

Spiral Mobile

Materials needed

- Print this page for the spiral mobile template.
- One pair of scissors.
- Coloring materials such as crayons or color pencils **OR** colored paper with the template printed on it.
- A two to three foot piece of thread or string to hang the mobile from the ceiling.

Directions

Step 1: The first thing you will do on each spiral is add writing. You can make as many spirals as you would like! Two or three might be a good way to start. Each spiral has a theme that is important to friendships, relationships and self-esteem in children.

Examples of themes include:

- Activities that you enjoy or are good at
- Actions that show we care about others
- Qualities that make you a good friend
- Accomplishments that you are proud of
- Things you like about your friends
- Words or phrases that show kindness to others
- People in your life who support you
- Words that inspire you
- What you dream of doing and becoming
- Things your friends and family like about you

Step 2: After you have added your writing, you can color or decorate them with crayons or colored pencils in solid or rainbow colors.

Step 3 and Step 4 are great activities to get help from a parent or someone older if you need it.

Step 3: Next you will cut along the black line all the way to the center

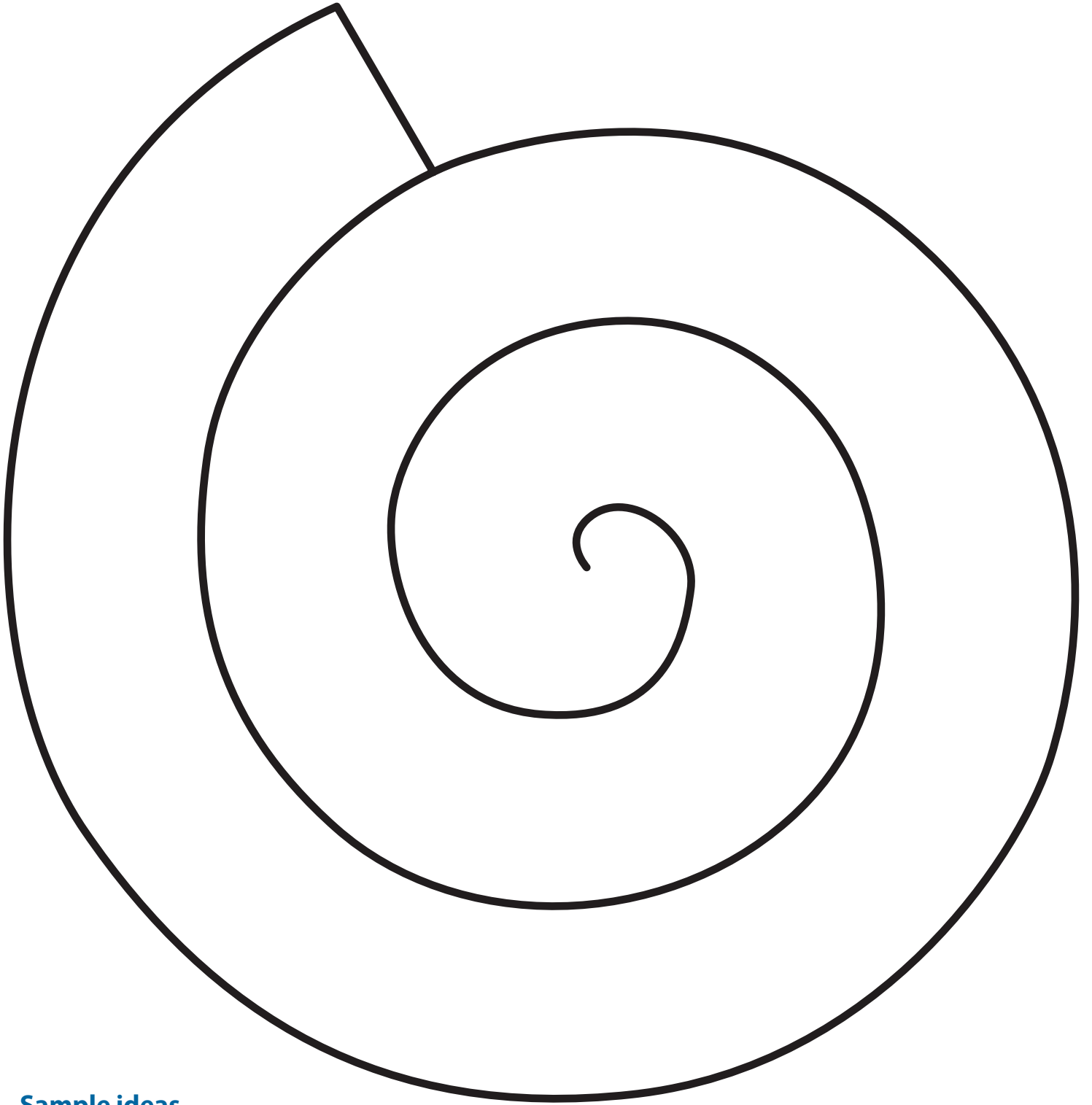
Step 4: Finally, poke a small hole in the center of the spiral. Thread the string through the hole and tie or tape it to something safe near the ceiling. Again, ask for a parent or older person to help.

Now, when you watch your mobile spinning in the air, you can be reminded of all the good things about you as well as what is important to you!



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Sample ideas

