Course developed by the Health Education and Training Center of Gainesville, Inc.

**Course Outline**

Course Title: Kids Crafting Club

Instructor: Deanna Rose Morgado

Dates/Times: bi-weekly, Saturdays at 1:45pm- 2:30pm EST

Location: [heateducation.org](https://www.heateducation.org/new-events/kids-crafting-class-s94fc-xzfnf-dsg5y)

**COURSE OBJECTIVES**

* Understand mindfulness and creative arts through arts and crafts
* Encouraging bonding time for children and parents through arts and expression of self
* Practice emotional and creative expression through the form of creative arts and crafts
* Promote learning a new skill to promote learning a new skill for destressing

**MATERIALS**

• Laptop

• Webcam

• Craft supplies

**KIDS 10 CRAFT LESSON PLANS**

1 Fire Breathing Dragon

Lesson Title: Fire Breathing Dragon Craft with Deanna Rose

Topic: Breath exercises

Major Activities: instructor welcome, course and topic explanation, short breath exercise, instructions for FIRE BREATHING DRAGON, closing meditation

**Lesson Plan I**

Course Title: Kids Craft Club

Lesson Title: Fire Breathing Dragon Craft with Deanna Rose

Lesson Date: TBD

Instructor: Deanna Rose Morgado

Format: Prerecorded craft tutorial video with prerecorded or live dictation

Length: 60 min

**LESSON OBJECTIVES**

• Express creativity and imagination

• Practice mindful breathing techniques

• Encourage patience and parent-child bonding

**MATERIALS**

• Laptop

• Webcam

• Pair of scissors

• Glue stick

• Glue

• 1 paper roll

• 1 piece construction paper

• 2 pom poms (APPROX 1 INCH)

• 2 slightly smaller pom poms (APPROX 3/8 INCH)

• 2 googly eyes (APPROX 1/2 INCH)

• 3 scraps tissue paper (RED, YELLOW AND ORANGE)

Materials price: Approx $5-$10

**ACTIVITY DESCRIPTION**

1. Instructor welcome (2 min)

- Instructor introduces herself, states class goals and describes structure of the class schedule, and invites participants to provide feedback on the course

2. Craft explanation and relevance (5 min)

3. Instructor leads craft instructions along with breathing exercises/prompts to do while crafting (10-15 min)

4. Craft completion/show off work (2 min)

5. Instructor guides participants in short closing meditation with completed craft followed by class outro (5 min)

**DRAGON CRAFT INSTRUCTIONS**

1. Gather all your supplies. Take a deep breath in and then out to prepare yourself for our craft. - Make your dragon green, red, black, purple, blue, white or multicolored.
2. Cut a piece of construction paper to be the exact length of your paper roll. Spread glue from a glue stick onto one side of the paper. Line up the ends of the paper with the ends of the paper roll, then wrap the paper around the roll so it's completely covered.
3. Glue one of the googly eyes to the middle of one of the larger pom poms. Repeat for the second googly eye and second larger pom pom. These will be your dragon eyes (you should have two eyes but if you want a three-eyed dragon, or even a one-eyed dragon, then go for it!).
4. As you glue your dragon together, think about how big of breaths dragons have to take in order to blow out all that hot fire. Can you take a deep breath in and blow out like a dragon? Try it as you complete this step.
5. Using your glue, attach each of the dragon eyes to one end of the paper roll.
6. Notice how your dragon is taking shape...it’s starting to look like a real dragon! Take 3 deep breaths in and out while you admire what you’ve created so far!
7. Attach the two smaller pom poms with your glue near the other end of the paper tube to make the dragon's nose.
8. For the fire, cut scraps of red, yellow and orange tissue paper to be long pointy strips, about 8"- 10" long.
9. Take your time. Get excited for your new dragon friend!
10. Spread some glue from a glue stick onto the straight end of one of the strips of tissue paper, then attach it to the inside of the paper roll under the dragon's nose. Take a deep breath in and out like a dragon. Repeat, and keep gluing tissue paper to the inside of the paper roll as you work your way around the roll. Remember to pause with your best deep dragon breath in and out everytime you attach another piece of tissue.
11. Don't glue tissue paper all the way around the bottom of the roll (under the nose). Gravity will pull down any tissue paper there and it won't move when you blow in the paper roll.
12. Your new dragon friend is complete! Show it off to the class if you like! Take your deepest dragon breath in, put your mouth on the end of the paper roll and BLOW!

**DRAGON BREATH MEDITATION (2-3 minutes)**

1. Sit cross legged on the floor or upright in a chair.
2. Breathe in through your nose. Fill up your lungs.
3. Breathe out through your mouth whispering a roar. Empty your lungs.
4. Repeat.
5. As you breathe out, stick out your tongue and open your eyes and mouth wide, just like a dragon breathing fire.
6. Repeat 3-5 more times.

**SUGGESTED OUT-OF-CLASS ACTIVITY**

Kids can practice breathing techniques and exercises outside of class this week while using their new dragon.

**WRAP-UP MESSAGE**

Preview the next lesson's topic with hint to next lesson’s craft: Mindfulness

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