

PLAY & EXPRESSIVE ARTS THERAPY PRINCIPLES

According to Kiona Medina MA

Invitation #1: perception, train your eyes to see clouds where others see paper by asking yourself this question as much as you can: *what else could this be?*

Invitation #2: welcome movement and nonverbal expression as much as you can with prompts such as these:

Want to do a dance with your toes?

If you put your elbows up and breathe, what could happen? Want to find out with me?

Invitation #3: Humility and curiosity are your biggest tools: let them lead and be curious about everything shared and explored.

Legendary Prompt Suggestions

- Grab your paintbrushes and let's paint with the music
- Let's pass this kitten around the circle (imaginary!)
- I wonder how many things we can turn this marker into
- Gnight everyone! Good morning! (pretend to sleep or wake up to act out closure or openings)
- Curl up like a magic rock, what should happen next?
- I'll tell a story you follow my moves
- What can you do with these things
- Let's connect elbow to elbow (or other parts)
- Reach into your pocket and pull out your very own balloon
- I have a special gift for you open it (use symbols and gestures)
- Dear kids, i am writing a letter because..(pretend you have a letter with a message to share and have them reply)
- Here we are on an adventure, watch out for that puddle! (or something symbolic to them) What else is there?
- Let's pass a silly face around the circle or back and forth from each other
- With your whole body make a shape that is twisted, or a house? Or a car?
- Let's move across the floor driving cars
- Hey everyone, let's eat ice cream! yes, let's! What flavor is it? What happens if it falls?
- Make a dance using your elbows
- Two kids work together to become 1 bridge
- Can you guess what i'm doing?
- When the music goes you go, when the music stops you freeze. What music should we listen to?
- Let's pass the magic story around to make a story
- I make a sound, you make the sound right back, your turn now. After a few tries, what does your joy sound like? Your anger?
- Can you guess what animal i'm pretending to be?

- Drink this magic potion and see what character i become
- Let's shake awake, shake hands
- Let's make a story out of that feeling and act it out."once upon a time there was silliness walking down the street"
- What are the different ways to make a scarf move?
- Can you guess where Im at? Use the therapeutic space as the imaginary realm
- 2 pandas were eating a leaf when suddenly...

Remember we are all artists and every single one of the objects around us can help us make stories, plays, connections and metaphors about our inner world.

Want to try something with me?

Grab that marker, what else could it be?

What could it represent?

Who can the marker represent in your story? Why?

Invite the use of objects as symbolic representations for storytelling, connection and empathy building:

I wonder if you would be willing to stand on this paper

Let's pretend the paper is home base, like baseball..or maybe it represents you! Should we write your name on it? And now if you were to hold these items and toss them, what does that tell us about you? About your limits? About those you care for?

Visual art: the simpler the better.

Let's draw a circle and put all those that you care for inside that circle. Who would be on the outside? Or perhaps, what feelings do we want to keep out?

Journaling: let's write a story about this paper! Would it be helpful to take a few min with quiet music to journal about what comes up when you look at this full circle?

Somatics: can your body make a shape of that feeling? Can you move like a storm? Can you move like calm rain? Can your body make the shape of a nest?

Sound: what would that feeling sound like? Is there a song that matches it?

Resources:

Check out: www.kidpower.org

www.soulshoppe.org

Use of other modalities such as painting or music:

<https://www.expressiveartworkshops.com/how-to-start-your-own-art-program/expressive-arts-directives/>

And me! kionamedina@gmail.com

Keep playing!