

Introduction – Expectation Stones (Time: Approx 25 minutes)

Purpose: The purpose of the Expectation Stone is for participants to identify what they expect to achieve out of the course.

Materials:

Jumbo Gems – Clear
Circles cut to fit size of gems
Colored markers or colored pencils
Tacky Glue – craft glue dries clear
Scissors
Paper Towels



Instructions

This art activity can be used in the Introduction section after discussing the Expectations.

After recording the Expectations of the Group.

Ask everyone to take a moment and let them know that participation in this portion of the class is voluntary. And they can choose to participate as much or as little as they feel comfortable.

1. If you feel comfortable, close your eyes.
2. Now lead the class through taking several deep breathes.
3. Ask them to imagine themselves in a safe, comfortable place.
4. Ask they shared their expectations ask them to consider one of them that makes them feel safe, happy, maybe even energized.
5. This could be in a word, image or even a design that comes to mind.
6. When they are ready, open their eyes.
7. Remind everyone that they can participant in this portion as much or as little as they like. For the next few minutes they will create an Expectation Stone that they can take with them and keep as a reminder.
8. Using the copy or colored paper on the table have participants select a sheet.

9. Your Art Kit has pre cut circles to fit your gems. If you run out, you can use a craft circle puncher to create more.

OR you can Trace an outline of the stone on the paper and cut out or have circles pre cut before class to fit the size of gems.

OR You can purchase a New Art Kit for \$10 from our office.



10. Draw the image, word or abstract item that came to mind.

11. Put a pea size drop of glue on the paper and press to the flat end of the stone. The glue will appear cloudy – but it will dry clear.



12. Yay! An Expectation Stone.

Share only if they desire.

Proceed with the lesson.