colors, words, or symbols to evolve your tracings into Storyprints.
6. Wrap up the activity with the following questions:
 - » *What part of the activity was easiest for you?*
 - » *What part did you like the best?*
 - » *What was the most challenging part of the activity?*
 - » *How do you feel about the way you both communicated and worked with each other?*
 - » *How did you feel while focusing on what you are grateful for?*