HOPE for HIE

SUPER SIBS

HEARTS CONNECTED LOSS PROGRAM

Book & Activity

Read This

Rain Before Rainbows by Smriti Prasadam-Halls

Try This

Sand Art

Read Rain Before Rainbows by checking it out from your local library, or listen to the story here: Rain Before Rainbows Read-Aloud Video

Choose a color for each feeling, experience, or coping tool that you identify.

Let's Think About the Story

After reading the story, think about feelings, experiences, people, or places that stood out to you. Sometimes we connect colors with our feelings and experiences. Think about:

FEELINGS

- Worried
- Sad
- Hopeful

SITUATIONS OR EXPERIENCES

- Missing a sibling
- Holidays feeling diffeent or harder
- Seeing family members feel sad

THINGS THAT HELP (COPING TOOLS)

- Family members/friends
- Pets
- Favorite places
- Playing
- Special memories

SUPPLIES:

- Colored sidewalk chalk
- Table salt
- Paper plate or plastic cup
- Clear container or bottle for your sand art
- Funnel (you can just make one from paper)

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Choose a color for each feeling, experience, or coping tool that you identify.

Directions

- Pour some table salt onto a paper plate or into a plastic cup
- Choose one feeling, experience, or coping tool and decide what color will represent it
  - Use the sidewalk chalk to color the salt
  - Rub the chalk into the salt
  - Mix it with the chalk or your fingers
  - Add more chalk for a darker color, use less chalk for a lighter color
- Repeat the process to create different colors for the feelings, experiences, and coping tools
- Think about how much you want to make of each color.
  - You may choose to make more of a color that is a big feeling
  - You may choose to make more of a color that helps you feel safe and supported
- Use a funnel to pour a layer of colored salt into your container
- Continue adding different colors, one layer at a time.

Notice how all the different colors come together to tell your story.Your sand art is a picture of your story—showing the challenges you have faced and the people, places, memories, and coping tools that help you through them.