

I AM Cool With Change!

Emotional Intelligence workshop from Big Spirit for Schools for 6-12yrs

By

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I AM Cool with Change!

Summary: This workshop is about developing our emotional intelligence around change making life circumstances easier for the individual to understand and navigate.

From a cultural perspective we will explore briefly, the intense and sudden change indigenous people experienced upon the introduction of white settlement and western concepts. Artistically we will express our understanding of change in the creation of a butterfly collage. Culturally we will express our respect and acknowledgment through using the colours of the Aboriginal Flag with which to create a large butterfly. And personally we will create our own butterfly in colours that belong to this moment and feel good in our body.

Values: connection, self-esteem, respect, acknowledgment, awareness, compassion, love, unity and co-operation

Intelligences: naturalistic, creative/visual, emotional, intrapersonal

What you will need: small pieces of card, various colours. Felt tipped pens, coloured pencils, crayon, scissors, glue, magazines, papers, recycled crafty material and wrapping paper, large piece of card or cartridge paper etc.

Time Frame: 1 hour

Introduction

Change is a natural part of life.

Change occurs in small ways in each and every moment. It occurs in huge ways with the changing of seasons and as people are born, grow and die.

Things can change slowly and things can change suddenly.

In today's workshop we will be exploring the concept and FEELING of change.

We can become so comfortable with things that change can seem unwelcome or even shocking to our system. Understanding that change is natural reduces fear and broadens the emotional response base.

It is very important that children gain a perspective on the beauty and importance of change, as this aspect of emotional intelligence is developed life's fluctuations and unexpected circumstances become much easier for the individual to navigate.

The butterfly is a good natural example of change in that it undergoes an enormous transformation in a very short period of time. Playing with the concept of the marvellous transformative powers of a natural part of life like the butterfly creates connection with the environment and fascination and appreciation for nature.

Discussion- From a cultural perspective we will explore briefly, the intense and sudden change indigenous people experienced upon the introduction of white settlement and western concepts.

Predominant Question- How does it feel to me when things change?

Talk about change and that things are always changing.

What are some changes that happen all the time?

Who is afraid of change?

Who likes change?

What are you scared of?

Why do you like it?

It is important to accept change because without it life would be pretty boring and in some ways really bad.

The changes that happened for the Indigenous people when Captain Cook sailed in were huge.

What changes did Aboriginal people experience?

How do you think it might have felt?

Does it still affect our indigenous brother's and sister's today?

What changes would you like to see in the world now?

Talk briefly about the change a butterfly experiences in the lifecycle.

Ask children what they know about the butterfly life cycle.

Point out that it is a huge change but that the result of this change is an amazing colourful and graceful creature.

Remind children that even though things sometimes happen in life, sometimes HUGE things that might shock or hurt us, we STILL have the power to grow and change, using what we learn about ourselves to become powerful and strong.

Activity (a)- Hand out A5 sized card and instruct group to create a butterfly shape in whatever colour that appeals to them. Write a positive word on each wing, a word that makes the individual feel good about themselves, colour and decorate their butterfly to represent their most powerful self. When finished cut out the butterfly ready to stick around the edge of the larger butterfly they will create together.

Whilst the children are enjoying activity, educator or parent draws an outline of another butterfly on a piece of poster sized cardboard, leave space around the

butterfly to stick the individual butterfly's. On one wing write 'respect' on the other write 'acknowledgement'

Activity (b)- Provide magazines and papers and crafty bits and pieces to cut out and glue onto the large butterfly. Choose shades of the Indigenous flag, black, oranges, yellows and reds.