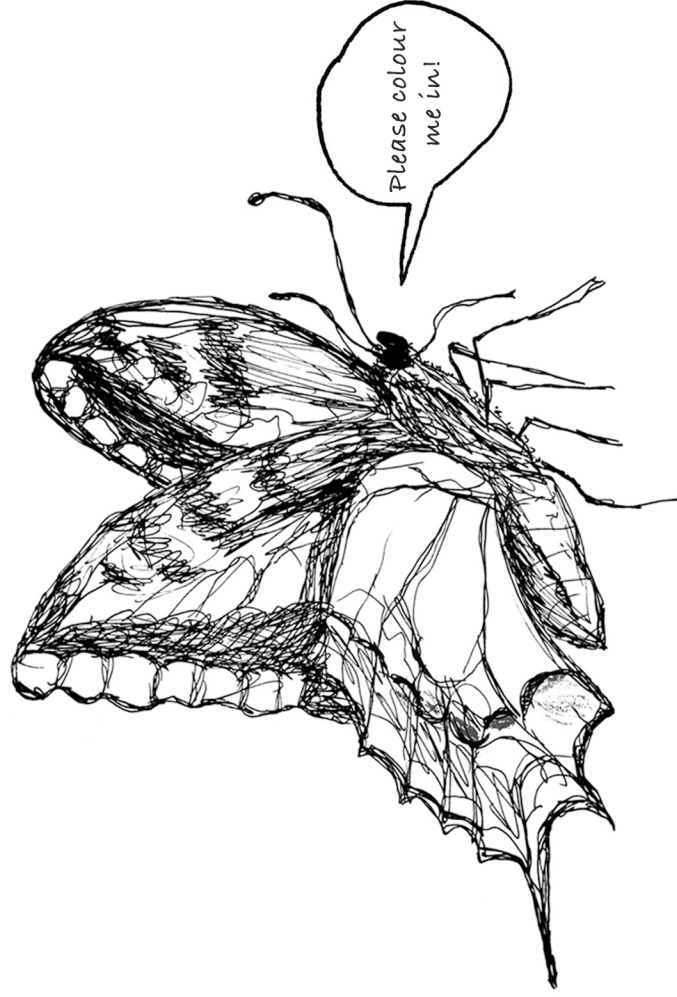


ART ACTIVITY SHEETS



AUTHOR AND ILLUSTRATOR: ANGELA KATSCHKE

EDITOR AND DESIGNER: AMY CORNFIELD

AFRIKAANS AND ISIXHOSA VERSIONS ARE AVAILABLE

PUBLISHED BY

Butterfly Art Project

ENCOURAGING CREATIVITY AND HEALING THROUGH ART

www.butterflyartproject.org

The Butterfly Art Project is an NGO based on the southern most tip of Africa, in Cape Town, South Africa. BAP trains, mentors and supports adults working with children marginalised communities bringing psycho-social support through art.

These art activity sheets were created for children during the 2020 Covid-19 Lockdown in South Africa. Many children suffer in isolation at home, while not going to school or allowed to visit friends. It is our hope that these creative activities bring relief to many all over the world, now and in years to come. The recommended age group is 7-99 years.

Please support our organisation with your donation.



Snap here to pay

SnapScan

HOW I AVOID THE RISK OF COVID 19 INFECTION

**Draw your
own poster.**

Wash my hands frequently with
soap and water or hand sanitizer.

Stay at home as much
as possible.

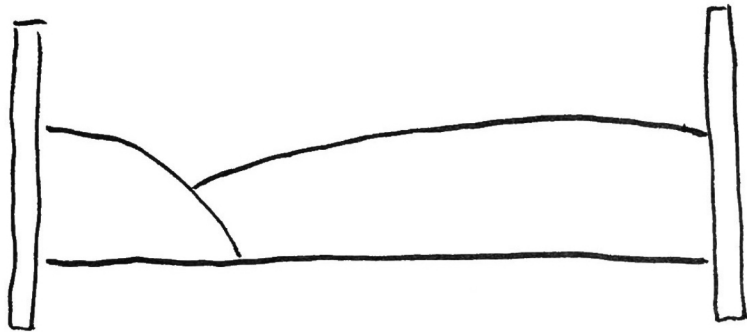
When I cough or sneeze, I cover
my mouth and nose with my
flexed elbow or a tissue.

Seek medical care if I
have a fever, dry cough or
difficulty breathing.

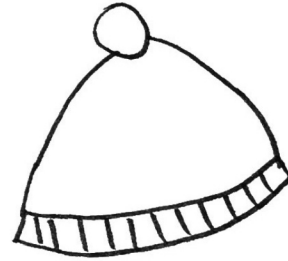
Avoid touching my eyes,
nose and mouth with
unwashed hands.

Keep 1.5 meters away from
people I don't live with.

WHEN I AM SICK...



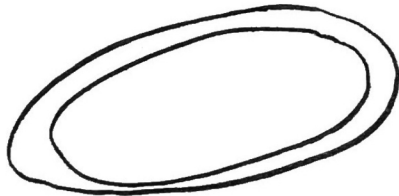
I sleep as much as I can.



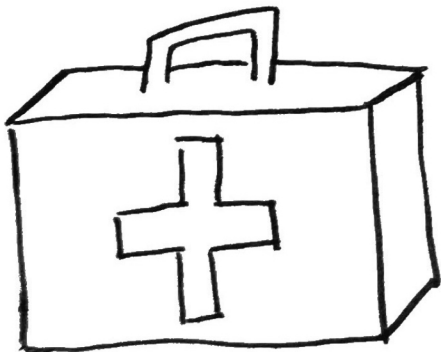
I keep warm with hot water, foot baths, socks, scarfs, beanies, hot water bottles and sunshine.



I monitor my temperature.



I drink 2 - 3l of warm water, warm water with lemon or herbal tea, and eat only when I feel like it.

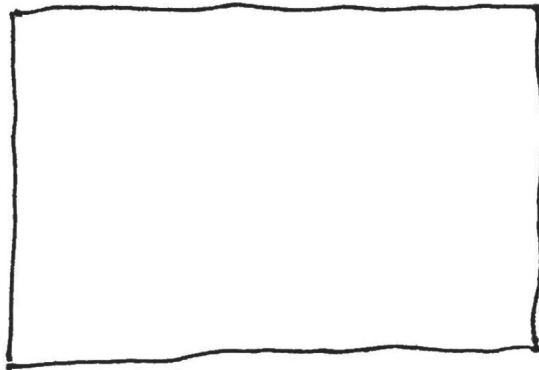


I get medical advice if I don't get better.

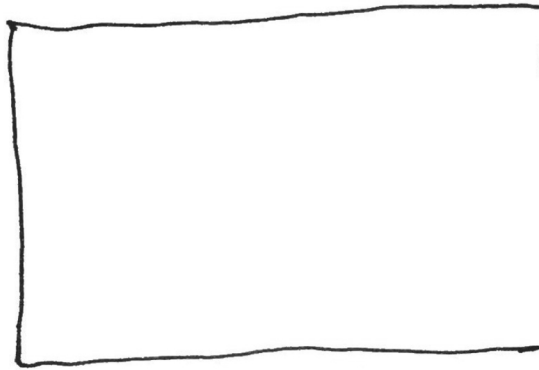
...AND WHEN I GET BETTER I WANT TO:

- ☐ Listen to stories
- ☐ Watch movies
- ☐ Draw and paint
- ☐ Play with my friends
- ☐ Read a book
- ☐ Play outside
- ☐ Go for a walk
- ☐ Go for a swim
- ☐ Hike in the mountains
- ☐ Visit...

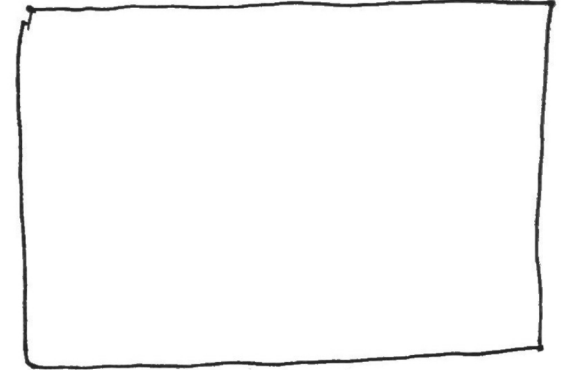
HOW TO STAY HEALTHY



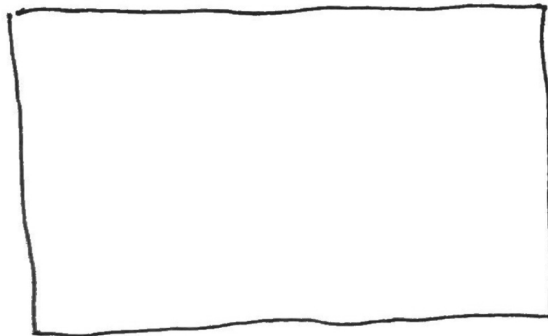
Get a good night's sleep.



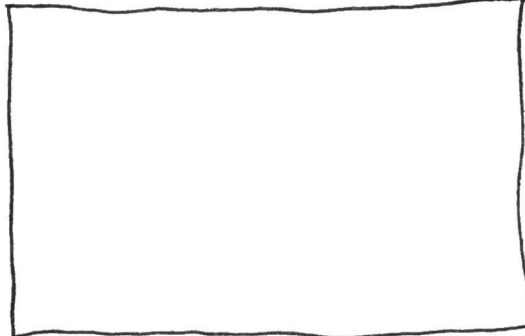
Eat healthily: lots of fruit and vegetables.



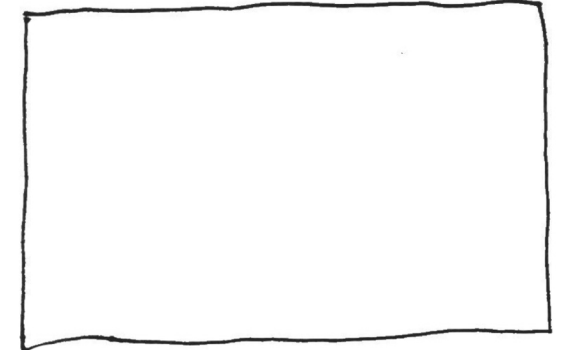
Drink lots of water everyday; sometimes warm with lemon.



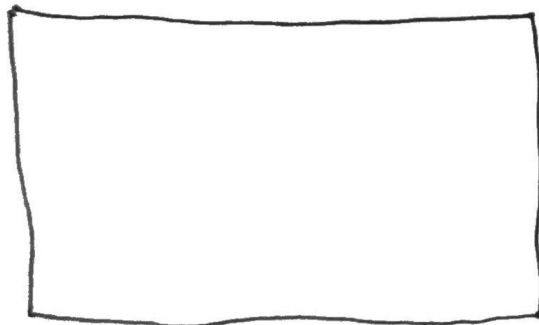
Exercise at least 3 times a week.



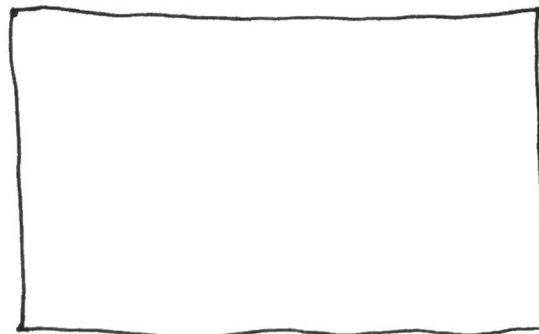
Have friends and interact with them.



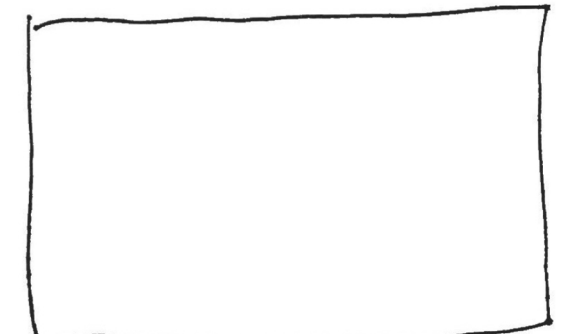
Don't do drugs.



Wash your hands regularly.

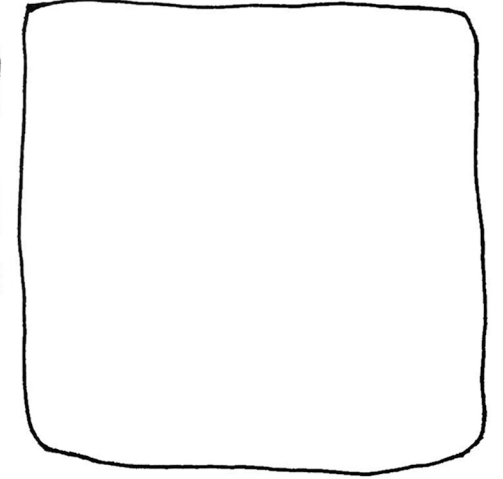
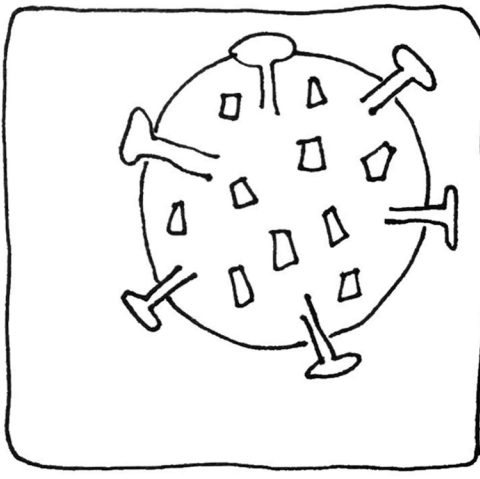
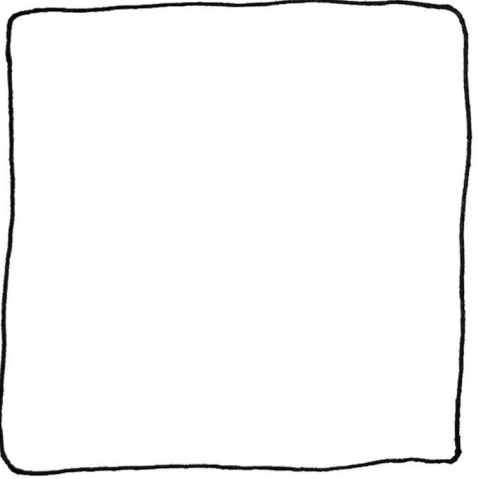
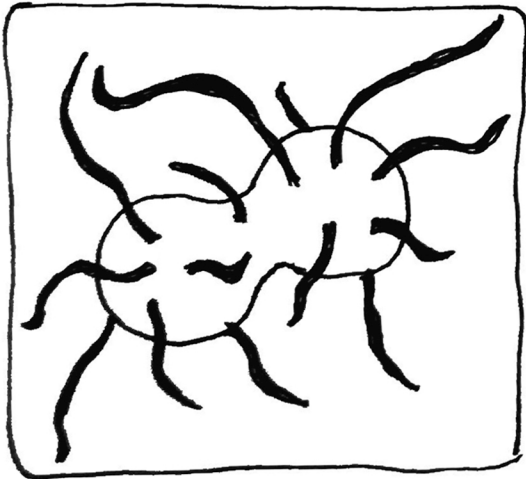
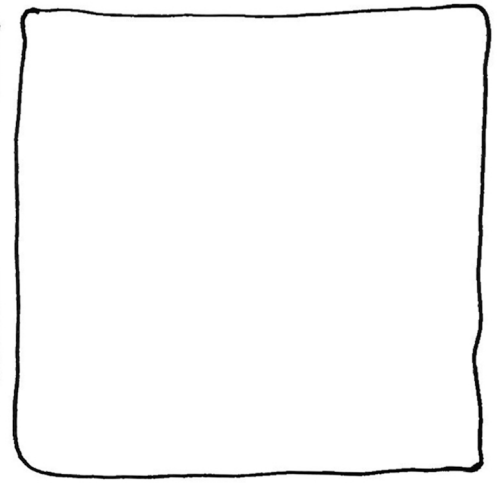
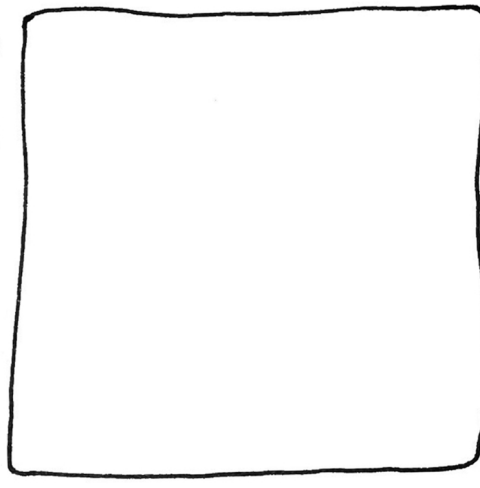
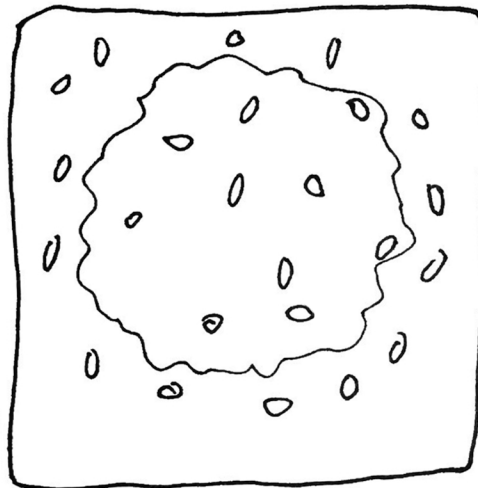
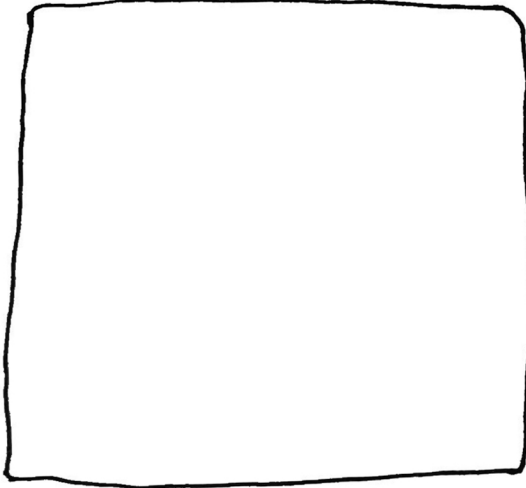


Get sunshine for vitamin D.



Try not to stress.

MY COLOURFUL VISUAL VIRUS DICTIONARY

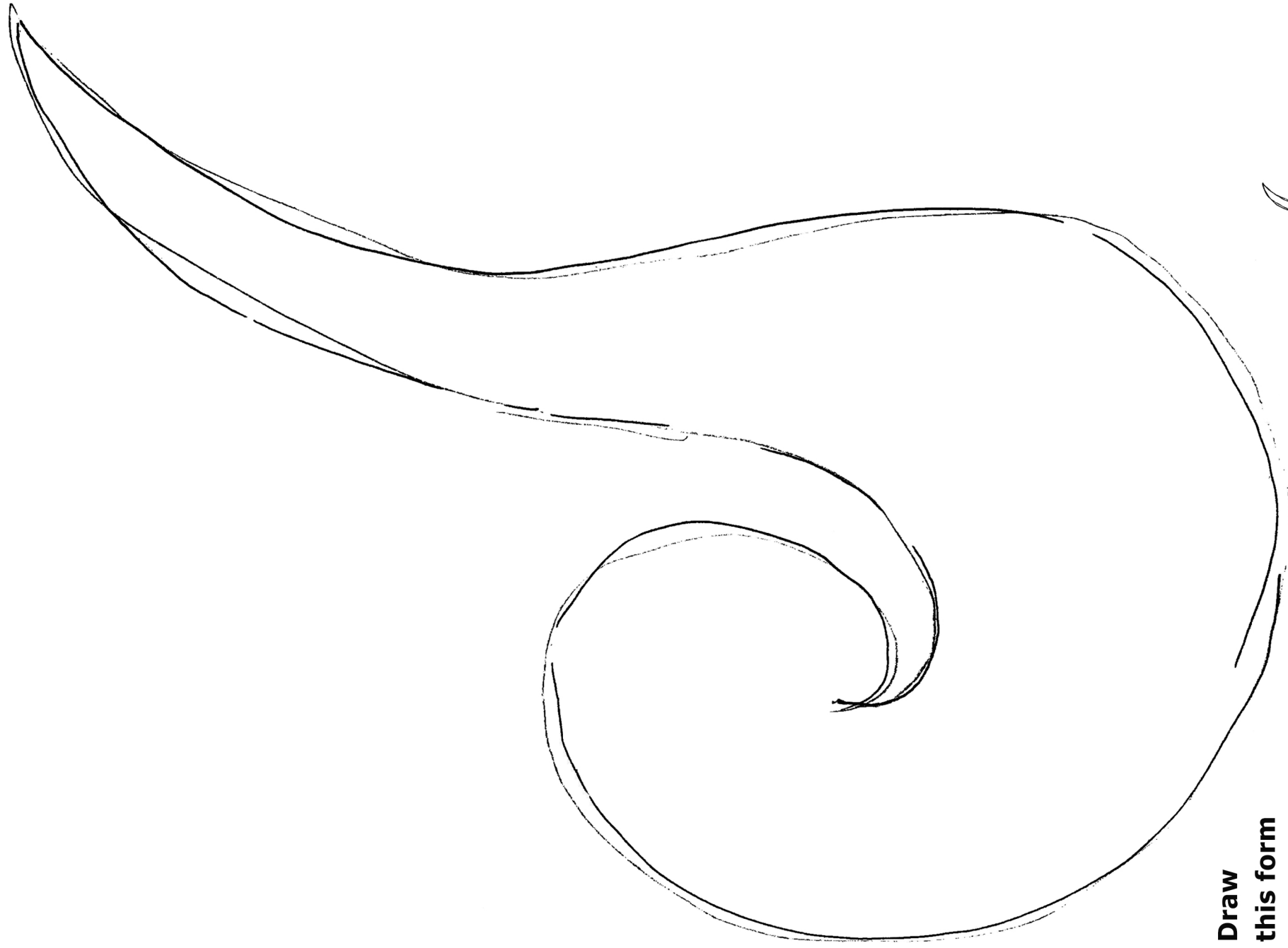


Mark or circle... What you like: BLUE; What you don't like: RED;

What you know well: GREEN; What you don't know: PURPLE; What you would like to feel more: YELLOW. You can circle a word twice.

Confronted sympathetic Critized Let down
desperate enthusiastic troubled unsettled
overwhelmed hurt alive appreciative shy
relaxed amused frazzled outraged satisfied furious responsible
clueless determined bitter safe creative astonished fuming
strong alarmed mean withdrawn strengthened puzzled scared attracted longing irritated capable stubborn
inspired frustrated Sorrowful isolated heartbroken relieved delicate apprehensive haterful apathetic delighted vibrant
great perplexed captivated prepared violent inhibited invigorated exhausted blessed bugged hostile silly
resentful aroused punished on my own hopeless guilty resigned healthy disgruntled anxious awkward tender
focused upset 96% charming burning abused peaceful concerned grumpy calm
discouraged joyful alert challenged amazed supportive weepy grateful
dismayed gloomy certain inadequate bored ashamed

more: YELLOW. You can circle a word twice. Butterfly Art Project

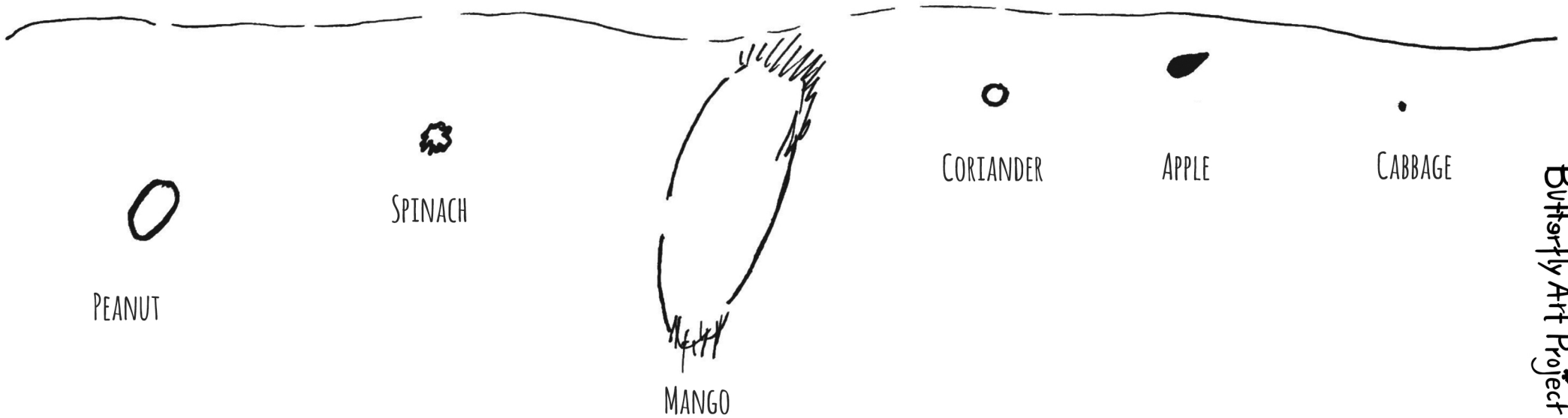
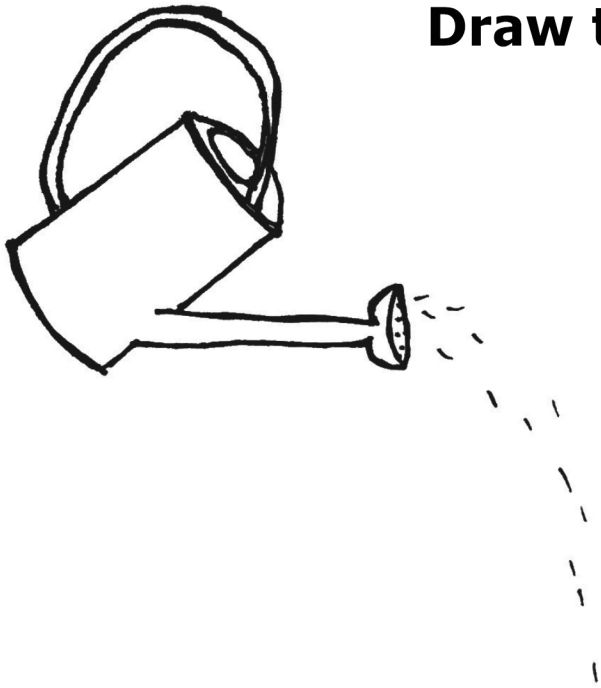


**Draw
this form
as many times**

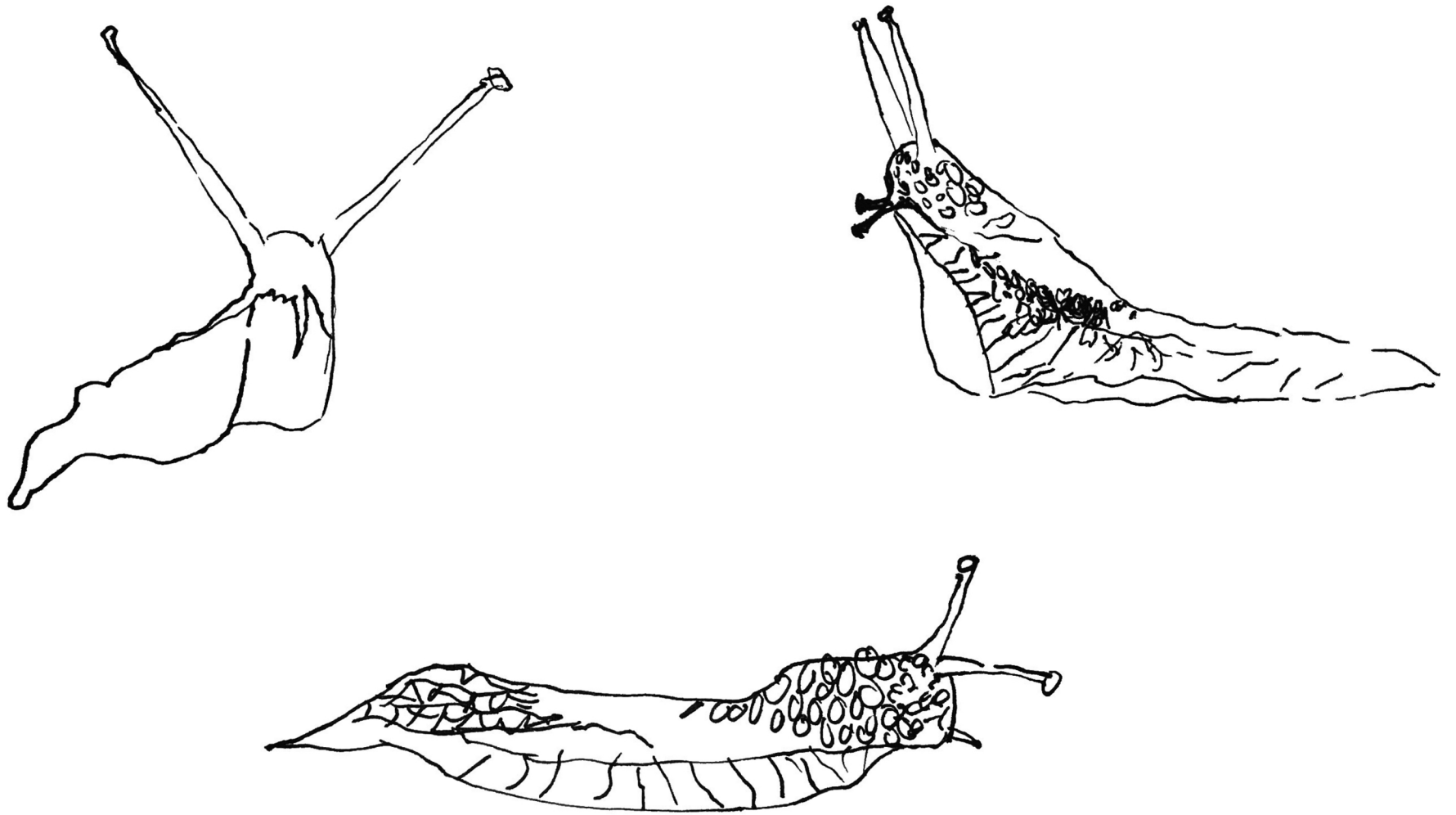
**as you like on top of the existing one. Start here , breathing in
as you draw up to the tip. Pause. Then breathe out on the way down
and around into the curl, back to the starting point. Pause. Repeat.**



Draw the plants growing from their seeds.

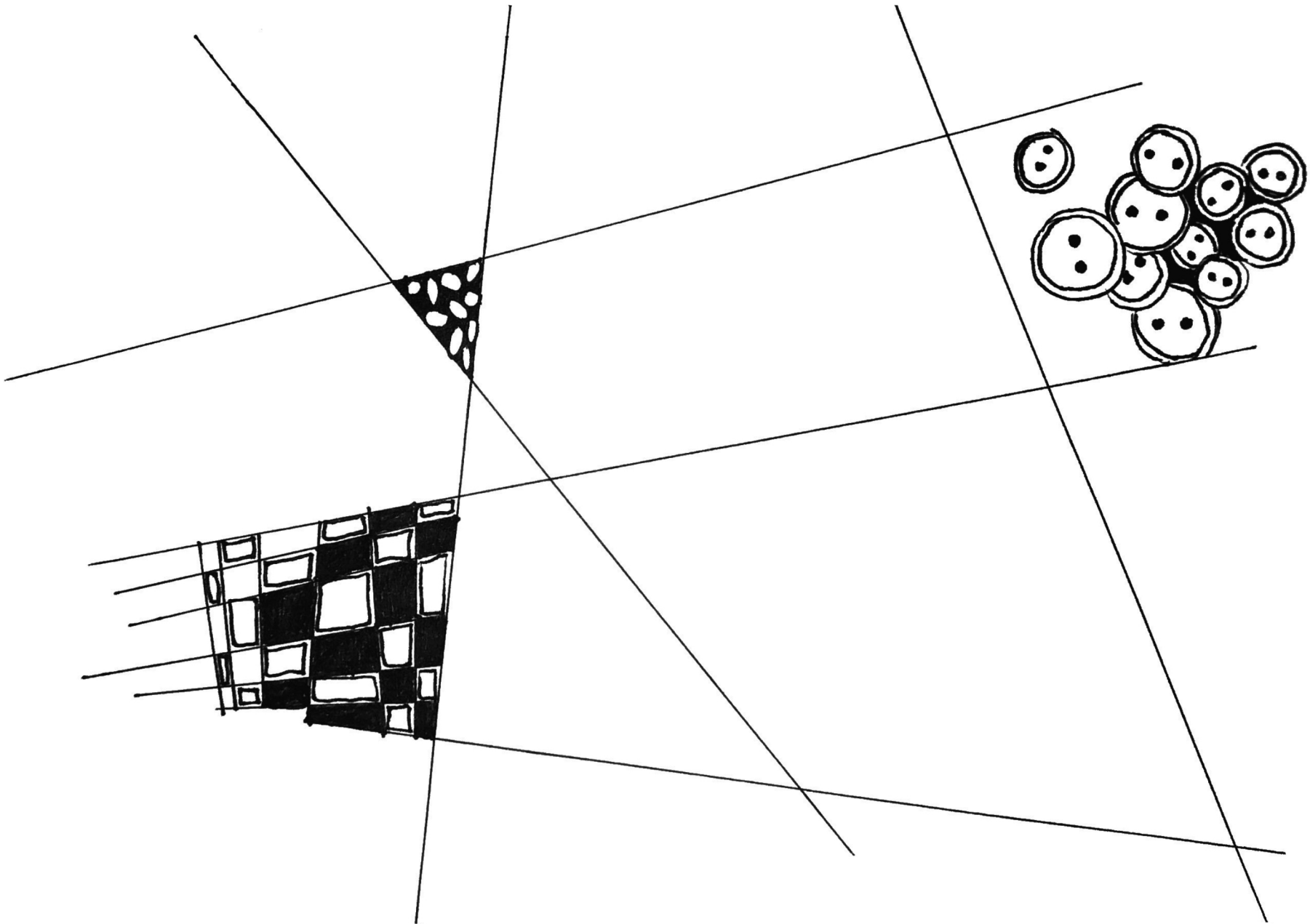




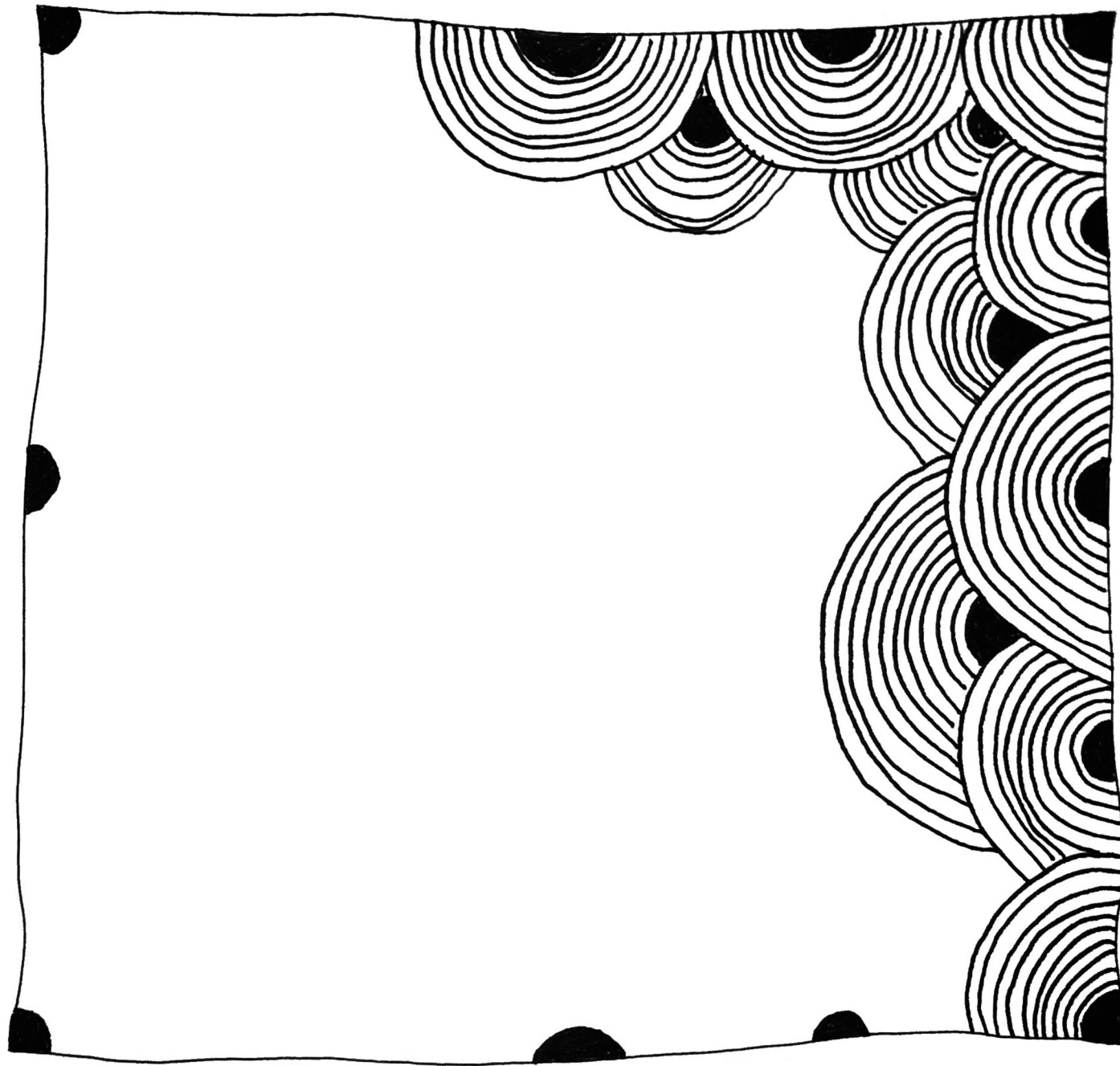


THE SNAILS ARE HOMELESS. WHERE ARE THEIR HOUSES?

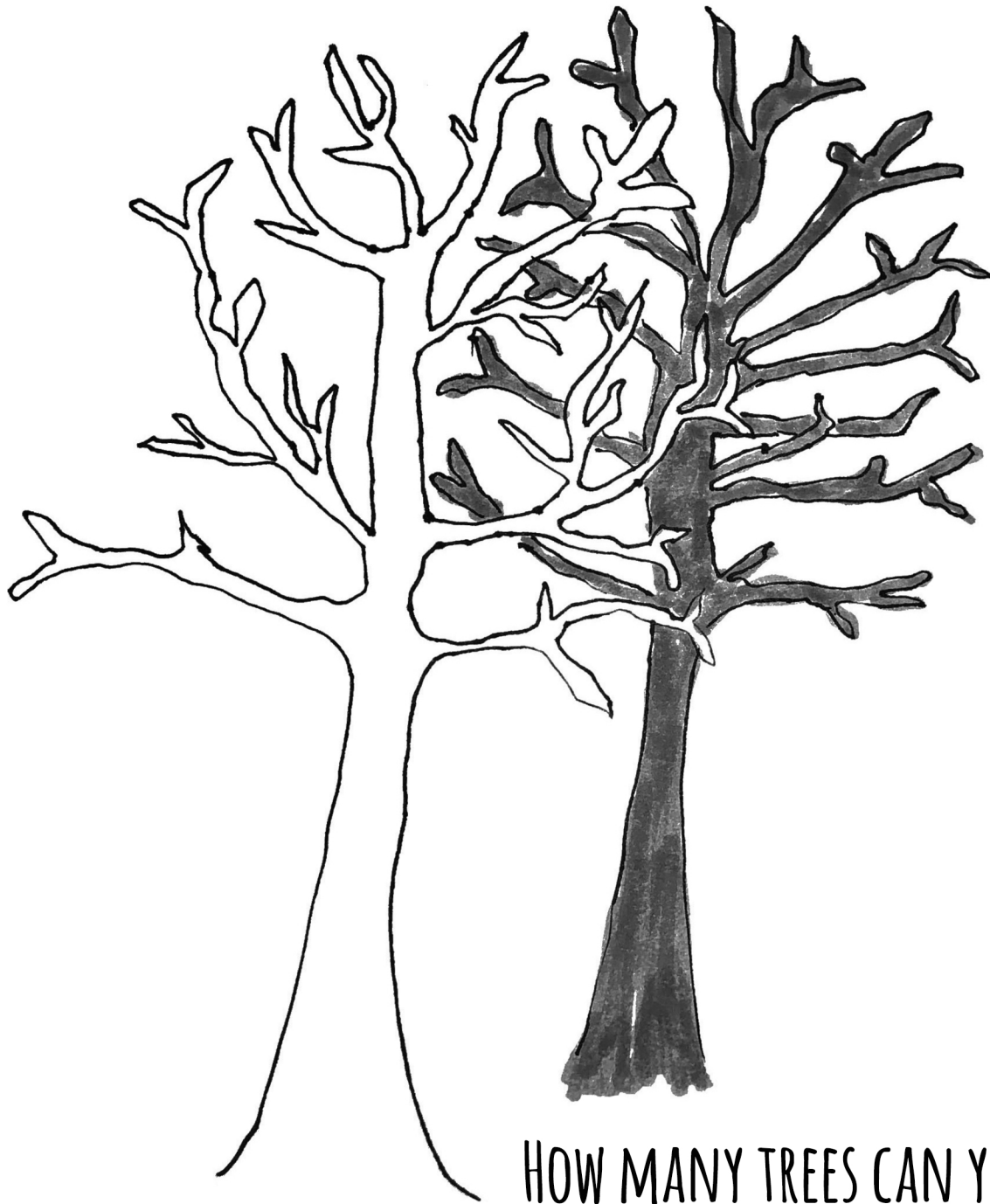
Draw in their homes.



Fill every area with a different pattern.

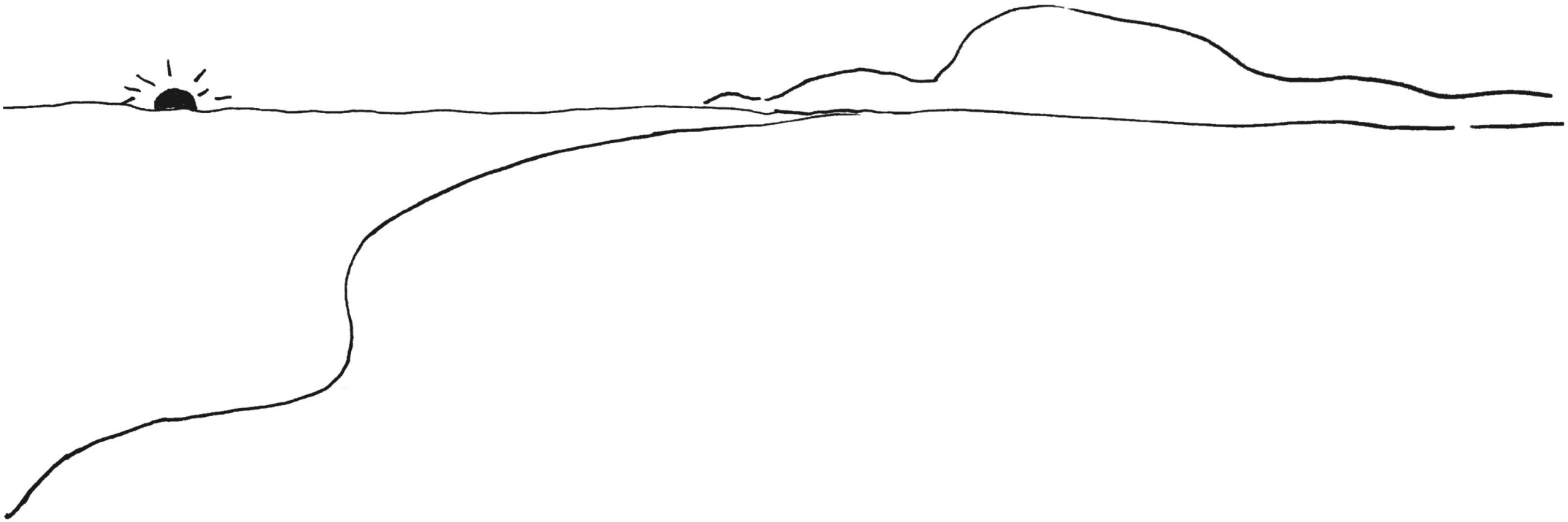


How did I do this? Can you continue the pattern?



HOW MANY TREES CAN YOU FIT ONTO THIS PAGE?

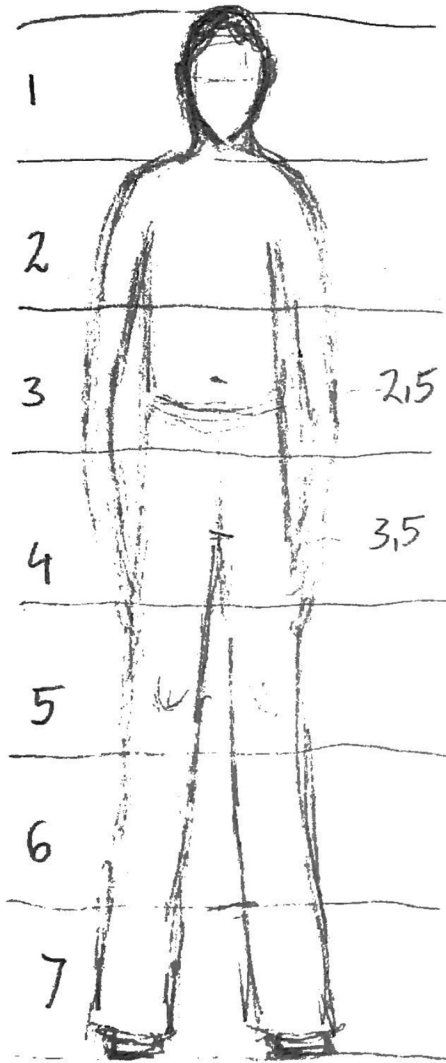
Draw as many trees as you can, and then add the earth, leaves, plants and animals.



The river is flowing, flowing and growing.
The river is flowing back to the sea.

Draw in the rest of the scene.

HOW TO WORK OUT THE HEIGHT OF PEOPLE



The height of a tall person measures 7 times the length of their head.

A short person measures 6 times the length of their head.

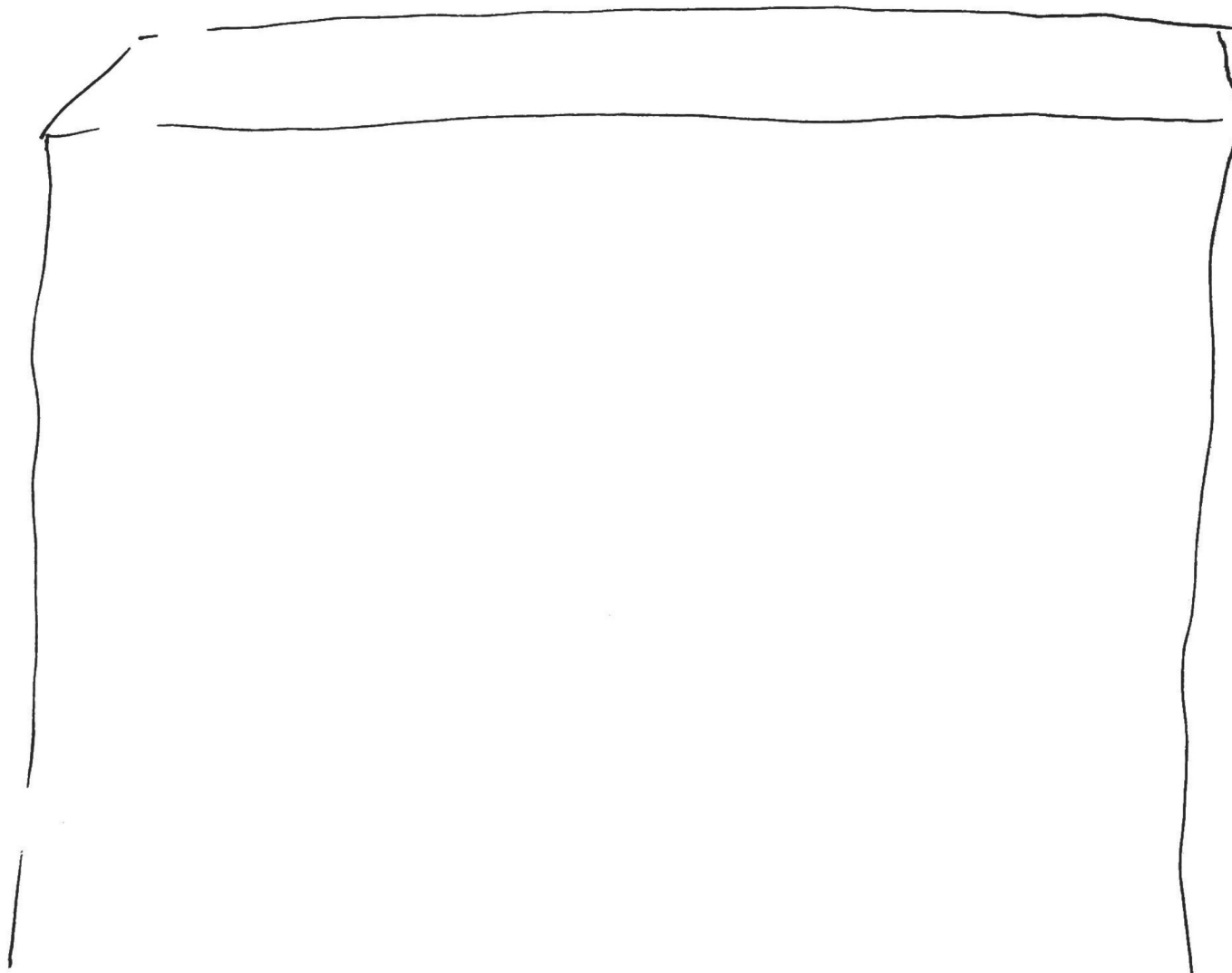
A child measures 4 - 6 times the length of their head, depending on their age.

Draw a family.



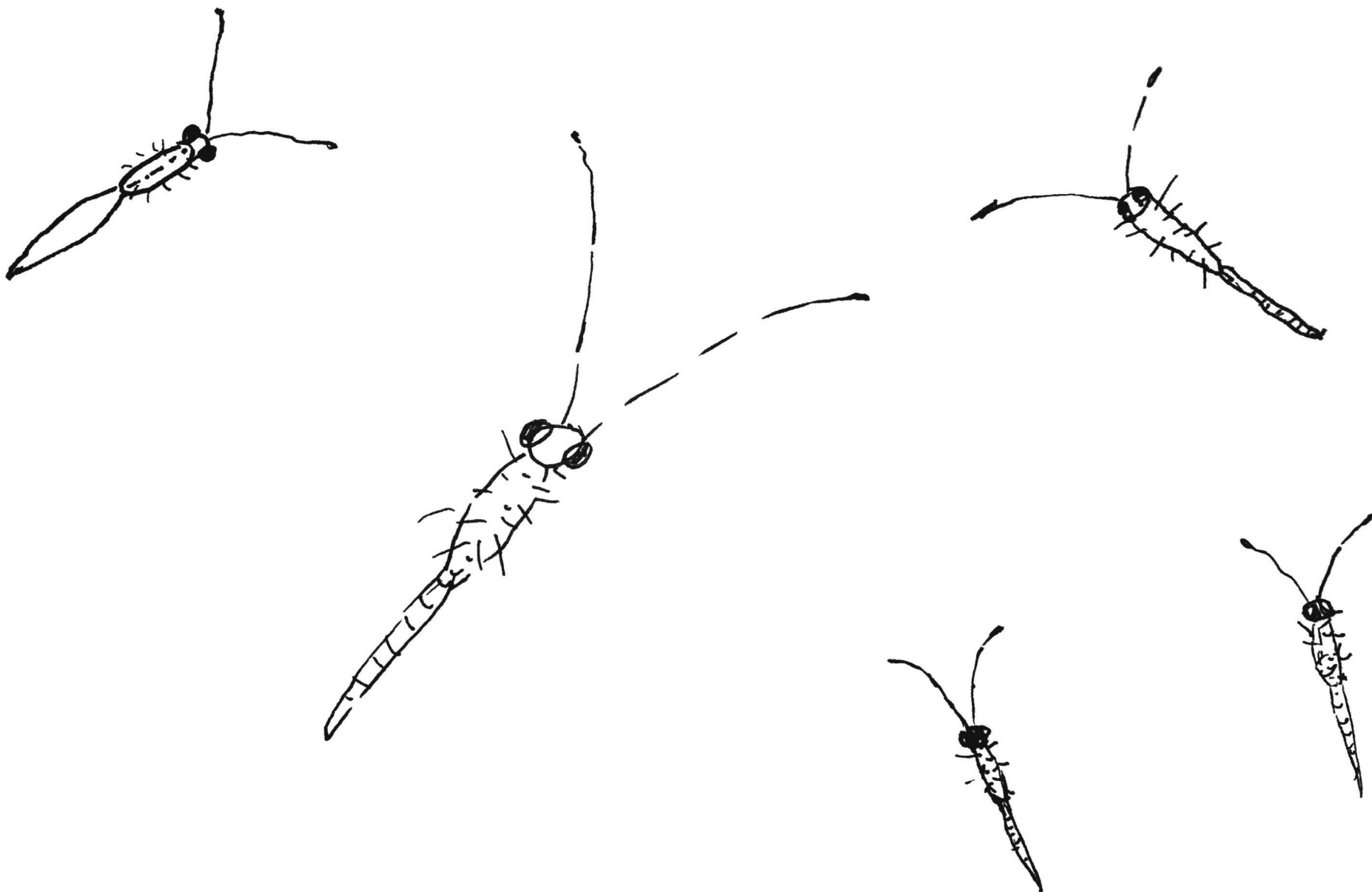
"I am safe, I will be safe, protected by my angel."

Draw yourself and your angel behind you.

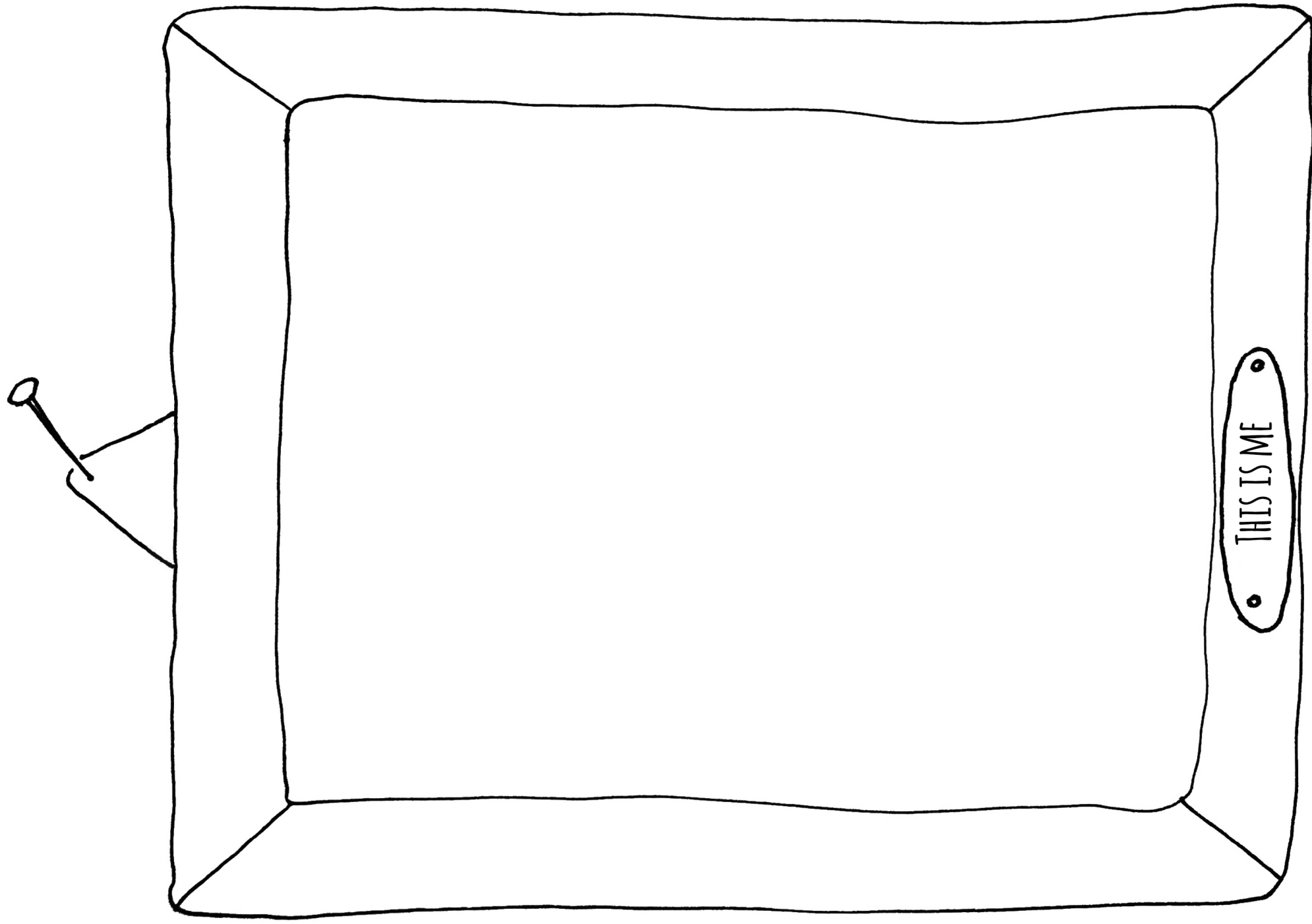


WHAT HAPPENS AT HOME?

Draw your home and what happens in it.



THESE BUTTERFLIES NEED WINGS! BIG ONES! **Draw them urgently!**



IF I WAS A BUG...I would look like this:

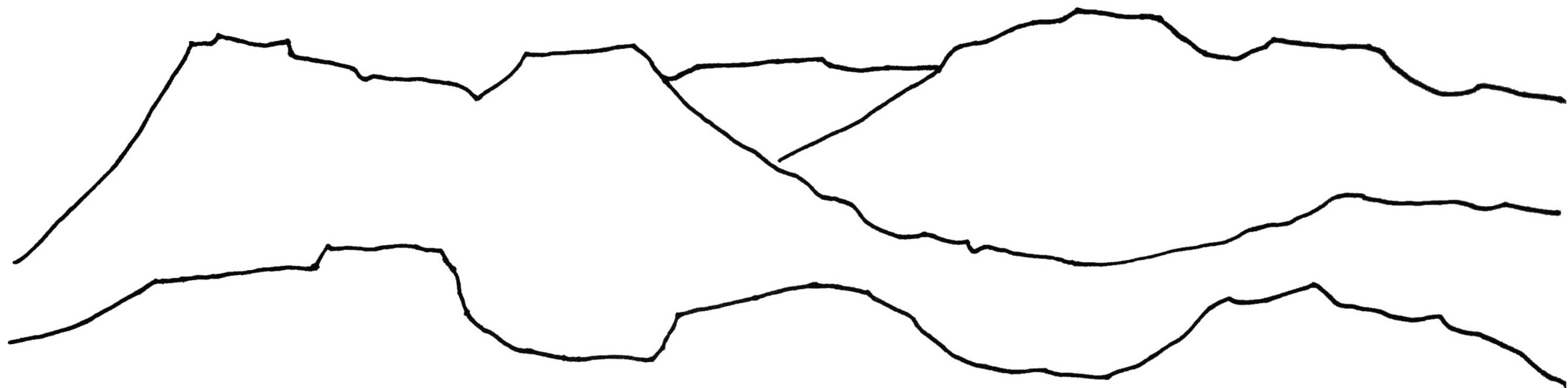


CAN YOU SEE THE TINY, LITTLE SEED? With your help, it will sprout, then grow strong roots. Shoot a little stem through the top of the soil. Grow it's first leaves, and continue to grow towards the sky, before growing more leaves. Look! A little bud in a magnificent colour appears. The sun comes out and the bud blossoms into a beautiful flower for you.



WHERE ARE THEY?

Draw in who is missing.

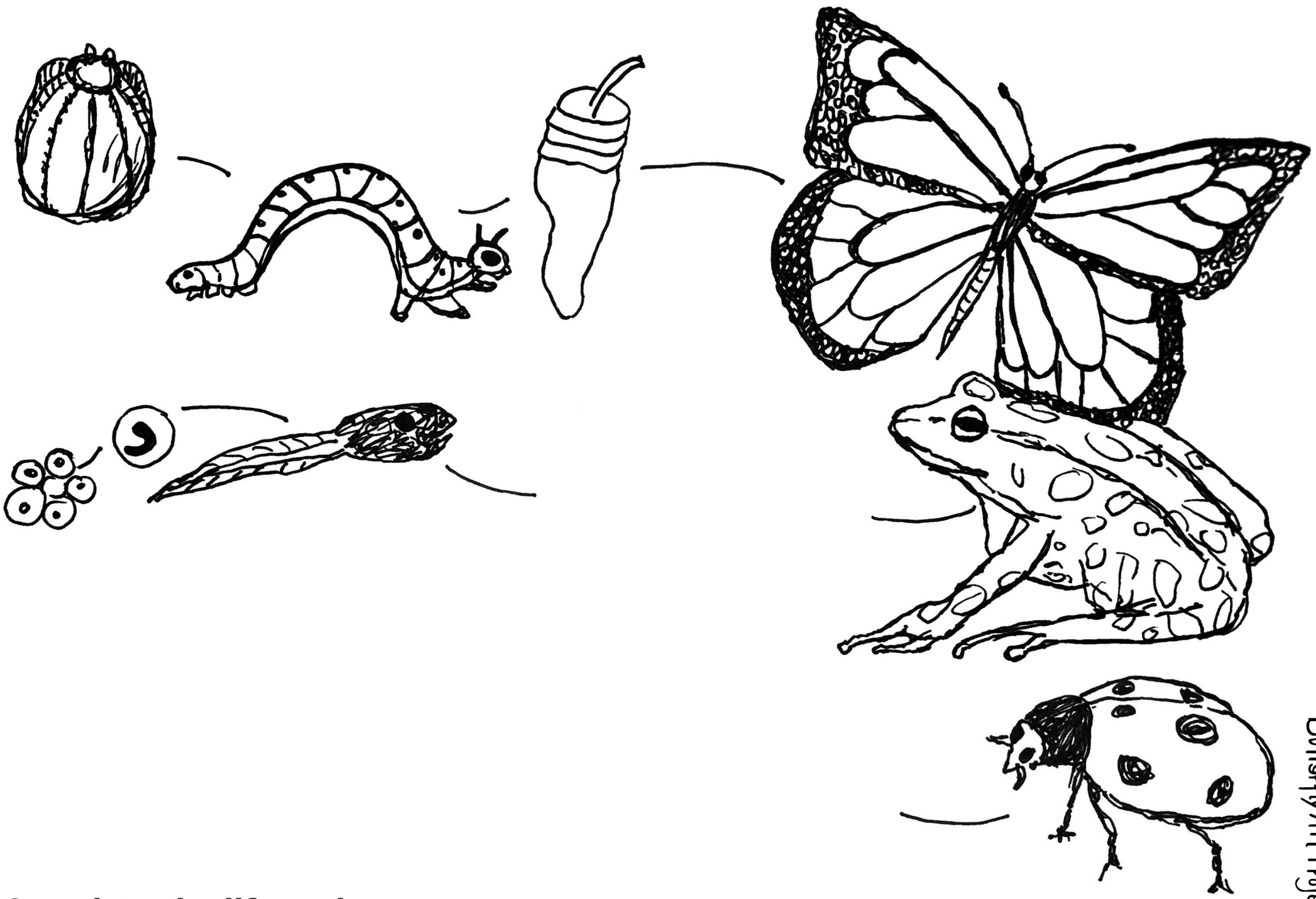


Add more mountain ranges and colour them in.

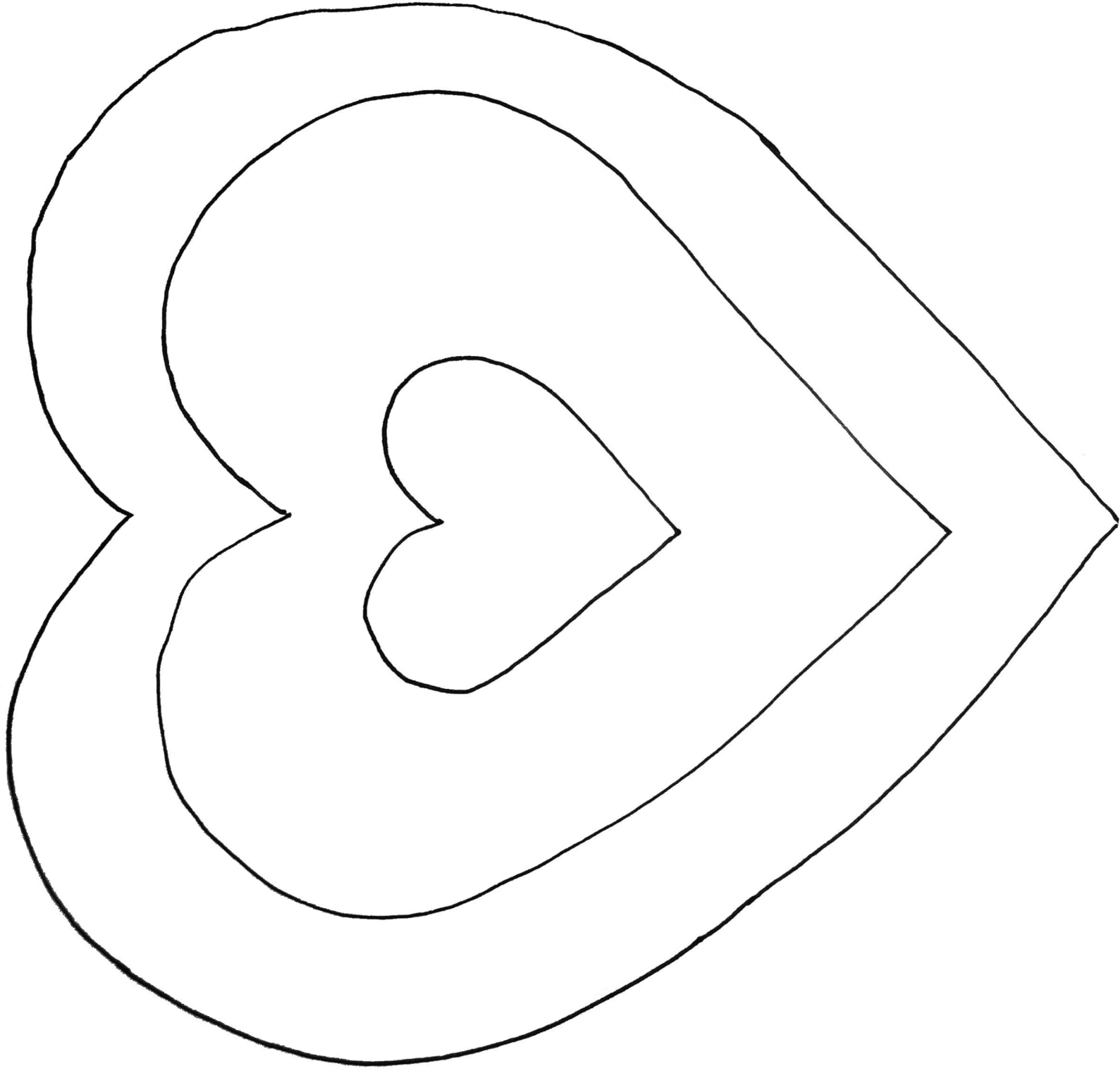
Colours fade the further away they are.

The colours of the mountain ranges in the front will be fresh and bright.

The colours of the mountain ranges will fade and become more blueish the further and further away they are.

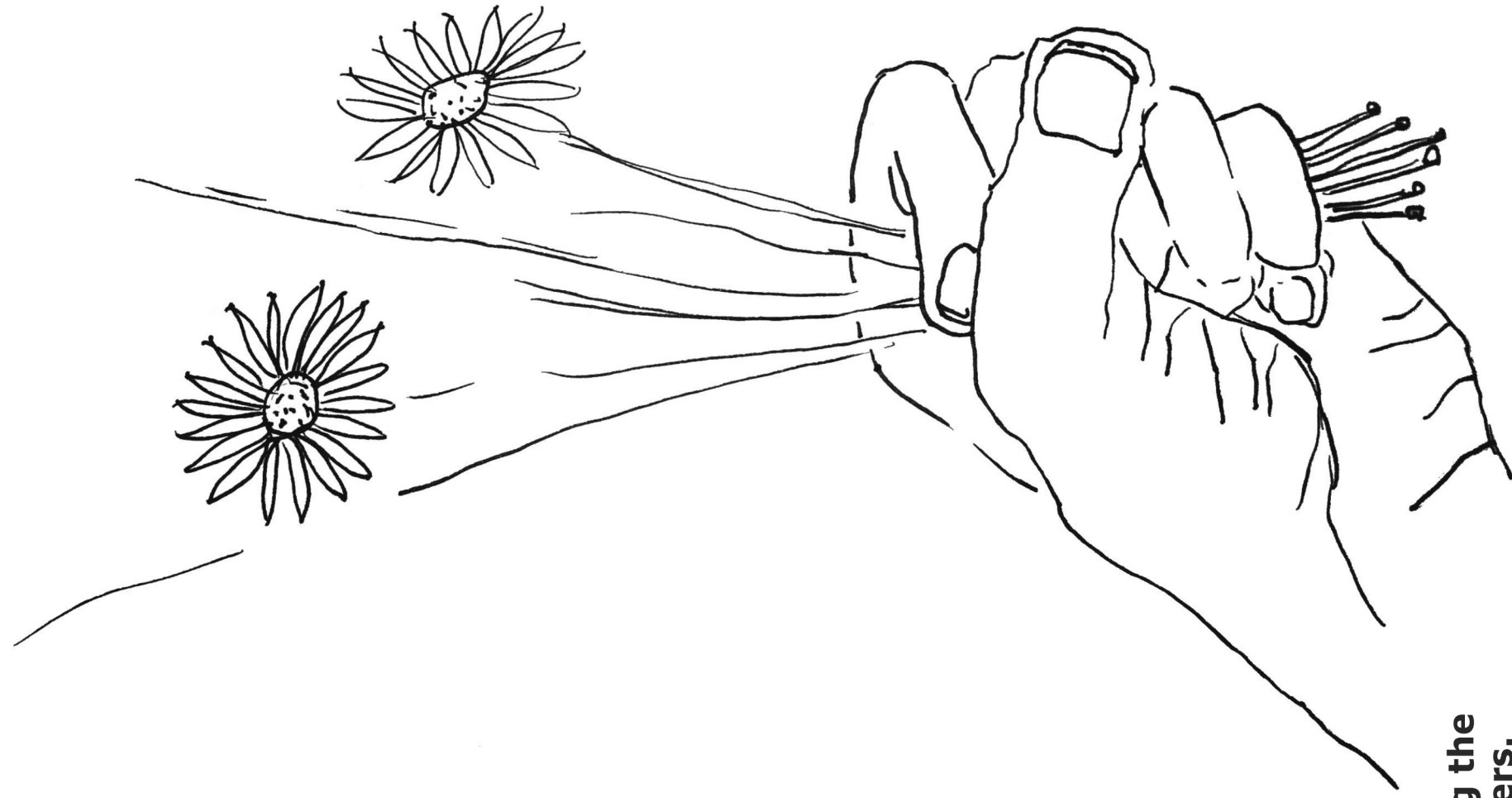


Complete the life cycles.



Draw any colours and anything you like in and around the hearts.

Your inner heart is eternal, indestructible and whole. The middle heart is where your emotions are: sad, happy, hurt, confident, energised, and many more. Your outer heart holds the feelings which make you relate to the world around you, and protects you.



Flowers
for
my
.....

**Finish drawing the
bunch of flowers.**

MY PERFECT DAY:

Draw what it would look like.

Waking

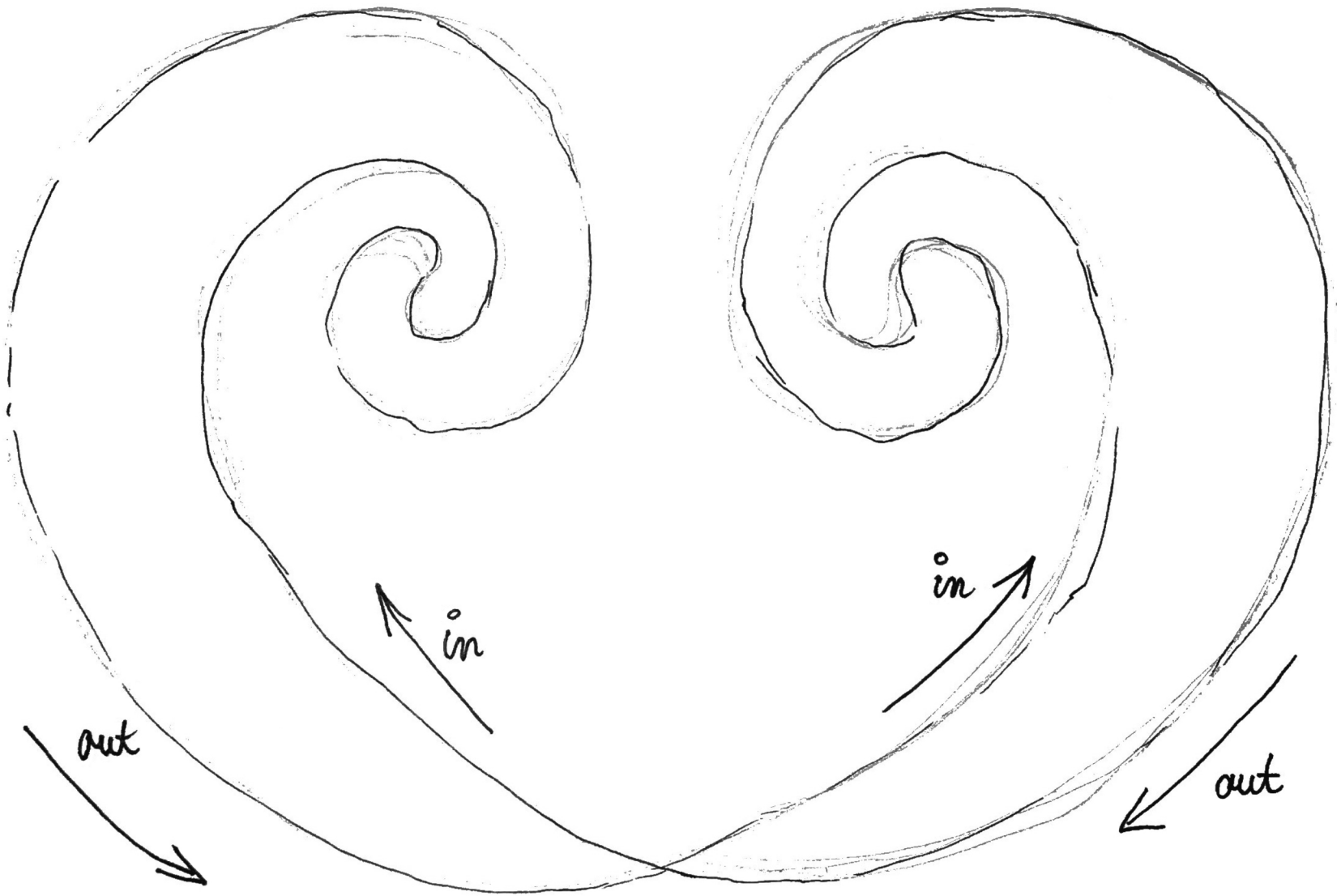
Midmorning

Lunchtime

Afternoon

Evening

Bedtime



Draw this form many times very slowly on top of the existing one.

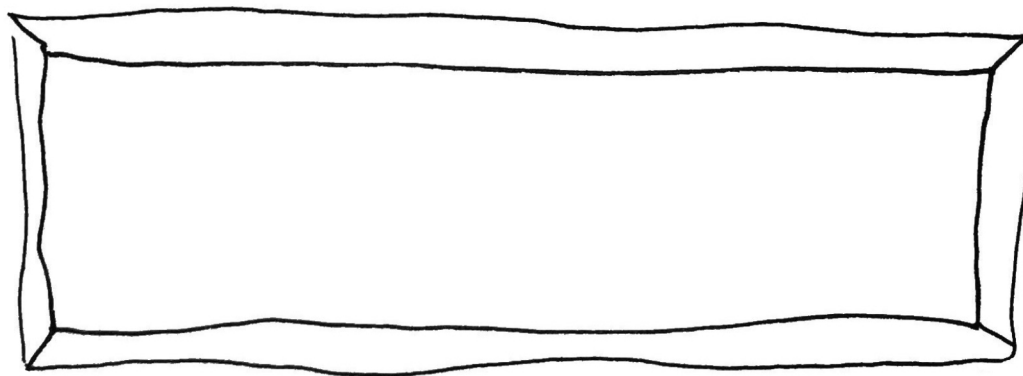
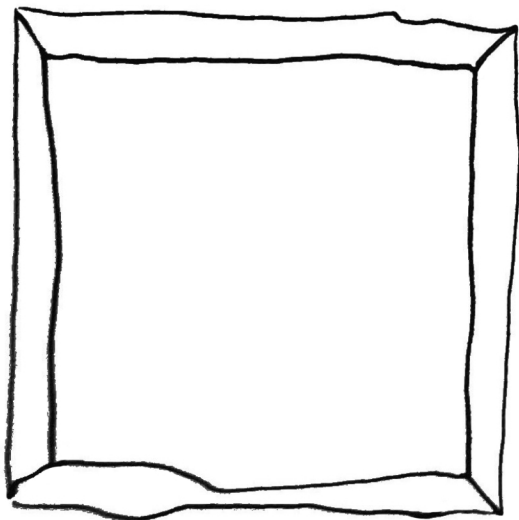
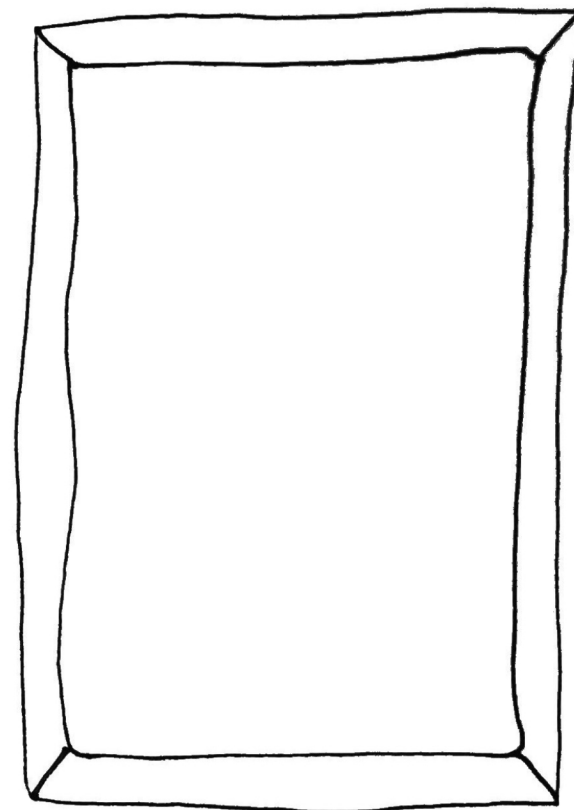
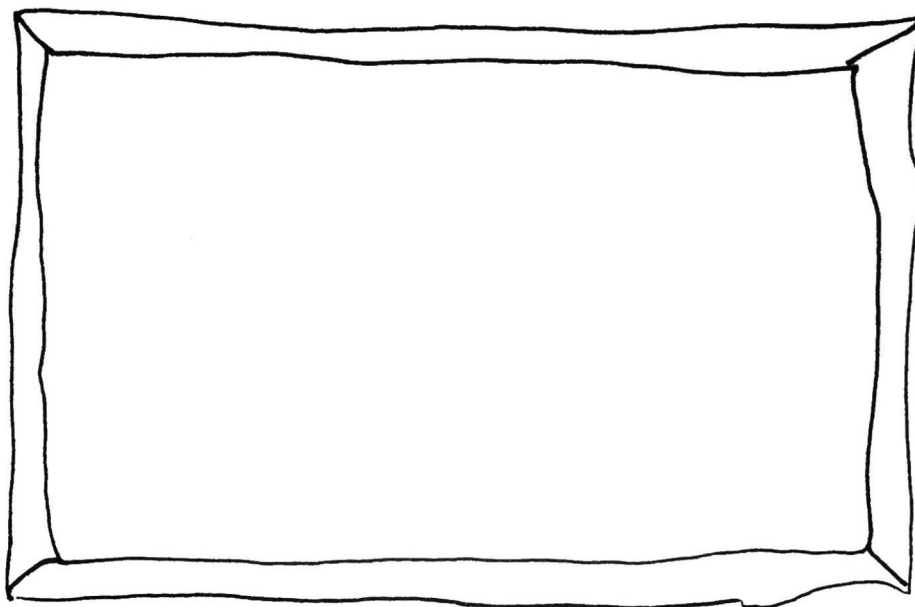
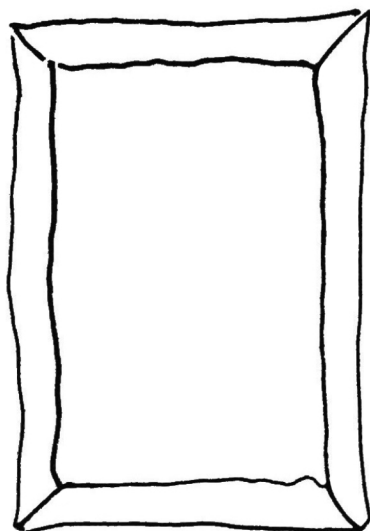
Breathe in and out in the rhythm of the form. If you get dizzy, you are going too fast, slow down. Try it on a larger piece of paper, on a blackboard or draw it with your finger in the air.



Draw this form much BIGGER.

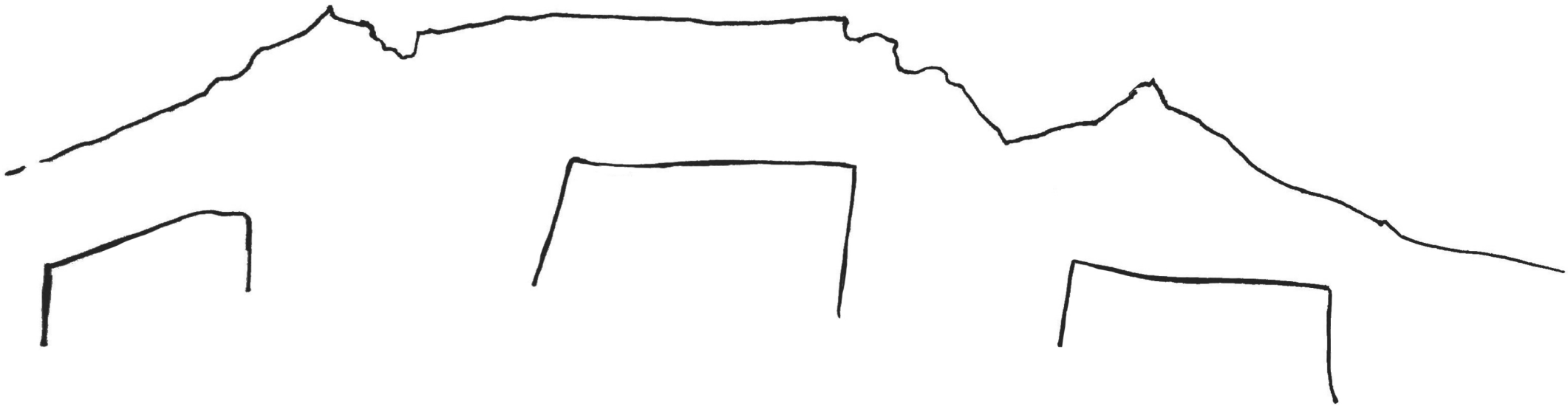
*Slowly... Step by step,
without lifting your pencil.*

Draw your favourite family members, including those who are no longer with you.

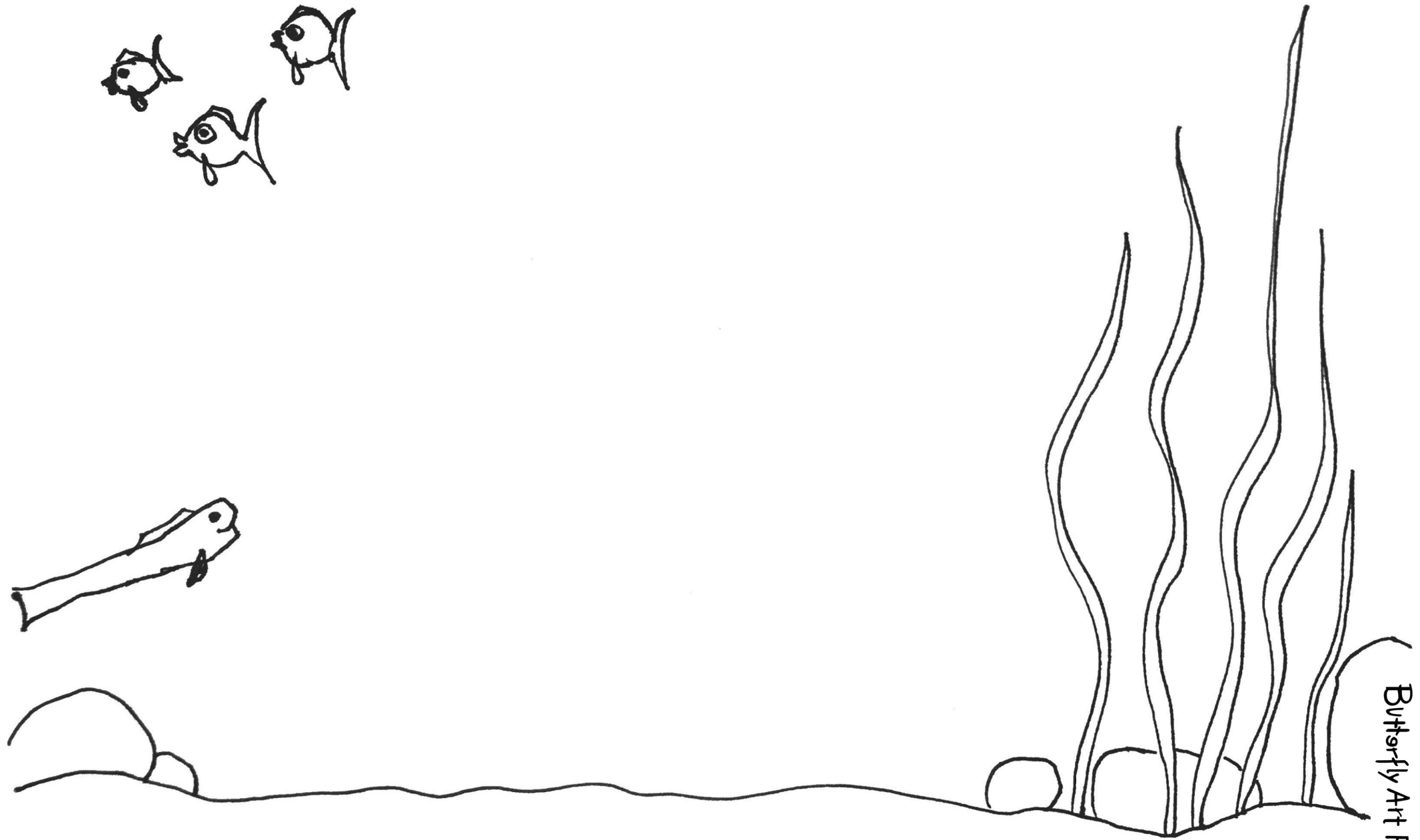




THESE ARE LEOPARD'S SPOTS, BUT WHERE IS THE LEOPARD?
Draw what is missing.



MY COMMUNITY
Draw your neighbourhood.



IF I WAS A MERMAID OR A MERMAN... I would look like this: