Decision Making and Control

This week, we are focusing on decision making, particularly for parents during this time who may be struggling with making difficult decisions regarding what is safest for themselves and their children while in the midst of an ongoing pandemic. This art directive is specifically intended for children to help them explore feelings related to control, safety, and the decisions that are being made for them. This is also an activity that can be shared and discussed as a family, allowing everyone to have a voice and speak about the feelings, concerns, and/or questions that they may have about decisions such as whether or notto return toin-person school, therapy, and other activities.

For this activity, start by tracing both of your hands onto paper. The insides of your handprints will be filled with the things that you can control although a decision is being made for you, such as your reactions to others, how you choose to express your emotions, and what you say. The outside, surrounding your hands, should be filled with the things that are out of your control, such as other people's behaviors, feelings, comments, and decisions. For example, many people have safety concerns during this time. So, one example of a concern that someone might explore with this activity is that they cannot control if another person wears a mask and practices safety, but they can control their own actions. So, they can wear a mask, ask the other person to wear a mask, and if the other personrefuses, they can remove themselves from the situation and talk to an adult.

You can use words and/or images to fill your hands. You can also use color, shape, and line to depict how it feels to have control versus no control.

If you are comfortable, share your artwork with a parent and discuss how you feel about the decisions that are being made by adults for you during this time. Do you feel these decisions are safe? Do you feel that you are being heard and what questions and/or concerns might you have about some of these decisions?