

ACTIVITY FOR EXPLORING FEELING STATES

Character-Based Candy Art

ACTIVITY: Creative Characters: Vanellope Von Schweets (From Wreck-it Ralph)

AGE: 6-12

MODALITY: Art making

STAGE OF TREATMENT: Beginning/middle/end

THERAPEUTIC POWERS OF PLAY: Self-Esteem,
Self Expression; Therapeutic Relationships, Positive Emotions

GOALS:

- 1) Explore Self-capacities
- 2) Identify Personal Strengths
- 3) Identify Feeling States



MATERIALS: Paint, paper, glue, candy (buckets with various shaped candies); art-making materials such as pieces of fabric, phone or iPad to look the character up.

BACKGROUND: In this example we will use Vanellope von Schweets from Wreck-it Ralph Disney movie. Vanellope is a 9-year old girl who is short in stature and has raven-black hair with candy sprinkled over it. Vanellope is in the candy-coated kart-racing video game called “Sugar Rush”. She tends to “glitch” or pixelate when she experiences a variety of feelings. There are many objects/characters who are candy or who are adorned with candy. This draws children into the story-line of the movie. The “glitching” concept is a great entry point to use with children as it provides distance from other “feelings identification” language and moves into the metaphor and character portrayed by Vanellope von Schweets.

INSTRUCTIONS: Invite the child to explore the materials available. Share the story of Vanellope and how she and others know when she has a feeling or when she “glitches out”. Explore the various glitches that Vanellope has in the movie related to fear, anger, disappointment, happiness... etc. Ask the child to choose a “glitch” state that he/she/they have and create a picture using the candy and art-making materials. This is another way to address feelings and provide distance from the discomfort of negative feeling states. It is another entry point for play therapists.

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