

Butterfly in a Cocoon

(appropriate for children age 5-12, used in an inpatient psych hospital)

Materials: Pellon cloth (or paper) pellon works well because it is soft, strong and takes media well
oil pastels
scissors
Toilet paper rolls
construction paper

Directions:

draw and color in butterflies (about 4-5 inches)

(I often pre-cut butterflies out of pellon for younger children, I ask them to color both sides)

cut out butterflies

decorate the toilet paper roll...it becomes the cocoon

roll up the butterfly and put it inside the "cocoon"

Process:

Talk about safety, how the butterfly feels outside the cocoon, how it feels inside..talk about:

how the butterfly can grow and change when it has a place to be safe,

How the butterfly has to work hard (beat it's wings) to be strong enough to get out of the cocoon. Children can draw where the butterfly lives...it's family...how it stays safe.