

Session Topic: Social Skills-Interaction (Scary Art Gallery)

Developmental Level: Middle School

Purpose: To allow students to graphically display traumatic experiences in their lives.

Materials Needed: paper, markers/colored pencils, tape to hang pictures

Description of Session:

1. Instruct the students to draw something really scary that has happened to them. Specify that it should not be something from a movie, but from their real, daily lives.
2. When they are finished, hang the pictures up on the wall and let the students walk around and look at what others drew.
3. When they have finished looking at what others drew, take turns describing the event from their pictures. Lead discussion questions.
4. To help process after the discussion, lead the students in a calming activity...
"Close your eyes, as you scan your body for any tension. If you find tension, release it. Let it go and relax. Relax your head and your face. Relax your shoulders. Relax your arms and hands. Relax your chest and lungs. Relax your back. Relax your stomach. Relax your hips, legs and feet. Experience a peaceful, pleasant, and comfortable feeling of being relaxed as you prepare to make an imaginary trip to a peaceful place. Take a deep breath, and breathe out slowly and easily. Take a second deep breath, and slowly breathe out. Allow your breathing to become smooth and rhythmic."

Discussion Questions:

1. How did you feel when the event happened?
2. Is there anything that you would have liked to do in that situation to make it better if you had super powers?
3. There's no way to prevent what happened, but is there any way you can think of to help keep yourself safe if this happens again?

Reference: Waterman, J. and Walker, E. (2009). *Helping At-Risk Students*. New York: Guilford