

My Good Brain X

makeedo®

Social-Emotional Learning Art Activities



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BEFORE YOU BEGIN



It's important that we practice safety first! If you need help, please ask a nearby adult to assist you with any of these art activities.



About My Good Brain



My Good Brain is an arts-based nonprofit focused on promoting mental wellness among school-aged youth.

Through the vehicle of art and play, we aim to teach children from a young age through adolescence how to practice healthy coping strategies for mental and emotional wellness.

In collaboration with [Makedo](#), we are sharing new ways we can use upcycled materials like cardboard to create art-based social-emotional learning! These activities are not only fun, they also help us take care of our mind, body, and the planet! Check out the six activities we created for you to try!



About makedo®



Playful creativity

Inspired by the creativity and playfulness of his own kids, in 2008, PJ set off on a design adventure.

With a background in toy design, PJ was determined to create something that wouldn't end up in landfill, and that would take children's imaginations and natural inclination to play to the next level.

Seeing the big fun his own kids would have with a simple cardboard box sparked memories of his own childhood box play, and highlighted the potential and value of this humble, everyday material. The 'aha' moment that PJ had been looking for, had arrived.

Tools. For kids. For cardboard.

Be the change. Makedo.

With a mission to repurpose today, solve tomorrow, Makedo empowers kids to develop the necessary skills; communication, creativity, critical thinking, collaboration and empathy, to navigate and problem solve their way through our changing world.

Today, Makedo is growing a global community of like-minded makers who are working together to improve the future for people and the planet.



Skills Learned: Confidence & Self-Esteem

"My favorite me" puppet

DESCRIPTION

Create a puppet of your favorite version of yourself and use it as a form of encouragement and to show kids that their confidence is always within reach.

MATERIALS

1 piece of white card or paper
1 cardboard box, coloring supplies, glue, scissors

INSTRUCTIONS

1. On a piece of white card or art paper, draw yourself doing something that makes you happy. This is what your puppet is going to look like, so draw it big enough that it's easy for you to cut out and play with later.
2. Make a copy of the drawing so you can continue to use it as a guide (or something you can stick on your wall or fridge door).
3. Cut out the drawing into different parts (legs, arms, torso, head)
4. Use the screws to attach different parts of cardboard together and additional props to make the puppet more 'alive' — e.g. an instrument or sports equipment in its hand, a hat or piece of clothing, books, food
5. Decorate your puppet with colored pencils, markers, and other writing materials.

ACTIVITY PROMPTS

- What do I like best about myself?
- What am I good at?
- What is something I can do to help others?



Skills Learned: Positive Affirmations, Motivation, Confidence

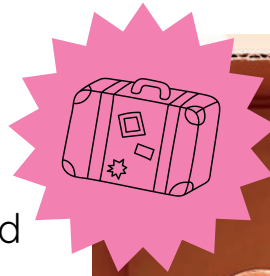
Dream box

DESCRIPTION

Create a framed 3D picture of your dreams and goals to keep you motivated!

MATERIALS

- 1 shoebox-sized cardboard box
- colored paper or coloring supplies
- glue
- scissors
- additional cardboard to use for cutout elements



INSTRUCTIONS

1. Remove one side of a box and use it as a frame and a canvas to create a 3D photograph of a dream, goal, or just a fun imaginative scene that excites you.
2. You can start by painting the inside of the box to represent the scene that your dream is set in — a building, room, a different country, underwater, in the sky, or even in space.
3. On pieces of cardboard, draw and cut out the different elements that make up your dream, like people, animals, objects, speech bubbles, you name it.
4. Draw a square flap under each drawing. When you cut the drawings out, these flaps will help you attach them to the box using the Makedo screws.

ACTIVITY PROMPTS

- What are my personal goals?
- What are the steps I need to take to reach my goals?
- What areas do I need help with in order to reach my goals?



Skills Learned: Affective Modulation,
Cognitive Processing, Self-Reflection

Mountains & Valleys

DESCRIPTION

When remembering memories of the past, it can sometimes be difficult to understand them, especially when much emotion is involved. Mountains represent good times (high times), and valleys represent bad times (low times). Little cardboard figures on top of the mountains or the valley could symbolize what happened during those good or bad times (a cardboard cupcake, a cardboard dog, a cardboard toy, etc.).

MATERIALS

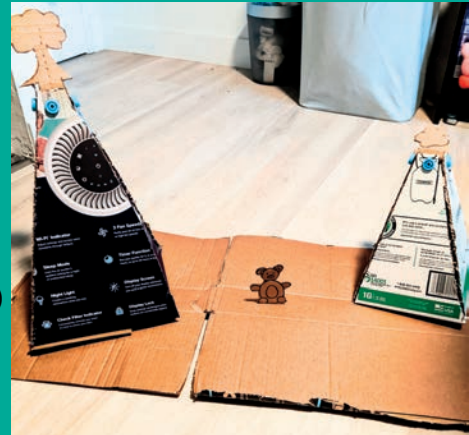
- 2 tall cardboard boxes
- 1 flat piece of cardboard
- additional cardboard to create your figures (varies)

INSTRUCTIONS

1. Take a tall cardboard box and fold the top to create a mountain peak. This can be done by perforating the top and folding the cardboard inward, use the safe saw as necessary. Do this for a second tall cardboard box.
2. For the valley in between the two mountains, screw one side of the flat piece of cardboard to the base of one of the tall cardboard boxes. Screw the other side of the flat cardboard to the base of the other tall cardboard box.
3. Now think back to a time when you were having a bad moment in your life. What items were around you? Create a cardboard cutout of one of those items and screw it onto the valley. Now, think back to two times when you were having good moments in your life and repeat the step above, except this time place the two cutouts on the peaks of your mountains.

ACTIVITY PROMPTS

- Describe your mountains and valleys
- What helped you cope during the low times (valleys)?
- How did you celebrate your good/high times (mountains)?
- What did you learn about yourself during this activity?



Skills Learned: Relaxation, Mindfulness

Safe Place



DESCRIPTION

A portable cardboard box that functions like a transportable puppet show. Essentially, all the figures inside the box will be cardboard cutouts of items the child feels comforted by. Stuffed animals, specific colors, or furniture items can be displayed within the safe place and give a visually comforting stimulus. The child can play with these items, move them around, scrub them to the walls of the box, and color over them even while on the go!

MATERIALS

- 1 large cardboard box
- 1 flat piece of cardboard
- 3-4 pieces of cardboard to create your figures (varies)

INSTRUCTIONS

1. Take your large cardboard box and make sure the bottom of the box is flat while the top of the box has the flaps untucked.
2. So that the bottom of the large box has no holes, cut out a flat piece of cardboard so that it rests snugly at the bottom of the box. Scru it in place to secure it.
3. Looking at the bottom through the opened side of the box, draw or paint a comforting background for all your comfort items to stand in.
4. Now think of all the items that give you comfort: your stuffed animals, a favorite color, a furniture item, or a gift from a friend or family member. Create cardboard cutouts of all of these items and place them in your safe place.

ACTIVITY PROMPTS

- Describe your "safe place"--what can you see, smell, hear, feel?
- What are some important things in your safe place? Is there a person in your safe place?

You can bring your portable safe place anywhere with you or imagine you are in it when you feel scared or tense. When you think about your safe place, remember all the details that you created!



Confidence Crown

DESCRIPTION

Be proud of who you are and your accomplishments with a confidence crown!

MATERIALS

- 1 medium-sized box, or 2 small boxes (like pasta boxes)
- colored paper or origami paper
- writing utensil
- optional: decorations like stickers, rhinestones, etc

INSTRUCTIONS

1. Measure the circumference of your head
2. Cut a rectangle that is at least 3 inches longer than the circumference of your head. This will be the base of your crown!
3. Fasten the rectangle into a circle using a scrup. Make sure it fits snugly on your head before inserting the scrup.
4. Cut out as many triangles as you want. These will be the "spikes" of the crown!
5. Fasten the triangles around the crown using scrups. These scrups can look like gems! Feel free to add any other decorations you want around the crown to make it your own
6. Cut out shapes from your colored paper. On each shape, write down something about yourself that you're proud of.

ACTIVITY PROMPTS

- What does it mean to feel accepted?
- Where is a place where you feel fully accepted?
- Name a person who accepts you for who you are.
- How can you practice accepting others?
- Create a list of affirmations for yourself and say them aloud while you wear your crown!



Goodbye Stress! Machine

DESCRIPTION

Have you ever done something so enjoyable and fun that you lost track of time? Engaging in mindfulness activities is a great way to feel like time is limitless. You feel really satisfied with what you are doing, and you might also feel really energized by the activity even though you've been busy with it for quite some time.

Make yourself a fun and interactive Goodbye Stress! Machine. Find cardboard and other supplies like chopsticks and string to fill your cardboard box winding ramps, drops, seasaws, dominoes, and more! Whenever you're feeling angry or stressed, just watch the marble zig-zag through your machine!

MATERIALS

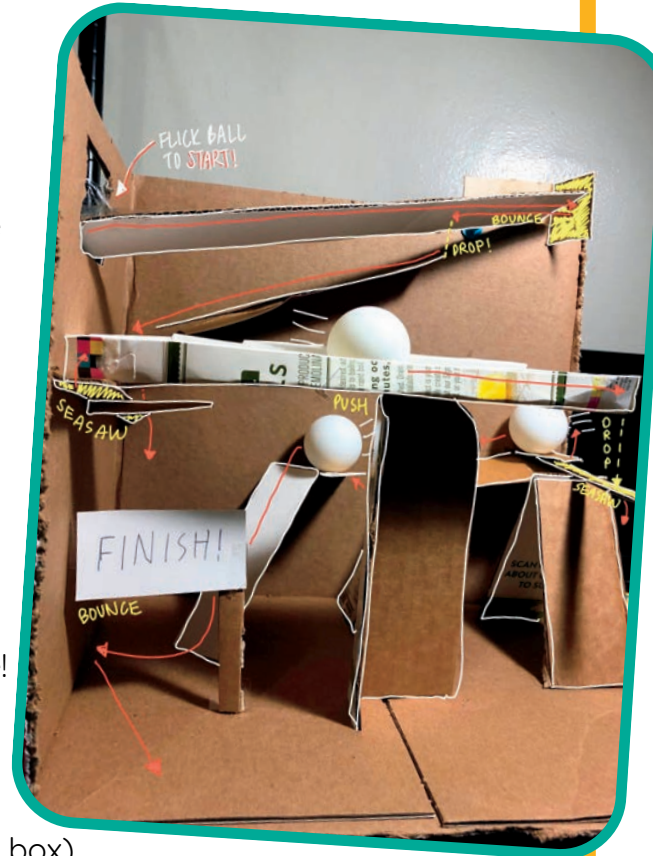
- 1 medium/large box
- 1+ pieces of thinner cardboard (like from a pasta box)
- optional: other supplies you can find around the house, like popsicle sticks, toothpicks, chopsticks, string, etc

INSTRUCTIONS

1. Using the saw tool, take off the top and 1-2 sides of your box so you can look into it.
2. Find where you want to start your first ramp, and cut slits into where you want the first ramp to start and end
3. Cut 1 strip of cardboard and fold one side down to insert into the box. Perforate the other side to create a lip/rail to prevent your ball from falling off
4. Slide the folded side of the ramp into the slit and add 1-2 screws to the top and bottom of the ramp to hold it up
5. Repeat for additional ramps! Be patient and play around with different materials and see what other fun paths you can make!

ACTIVITY PROMPTS

- What was the most challenging thing for you with this activity?
- Did you find yourself becoming more focused and alert?
- How did it feel to complete the activity?
- What did you learn about yourself?





SUPPORT MY GOOD BRAIN

If you enjoyed our My Good Brain x **Makedo** art activities, we hope you support us with a donation! It's folks like you who make it possible for us to share our free events with the community.

SCAN ME



DONATE

Let's keep in touch and join us for another upcoming art x mental wellness event!



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