

Creating Tunnel

(based on Judith Siano's workshop)

Individual, Dyad and Group Art Therapy Intervention Age group: preschoolers and up

MATERIALS

Clay - 7 pound (3 kg) - for couple.

Cardboard 15" x 15" (38 cm x 38 cm) as a base to work on.

Tools to work with clay.

Elements for decoration, such as beads, feathers, and small found objects. Optional: acrylic or tempera.

DIRECTIVE

The child and art therapist or parent and child create a tunnel in a clay mountain, then decorate it.

METHOD

The art therapist creates a mountain out of clay on the base. The participants dig with their hands from the opposite sides of the mountain to try to meet each other's fingers. After they create the tunnel they decorate it with craft elements or paint it.

SYMBOLIC MEANING

Creating a tunnel between two places/people symbolizes meetings and attachment. It represents a transition in life.

Clay symbolises earth and ground.

SOCIALIZATION AND DEVELOPMENT

The activity encourages visual and tactile stimulation.

Cooperation and communication between parent/art therapist and child is needed.