

TRIAL OF COURAGE

The Lighthouse

**HELPING OTHERS ON THEIR JOURNEY
ART PROJECT DESIGN**

**BY:
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FOR AGE GROUPS 9 - 18 YEARS



The Lighthouse

HELPING OTHERS ON THEIR JOURNEY

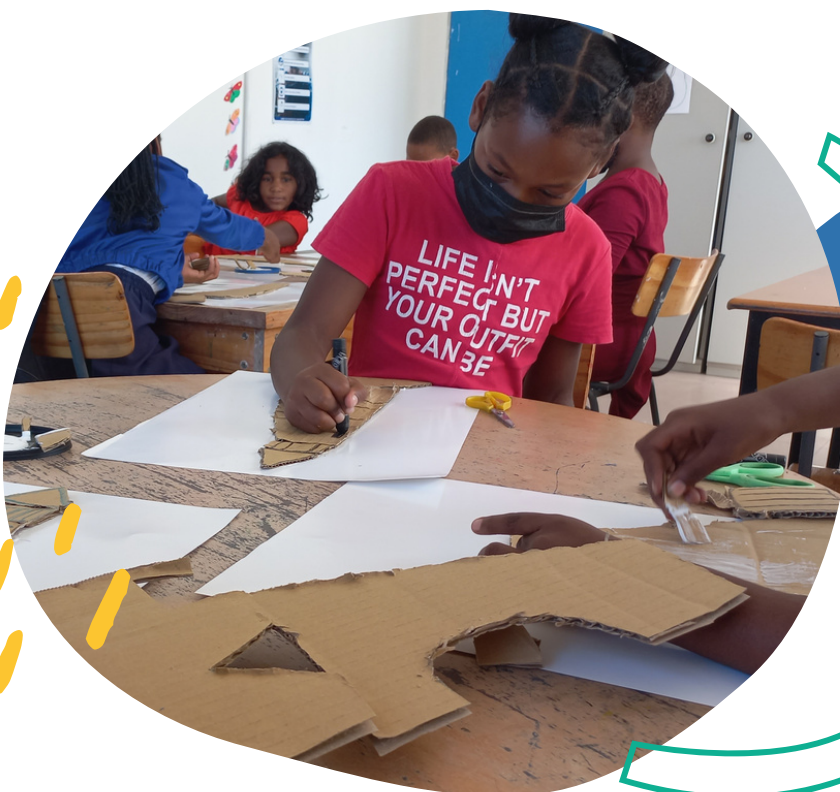
The theme for the 2022 Art Campaign is a *Trial of Courage*. This campaign initially challenges the participants, making them feel that the task ahead is impossible to achieve and stirring up some inner anxiety before form drawing is used as a tool to help children deal with this inner anxiety.

In the story of the Labours of Hercules, the 12 tasks he had to perform seemed impossible to complete. In fact, they were set up so that no one could finish them and yet Hercules did, he conquered all of them. How did he do it? How did he go from being scared and anxious to conquering all 12 tasks? He did it by building up the courage to set out on the journey and by being well-prepared and packing all he would need for the trip.

Sometimes the heroes in stories are not alone on their journey. Often, they have a companion with them or find people or objects that help them overcome the challenges they face so they can complete their journey.

In this art project, the children will act as helpers to people (heroes) going on their 'impossible' journeys. In this art project, we use the lighthouse as a symbol of this help to people on their journey. A lighthouse warns sailors and ships when they are close to rocks, diverting them from danger.

In form drawing the lighthouse represents the vertical line, which the children practise and learn about in the basics of form drawing. The vertical line is also a reference to us as humans, the only mammals who walk upright. The children will learn what a tower is (vertical line), and then be introduced to sculpture. First in relief before they build their own lighthouse from materials that can be found in and around their homes.



LESSON PLAN OVERVIEW

Title Lesson 1	Main activities	Objectives	Time	Materials
Form drawing: Vertical line	Welcome circle Say verse	Introduction to teacher and space Learn new verse	15 mins	Voice and space
	Bean bag game	Get to know their peers	5 mins	Bean bag or tennis ball
	Form drawing vertical line	Ground body and mind Introduction to theme	40 mins	A2 Pages, easels, wax crayons, form drawing reference
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 75 minutes		Spare time – 15 minutes	



Title Lesson 2	Main activities	Objectives	Time	Materials
Relief sculpture: The lighthouse	Welcome circle Say verse	Introduction to teacher and space Practise verse Recurring ritual	10mins	Voice and space
	Bean bag game Read story	Get to know one another Introduction to theme	15 mins	Bean bag or tennis ball
	Create relief sculpture of light house	Introduction to medium	40 mins	Old cardboard boxes, craft glue, scissors, lighthouse references
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

Title Lesson 3	Main activities	Objectives	Time	Materials
Introduction to paints: Paint the lighthouse	Welcome circle Say verse	Introduction to teacher and space Practise verse Recurring ritual	10mins	Voice and space
	Bean bag game	Get to know one another	15 mins	Bean bag or tennis ball
	Paint relief sculpture of lighthouse	Introduction to new medium Completed art works	40 mins	Tempera paints, paint brushes, paint cloths, water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

Title Lesson 4	Main activities	Objectives	Time	Materials
Introduction to paints: Paint the lighthouse	Welcome circle Say verse	Introduction to teacher and space Practise verse Recurring ritual	10mins	Voice and space
	Bean bag game	Get to know one another	15 mins	Bean bag or tennis ball
	Paint relief sculpture of lighthouse	Introduction to new medium Completed art works	40 mins	Tempera paints, paint brushes, paint cloths, water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

Title Lesson 5	Main activities	Objectives	Time	Materials
Build light house sculpture: The lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15mins	Voice and space Bean bag or tennis ball
	Build sculpture of lighthouse	Deepen knowledge of medium	50 mins	Old cardboard boxes, craft glue, scissors, lighthouse references
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 70 minutes		Spare time – 20 minutes	

Title Lesson 6	Main activities	Objectives	Time	Materials
Paint the lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15mins	Voice and space Bean bag or tennis ball
	Paint sculpture of light house	Deepen knowledge of medium	40 mins	Tempera paints, paint brushes, paint cloths, water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

Title Lesson 7	Main activities	Objectives	Time	Materials
Paint the lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15mins	Voice and space Bean bag or tennis ball
	Paint sculpture of lighthouse	Deepen knowledge of medium Completed art works	50 mins	Tempera paints, paint brushes, paint cloths, water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

Celebration

This is the last lesson and this means it's time to celebrate the children's achievements. The celebration is to honour the efforts of art making, have an exhibition in the classroom, cultivate farewell, and practice closure. Practicing farewell and closure is important for traumatized children who experience too many relationships which disappear without farewell or transitioning rituals. Healthy, safe and reliable relationships help these children heal.

For the celebration, the children set up an installation of their lighthouses. This could also be in the form of a short play. Make sure the installation is set up in the middle of the table and have the children gather around it, seated. Have some treats ready for the children. Ask some of them to come up with stories of how their lighthouse has saved ships from crashing into the rocky shore.

Share some thoughts about the experience of the term. Allow each child time to share their highs and lows during the term.

Say goodbye for now until you see them again in the new term.



Start of weekly Lessons



LESSON 1

Title	Main activities	Objectives	Time	Materials
Form drawing: Vertical line	Welcome circle Say verse	Introduction to teacher and space Learn new verse	15 mins	Voice and space
	Bean bag game	Get to know their peers	5 mins	Bean bag or tennis ball
	Form drawing vertical line	Ground body and mind Introduction to theme	40 mins	A2 Pages, easels, wax crayons, form drawing reference
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 75 minutes		Spare time – 15 minutes	

MATERIALS NEEDED:

A2 paper x 3 per child; big board on which to place A2 sheets; x 1 bean bag or ball; wax crayons x 2 yellows and x 1 blue

VERSE FOR THE TERM:

I think in will, I flow in form, I form in flow, I will the idea.
I order the living, enliven the law, I stimulate movement, I move within order.
I hold in the chaos, I release the rigidity, enlighten the weight, and substantiate the light.
In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

INSTRUCTIONS:

1) Welcome the children into the class. Gather them in a circle standing, then introduce yourself as their teacher for the term (8 weeks). Take out the bean bag or tennis ball, and while holding it in your hands say your name and one thing you love to do, then throw it to a child and have them do the same. Do this until every child has had an opportunity to introduce themselves. Now introduce the children to the verse for the term and have them repeat it twice together while you lead.

2) Ask the children to find a seat at a table that is set up with all the needed materials – for this lesson the children will work on big boards placed on easels. Before the children start the artwork, paste a blank sheet on the wall and ask the children to list some rules for the classroom that will help them make the class a safe space. List them as do's and don'ts in the classroom. Write each idea the children share under the category they fall under – a 'do' or 'don't'.

3) Ask the children to take their place in front of an easel. On the easel is a big board with at least three A2 sheets, as well as 3 wax crayons - x 2 yellow and x 1 blue. Introduce form drawing, explain what form drawing is and show some examples. Demonstrate how to draw vertical lines moving from the top of the page down, draw the lines in slow motion and instruct the children to go at a pace comfortable for them.

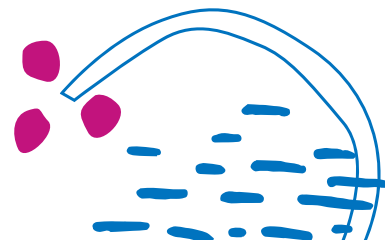
4) Let the children move closer to the easels and have them start drawing their vertical lines. Remind the children not to rush. Let them know that during this lesson all they will work on is drawing their lines. This lets the children know what to expect in the lesson which will help them to take care when drawing their lines. Allow the children to draw the lines starting with the yellow crayon first. When they are done, let them use the blue crayon and draw on top of the yellow lines then next to them. Play some calming music and be sure to speak in a calm voice. Remind the children 5 minutes before the activity ends of the time they have left.

5) Ask the children to pack up their art materials. Place all the easels with their drawing in one line and have the children face the drawings and do a review of the lesson.

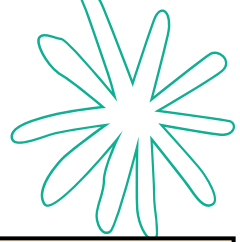
6) Farewell. Ask the children to bring old cardboard boxes for next week.

REVIEW:

Ask some children to share their experience of what it felt like when they created the vertical lines.



LESSON 2



Title	Main activities	Objectives	Time	Materials
Relief sculpture: The lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise new verse Recurring ritual Get to know one another	10 mins	Voice and space
	Read story	Introduction to theme	15 mins	The lighthouse story
	Create relief sculpture of lighthouse	Introduction to medium	40 mins	Old cardboard boxes, craft glue, scissors, lighthouse references
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

MATERIALS NEEDED:

Old cardboard boxes; scissors x 1 per child; craft glue; lighthouse story; lighthouse references

INSTRUCTIONS:

1) Welcome the children into the classroom. Gather them gather in a circle, standing. Start with the bean bag or ball game again. Instead of saying their names ask the children how the week was since you last saw each other. While still standing in the circle, say the verse again twice.

I think in will, I flow in form, I form in flow, I will the idea.
I order the living, enliven the law, I stimulate movement, I move within order.
I hold in the chaos, I release the rigidity, enlighten the weight, and substantiate the light.
In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

2) Ask the children to find a seat at a desk which is set up with all the materials they will need for their art project. Instruct the children not to touch the art materials until it is time to use them. Inform the children you will now read a story about the lighthouse and ask them to listen carefully to the story. Read the story and ask some questions about what they heard in the story.

3) Show the class examples of what a lighthouse looks like. Inform the class that they will now use the cardboard they brought to build their own lighthouse (relief sculpture). Make it simple for the children to cut out their lighthouse by breaking the cardboard into different shapes that can be used for different parts of the lighthouse, such as a triangle for the roof, a square for the light, and a long rectangle for the body of the lighthouse. The children can then use their imagination to cut out rocks and other objects around the lighthouse. Refer back to the vertical lines they drew last week as being the same as the lighthouse.

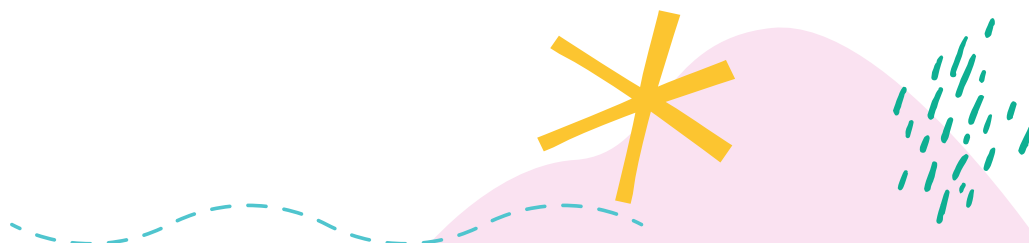
4) Allow the children to cut out the shapes, then paste them all together on a bigger piece of cardboard using the craft glue to create their lighthouse. If there is time, allow the children to cut and paste other features they want on the lighthouse. This project should be done in one lesson for the children to paint next week. Remind the children 5 minutes before the activity ends of the time they have left.

5) Pack up the art materials and recycle the leftover cardboard. Place the artworks on one table for the children to look at and review together.

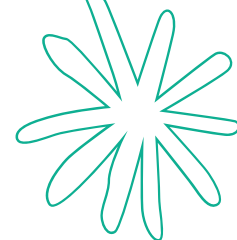
6) Farewell.

REVIEW:

Ask the class what they think the purpose of the lighthouse is and share what they think of the other children's artwork. All comments must be encouraging and not intentionally hurtful.



LESSON 3



Title	Main activities	Objectives	Time	Materials
Paint the relief lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15 mins	Voice and space Bean bag or tennis ball
	Paint relief sculpture of light house	Introduction to new medium Completed art works	40 mins	Tempera paints, paint brushes, paint cloths water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

MATERIALS NEEDED:

Artworks from last week; tempera paints (white, blue, yellow, red); small paint brush x 1 per child; water jars; paint cloths; lighthouse references

INSTRUCTIONS:

1) Welcome the children into the classroom. Gather them in a circle, standing. Start with the bean bag or ball game again. Ask the class what some of them did since you last saw each other. While still standing in the circle, say the verse again twice.

I think in will, I flow in form, I form in flow, I will the idea.
I order the living, enliven the law, I stimulate movement, I move within order.
I hold in the chaos, I release the rigidity, enlighten the weight, and substantiate the light.
In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

2) Ask the children to find a seat at a desk which is set up with all the materials they will need for their art project. Instruct the children not to touch the art materials until it is time to use them. Remind them of the rules they created for their class. Recap the lighthouse story read last week. Ask the children what they remember about the lesson from last week.

3) Show the class some references to different lighthouses. Inform the children that they will paint their lighthouses in this lesson. Before they start, demonstrate how to clean the paint off their paint brushes before they dip it into another colour. This will allow the paint in the containers to stay pure and not get messy for other children to use (share one paint set between 4 children).

4) Allow the children to paint their lighthouses. Ask them to first paint the structure of the lighthouse completely white before they start adding colour. Remind the children 5 minutes before the activity ends of the time they have left.

5) Pack up, clean the paint brushes, clean the water jars, and paint extra paint on old paper then throw in the bin. Place completed artworks on one table to review together.

6) Farewell.

REVIEW:

Ask the children what they think of their friends' art projects. Remarks should be encouraging and not intentionally hurtful.



LESSON 4

Start of main art project

(work on the same art project over 4 weeks)

Title	Main activities	Objectives	Time	Materials
Build lighthouse sculpture: The lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15mins	Voice and space Bean bag or tennis ball
	Build sculpture of lighthouse	Deepen knowledge of medium	50 mins	Old cardboard boxes, craft glue, scissors, light house references
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

MATERIALS NEEDED:

Old cardboard boxes; scissors x 1 per child; craft glue; empty toilet rolls; stapler; recycled paper; templates of different parts of the lighthouse

INSTRUCTIONS:

1) Welcome the children into the classroom. Gather them in a circle, standing. Start with the bean bag or ball game again. Ask the class what some of them did since you last saw each other. While still standing in the circle, say the verse.

I think in will, I flow in form, I form in flow, I will the idea.
I order the living, enliven the law, I stimulate movement, I move within order.
I hold in the chaos, I release the rigidity, enlighten the weight, and substantiate the light.
In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

2) Ask the children to find a seat at a desk which is set up with all the materials they will need for their art project. Instruct the children not to touch the art materials until it is time to use them. Remind them of the rules in they created for their class. Recap the lesson of last week and ask the children what they remember about it.

3) In this lesson the children will be introduced to sculpture and will be required to start building their own sculpture of a lighthouse. It is best to have an example of a completed art project to show the children. This shows them what they will be creating, giving them a visual idea of what to do. Show the children examples of different sculptures and ask them what is different about this lighthouse sculpture compared to the lighthouses they have worked on for the last 2 weeks. Allow some time for them to share their ideas. Inform the class that each of them will build their own sculpture and then paint it over the next 4 weeks.

4) Hand out the templates for the different parts of the lighthouse, sharing one set of templates between 4 children. Instruct the children to each have an opportunity to trace the templates and then cut them out. The templates must include an A4 size template for the tower of the lighthouse, a small square for the base and 2 small circles the same size. First, allow all the children to trace and cut out their templates before you demonstrate how to put them together.

5) Roll the A4 size cardboard into a cylinder and glue the edges together, place a staple on both ends to help it stick. Then paste the cylinder on the square base. Take one circle and glue it on top of the cylinder. Glue the empty toilet roll on top of the circle to create light. Cut a line to the middle of the second circle. Pull the two edges together to create a cone and glue it on top of the toilet roll to create a roof. Crumple the recycled paper into little balls, creating rock-like shapes, and glue them around the base of the lighthouse to create rocks.

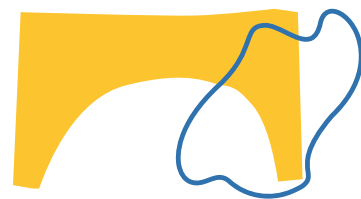
6) Pack the art materials away, and recycle the leftover cardboard and paper. Place the sculptures on one table for the children to look at and review them together.

7) Farewell.

REVIEW:

Ask the class to share their experience of building the lighthouses - the negatives and positives.

LESSON 5



Title	Main activities	Objectives	Time	Materials
Build lighthouse sculpture: The lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15 mins	Voice and space Bean bag or tennis ball
	Build sculpture of lighthouse	Deepen knowledge of medium	50 mins	Old cardboard boxes, craft glue, scissors, light house references
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 70 minutes		Spare time – 20 minutes	

MATERIALS NEEDED:

Old cardboard boxes; scissors x 1 per child; craft glue; empty toilet rolls; stapler; recycled paper; templates of different parts of the lighthouse

INSTRUCTIONS:

1) Welcome the children into the classroom. Gather them in a circle, standing. Start with the bean bag or ball game again. Ask the class what some of them did since you last saw each other. While still standing in the circle, say the verse.

I think in will, I flow in form, I form in flow, I will the idea.
I order the living, enliven the law, I stimulate movement, I move within order.
I hold in the chaos, I release the rigidity, enlighten the weight, and substantiate the light.
In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

2) Ask the children to find a seat at a desk which is set up with all the materials they will need for their art project. Instruct the children not to touch the art materials until it is time to use them. Remind them of the rules in they created for their class. Recap the lesson of last week and ask the children what they remember about it.

3) In this lesson the children will continue with their sculpture from last week. Show the example of the completed art project to remind the children what they are working towards.

4) Hand out the templates for the different part of the lighthouse, sharing one set of templates between 4 children. Instruct the children to each have an opportunity to trace the templates and then cut them out. The templates include an A4 size template for the tower of the lighthouse, a small square for the base and two small circles the same size. First, allow all the children to trace and cut out their templates before you demonstrate how to put them together.

5) Roll the A4 size cardboard into a cylinder and glue the edges together, place a staple on both ends to help it stick. Then paste the cylinder on the square base. Take one circle and glue it on top of the cylinder. Glue the empty toilet roll on top of the circle to create light. Cut a line to the middle of the second circle. Pull the two edges together to create a cone and glue it on top of the toilet roll to create a roof. Crumple the recycled paper into little balls, creating rock-like shapes, and glue them around the base of the lighthouse to create rocks.

6) Pack the art materials away, and recycle the leftover cardboard and paper. Place the sculptures on one table for the children to look at and review them together.

7) Farewell.

REVIEW:

Recap the story to remind the children of the purpose of a lighthouse and let them know they did their part to safely guide ships away from danger.

LESSON 6

Title	Main activities	Objectives	Time	Materials
Paint the lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15mins	Voice and space Bean bag or tennis ball
	Paint sculpture of light house	Deepen knowledge of medium	40 mins	Tempera paints, paint brushes, paint cloths, water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

MATERIALS NEEDED:

Sculptures from last week; tempera paints (white, black, yellow, blue, red); x 1 paint brush per child; paint cloths; water jars; yoghurt lids for paint

INSTRUCTIONS:

1) Welcome the children into the classroom. Gather them in a circle, standing. Start with the bean bag or ball game again. Ask the class what some of them did since you last saw each other. While still standing in the circle, say the verse.

I think in will, I flow in form, I form in flow, I will the idea.
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In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

2) Ask the children to find a seat at a desk which is set up with all the materials they will need for their art project. Instruct the children not to touch the art materials until it is time to use them. Remind them of the rules in they created for their class. Recap the lesson of last week and ask the children what they remember about it.

3) Inform the children they will start painting their lighthouses this week. They will use the same paint they used in the 3rd lesson (Tempera). Also, explain they will have two weeks to paint their sculptures and they do not need to rush and can take their time adding colour to the beautiful sculptures they have created. Remind the children to first paint their sculptures white before they start adding colour.

4) Allow the children to paint their sculptures. Walk around and give guidance as needed. The instructions for lesson 7 will be the same as lesson 6, remind the children of this.

5) Pack up, clean the paint brushes, clean the water jars, and paint extra paint on old paper then throw it in the bin. Place completed artworks on one table and review them together.

6) Farewell

REVIEW:

Ask the children what they think of their friends' art projects so far. Let them give advice and share what they would add to the sculptures of others.

LESSON 7

Title	Main activities	Objectives	Time	Materials
Paint the lighthouse	Welcome circle Say verse Bean bag game	Introduction to teacher and space Practise verse Recurring ritual Get to know one another	15mins	Voice and space Bean bag or tennis ball
	Paint sculpture of lighthouse	Deepen knowledge of medium Completed art works	50 mins	Tempera paints, paint brushes, paint cloths, water jars, completed artworks
	Pack up	Practising volunteering	10 mins	Cleaning materials
	Review and farewell	Appreciate art works Practise saying goodbye	5 mins	Completed art works, voice and space
	Total time – 80 minutes		Spare time – 10 minutes	

MATERIALS NEEDED:

Sculptures from last week; tempera paints (white, black, yellow, blue, red); x 1 paint brush per child; paint cloths; water jars; yogurt lids for paint

INSTRUCTIONS:

1) Welcome the children into the classroom. Gather them in a circle, standing. Start with the bean bag or ball game again. Ask the class what some of them did since you last saw each other. While still standing in the circle, say the verse.

I think in will, I flow in form, I form in flow, I will the idea.
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I hold in the chaos, I release the rigidity, enlighten the weight, and substantiate the light.
In lightening and weighing, in loosening and binding, in willing and thinking.
The all human 'I' is created

2) Ask the children to find a seat at a desk which is set up with all the materials they will need for their art project. Instruct the children not to touch the art materials until it is time to use them. Remind them of the rules in they created for their class. Recap the lesson of last week and ask the children what they remember about it.

3) Inform the children they will continue painting their lighthouses this week, using the same paint they used in the last lesson (Tempera). Also, explain they will have the whole lesson to finish painting their sculptures and they do not need to rush to have it completed and can take their adding colour to the beautiful sculptures they created.

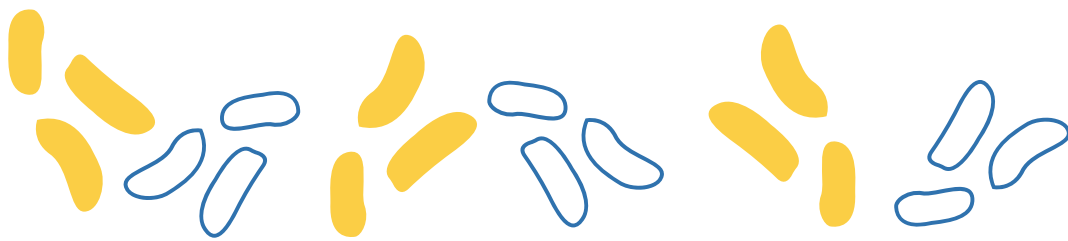
4) Allow the children to paint their sculptures. Walk around and give guidance as needed. Inform the class that this is the last week they have for painting and adding the finishing touches to their lighthouses and that they should do their best to complete it.

5) Pack up, clean the paint brushes, clean the water jars, and paint extra paint on old paper to then throw in the bin. Place completed artworks on one table and review them together.

6) Farewell.

REVIEW:

Congratulate the class on the completion of their lighthouse sculptures and share how proud you are of them for sticking with the whole process which could have easily discouraged them.



LESSON 8

Celebration

This is the last lesson and this means it's time to celebrate the children's achievements. The celebration is to honour the efforts of art making, have an exhibition in the classroom, cultivate farewell, and practice closure. Practicing farewell and closure is important for traumatized children who experience too many relationships which disappear without farewell or transitioning rituals. Healthy, safe and reliable relationships help these children heal.

For the celebration the children set up an installation of their lighthouses. This could also be in the form of a short play. Make sure the installation is set up in the middle of the table and have the children gather around it, seated. Have some treats ready for the children. Ask some of them to come up with stories of how their lighthouse has saved ships from crashing unto the rocky shore.

Share some thoughts about the experience of the term. Allow each child time to share their highs and lows during the term.

Say goodbye for now until you see them again in the new term.



The Lighthouse Story

From: Children's Stories by Margo Fallis

They walked towards the edge of the cliff. Maggie could see the lighthouse not too far ahead. "There it is, Grandpa. I see it. Look how tall it is and how white," she said. Grandpa held her hand tightly as they walked through the field of wildflowers. Pink thrift, yellow primrose, bluebells, and periwinkle-colored Jacob's ladder brushed against their legs as they passed through them. The lighthouse stood like a mighty giant, guarding ships against the rocky cliffs, warning them to stay away.

As they neared the cliff edge, Maggie said, "What is that noise, Grandpa?"

"Why that's the sea," he told her.

"It sounds like big booms, not the sea," Maggie said.

"The waves are rough here, lass. When they hit the cliffs they crash into them with a mighty roar. Would you like to see them before we go to the lighthouse?" Grandpa asked.

"Yes, Grandpa," she replied.

They walked towards the edge of the cliff. There was a trail that led half way down the cliff. "We've got to be very careful here, lass. It's dangerous, but you'll see something beautiful there."

"I'll be careful, Grandpa," Maggie assured him. She took his hand and they walked down the trail.

"What are those birds?" she asked, pointing.

"Those are puffins. They're cute wee things. See their orange and blue beaks?"

"Oh, I do. They look like clowns and like penguins too," Maggie said, smiling.

"They do at that. Come now, leave the birds and let's go further down," Grandpa said. They walked down a bit further.

"This is noisy, Grandpa," Maggie said, putting her hands over her ears. The sound of the beating waves was almost deafening.

Grandpa shouted, "Watch," and pointed to an incoming wave.

It rolled in, white-capped and dark, nearly black. Suddenly it hit the side of the cliff. BOOM! Water sprayed up into the air, nearly reaching Maggie and Grandpa. One wave after another pounded against the stone walls of the cliffs. "I don't like this, Grandpa. Let's go," Maggie complained.

They walked back up the trail to the top. "There now, lass. This is better, aye?" Grandpa asked.

"Yes, Grandpa. I didn't like that. It was too noisy. It did look pretty, but I was scared. I liked the puffins too," Maggie said.

"Let's go to the lighthouse now. Mr. McKenzie will be waiting for us."

They reached the lighthouse door. Mr. McKenzie opened it when they knocked. "Well, hello there. How are you, Maggie?" he asked bending down and smiling at her.

"I'm doing well, Mr. McKenzie. Grandpa and I went down the trail. We saw puffins and huge waves. It was really noisy," Maggie rambled.

Mr. McKenzie smiled at Maggie and her grandpa. "Aye, it gets noisy. Come inside and have a cup of tea. Maggie, I've just bought some biscuits. Would you like some?"

Maggie grinned. "Yes, please."

They walked into the lighthouse. It was small inside. There was a small kitchen and a couch to sit on. Maggie and her grandpa sat down. She looked around her. The walls were painted white, just like on the outside. There was a staircase leaving up to the top. It went around and around in a spiral. The windows inside were narrow and there weren't too many of them. Yet, it was light enough.

"Here you are then," Mr. McKenzie said, handing Grandpa his tea, and Maggie her biscuits and tea.

"Thank you," Maggie said. "Can I go up those winding stairs?" she asked after nibbling on a few cookies.

"Aye, lass, but be careful at the top. There's a railing and it's a long way to the ground if you fall," Mr. McKenzie warned. "In fact, I think your grandpa and I will come with you."

Maggie climbed quickly up the stairs, followed by a much slower Grandpa. Mr. McKenzie came up last. She opened the door and went outside. She looked over the edge. "We are high up," she said to her grandpa as he came through the door.

She gazed at the large glass windows. Inside was a light. It was huge. "Why is there a big light?" she asked Mr. McKenzie.

"See those solar panels?" he said pointing to them. "They light up this big light at night. When ships come by they see the light. It warns them the cliffs are here. It's very bright."

Maggie looked all around. The wind was blowing and it was very cold. She pulled her pale pink sweater around her tightly.

"Brrrrrrrr. It's nippy up here," she said. She stood at the rail and looked down. She could see the ocean. "Look, Grandpa. There are the big waves again."

"Aye lass, they are big," Grandpa said, gazing out to sea.

They stood up there for a while and then went back inside. Maggie looked at some seashells while her grandpa and Mr. McKenzie talked. When they finished, Maggie jumped up. "Thanks for the biscuits and tea, and thanks for letting me see the lighthouse and telling me about your big light," she said in one breath.

"You're welcome, lass. I'll see you again sometime," he said and waved goodbye to Maggie and her grandpa. He shut the door behind them.

"Well, now you know how a lighthouse works," Grandpa said to Maggie.

"I had fun today, Grandpa. I can't wait to tell Gran about everything I saw today, especially the puffins," Maggie said and ran ahead through the wildflowers towards home.



<https://electricScotland.com/kids/stories/lighthouse.html>