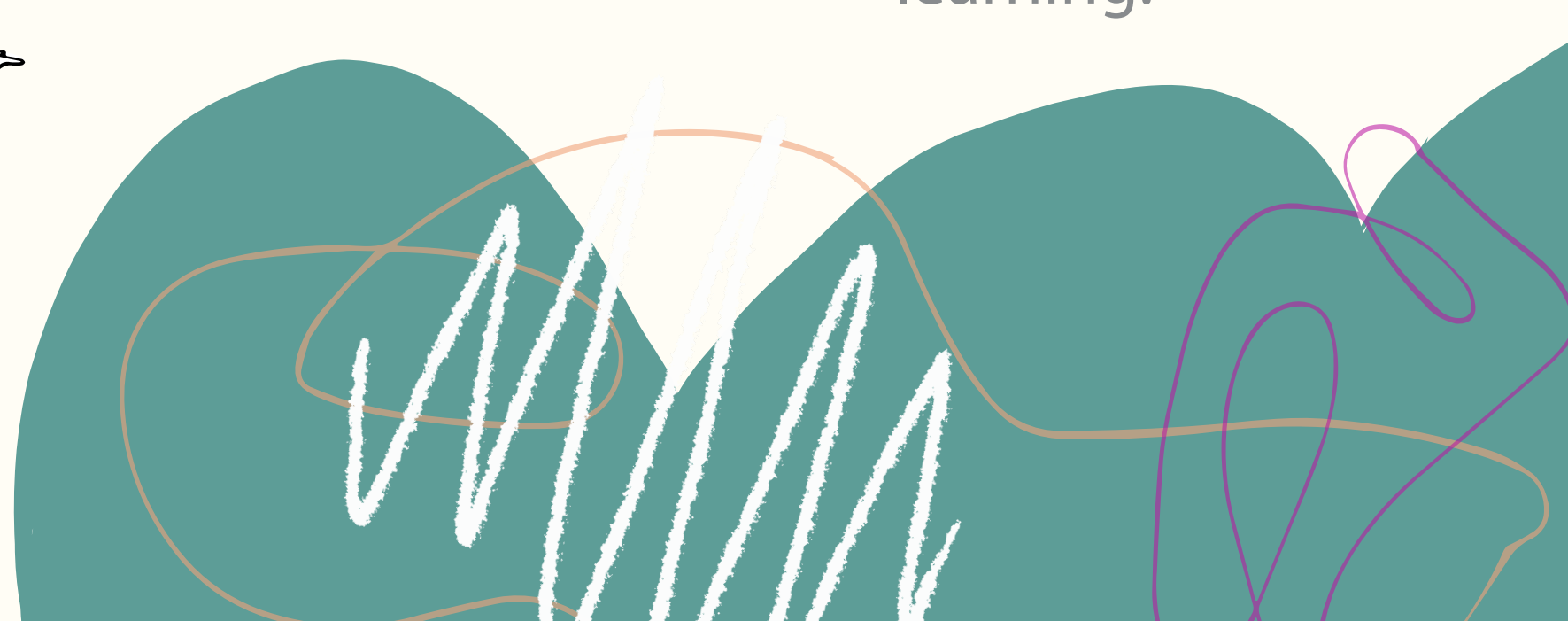




CONNECTING THE DOTS  
HEALTH AS ART

# Many Minds Mural

An art-based social-emotional health activity for service-based learning.



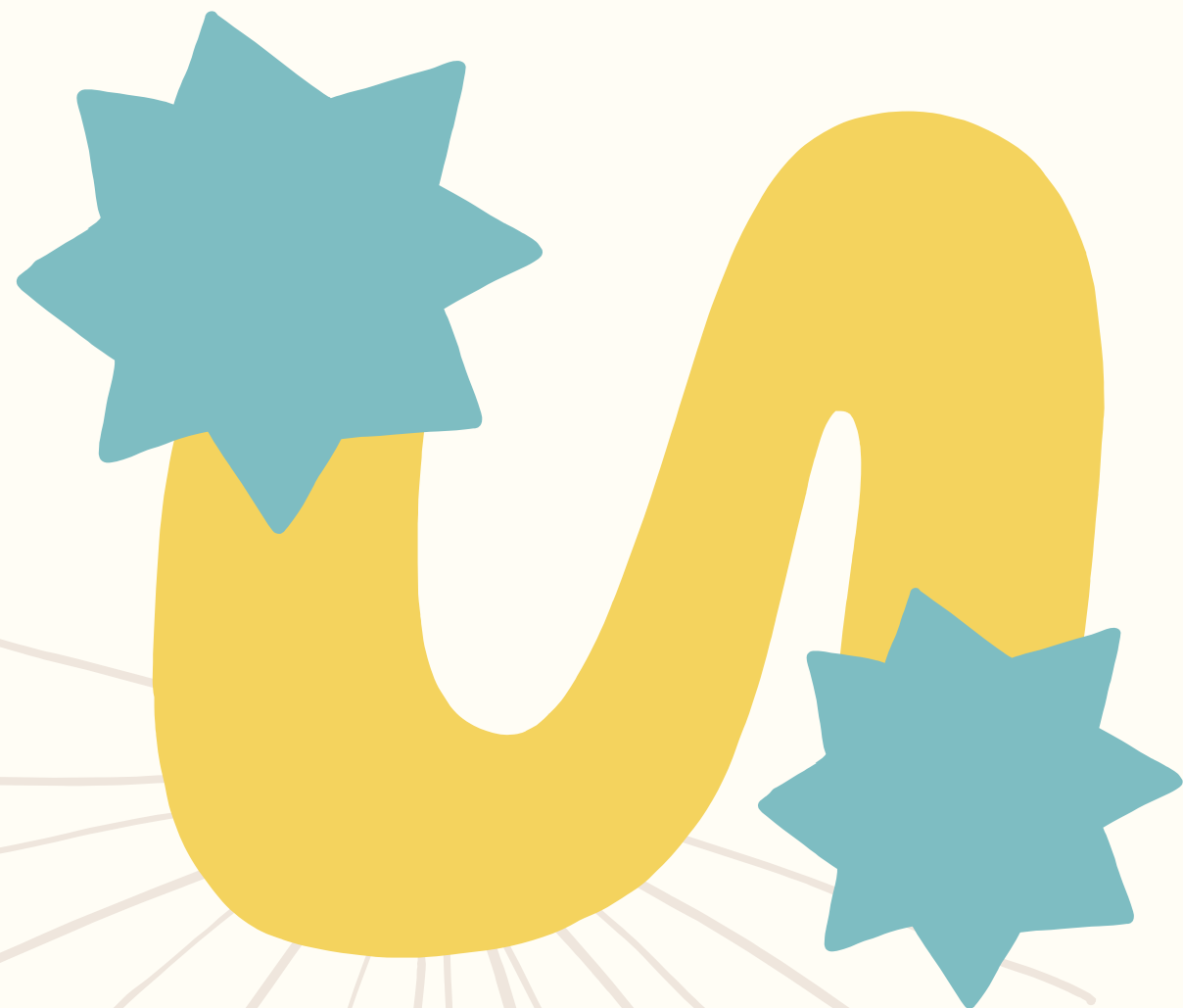
# What is service-based learning?



Service-based learning encourages the application of social-emotional skills through civic engagement and social responsibility. It helps us develop a sense of self-efficacy and critical thinking skills, practice teamwork, build relationships with others, and exposes us to new environments. It helps us contribute to the world around us while empowering us to engage with our community in an impactful way!

# Connecting the Dots

Group activities can be empowering and often build stronger communities. Finding ways to collaborate with peers and give back to your community in a meaningful way helps you to develop skills in leadership, communication, and more. To understand one another's differences is to celebrate the diversity of our communities; an essential skill for developing empathy and social awareness. Reflecting on our own individual social responsibilities helps us to develop a deeper understanding of our position in the world and how we can affect change in our communities.



# Many Minds Mural

Bring many minds together to create a mural that celebrates your community. From the playground to the kitchen table - this mural is intended to be displayed in a space that represents community and brings people together.



# What does \_\_\_\_\_ mean to you?

JOY

FRIENDSHIP

PEACE

HARMONY

UNITY

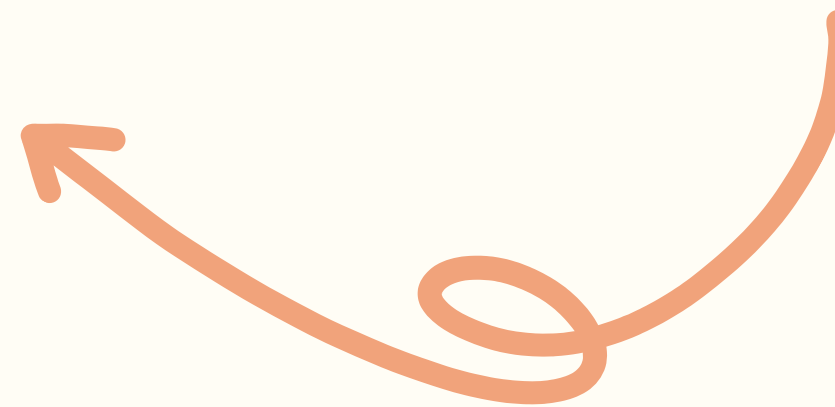
LOVE

CONNECTION

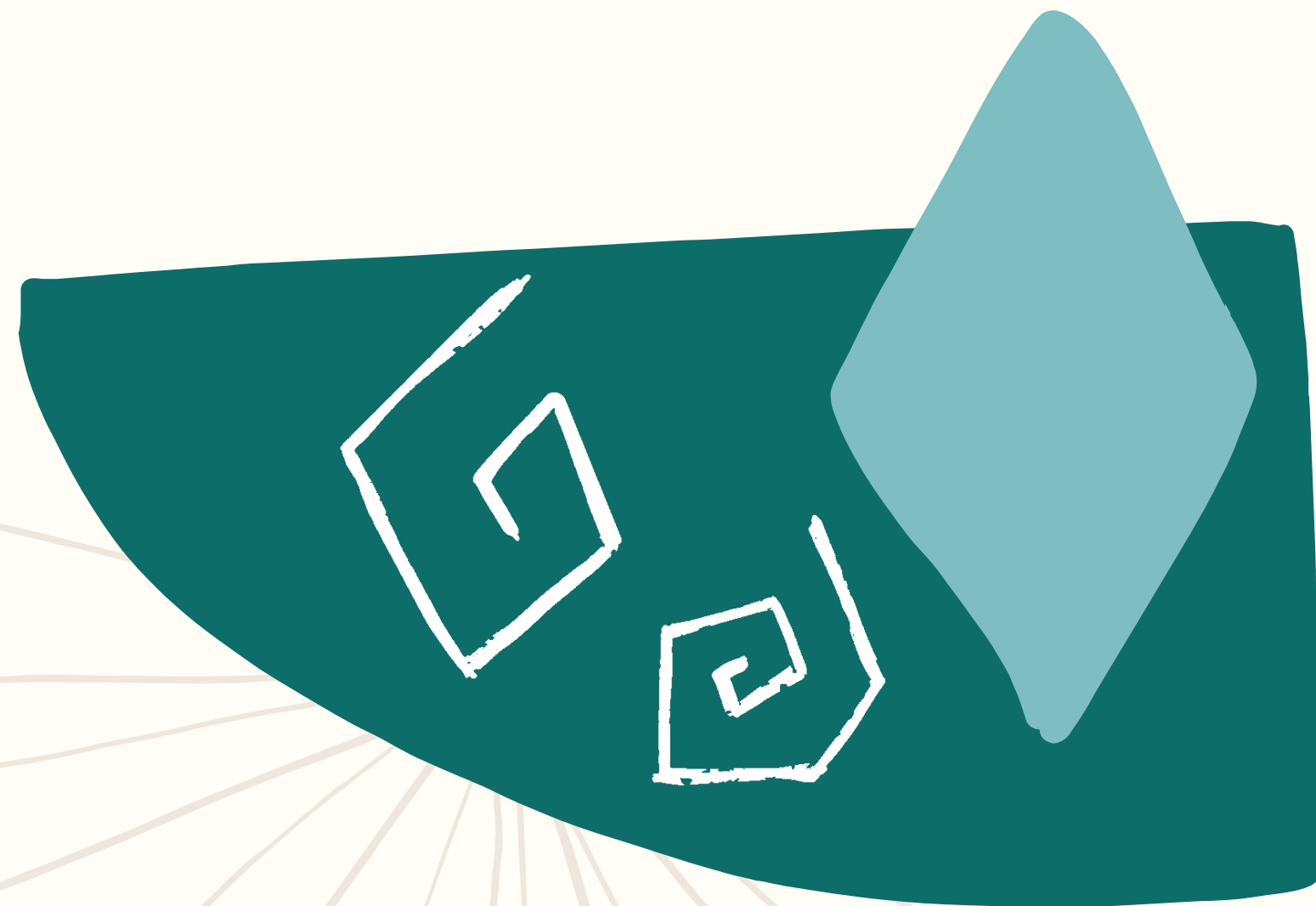
COMMUNITY

To begin, make a list of words that represent community or togetherness. Use the list here to get started or come up with a list of your own.

Then select one word for the theme of the mural. Individually, reflect on what this word means to you (or what it might look like).



# Making Your Mural



Using your reflection from our prompt, begin to create a mural that matches how you feel or what that word means (or looks like) for you! There are no right or wrong answers here. Let your imagination run wild!

Once all of the murals are complete, you'll work together to turn them into one. There are many ways to complete this activity - both as a service project and as a fun project for the classroom or at home. Read on to learn more.

# Planning as a Service Project

## 1 Who

Think about who will be on the project team and what role they will each play. Team members might include the teacher, classmates, the principal, parents and caregivers, etc.

## 2 Where

Next, think about where this mural will be. Reflect on the spaces where people come together: the classroom, cafeteria, gymnasium, playground, hallway, etc.

## 3 What

Based on where your mural will be displayed, determine the type of materials you want to use and begin making a plan for design. Read on to the next page for ideas on types of murals.



# Types of Murals

Paper &  
Cardstock



Invite community members to paint, draw, or collage their mural on a piece of paper or cardstock. Collect all of the murals and display quilted (same number of rows and columns) via tape on a large wall, push pins on a large bulletin board, or use contact paper to laminate into one piece before hanging.

Painted



If refurbishing a wall, use painters tape to tape off a grid with an equal number of rows and columns. Invite community members to paint in individual rectangles or squares (individually or as a family). Once dry, remove the painters tape to see the final mural.

Mosaic Tiles

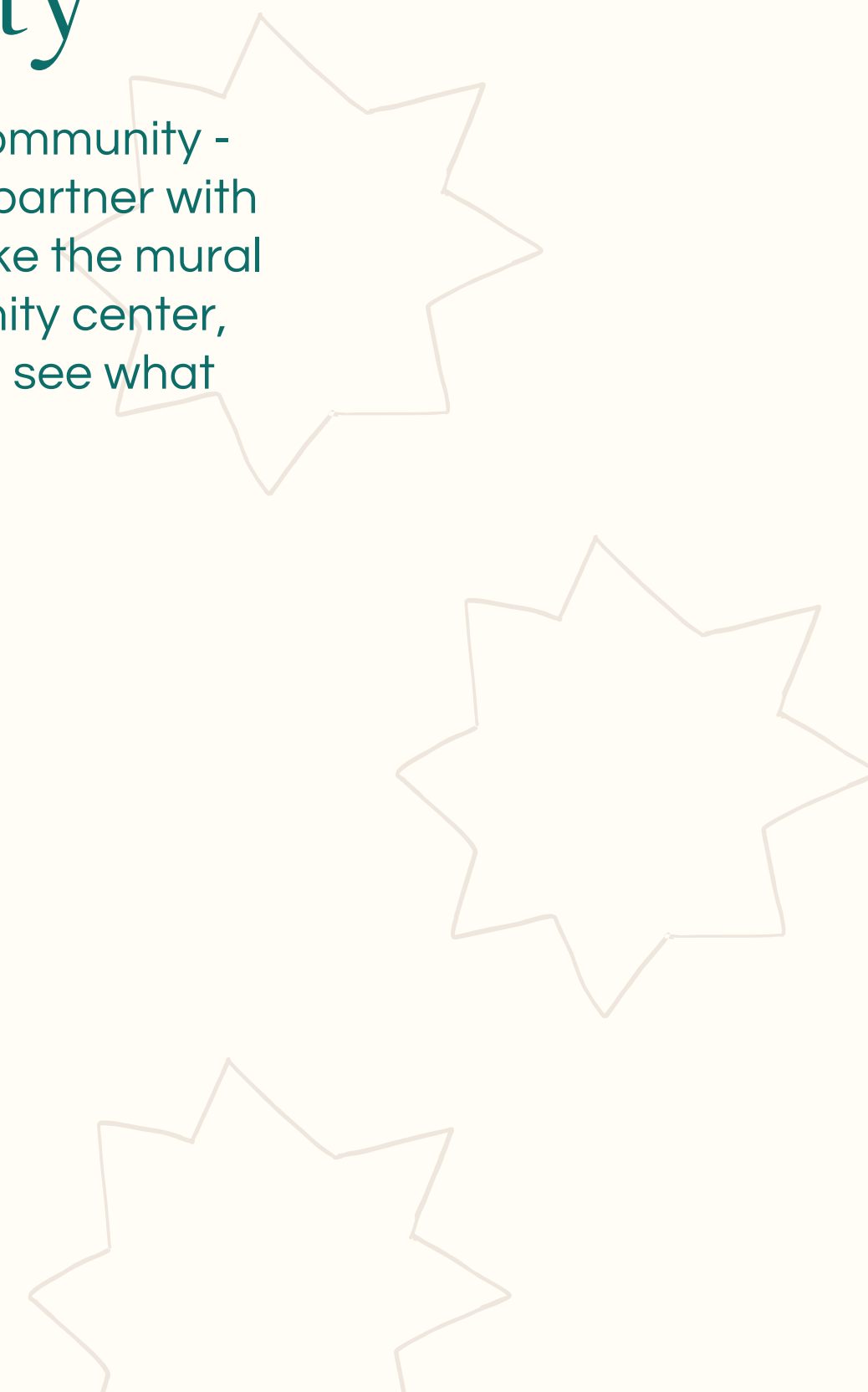


If refurbishing a wall or looking to decorate, invite community members to paint individual tiles. Collect tiles and secure to the wall using tile adhesive to create a mosaic or line the hallways with rows of tiles year over year.

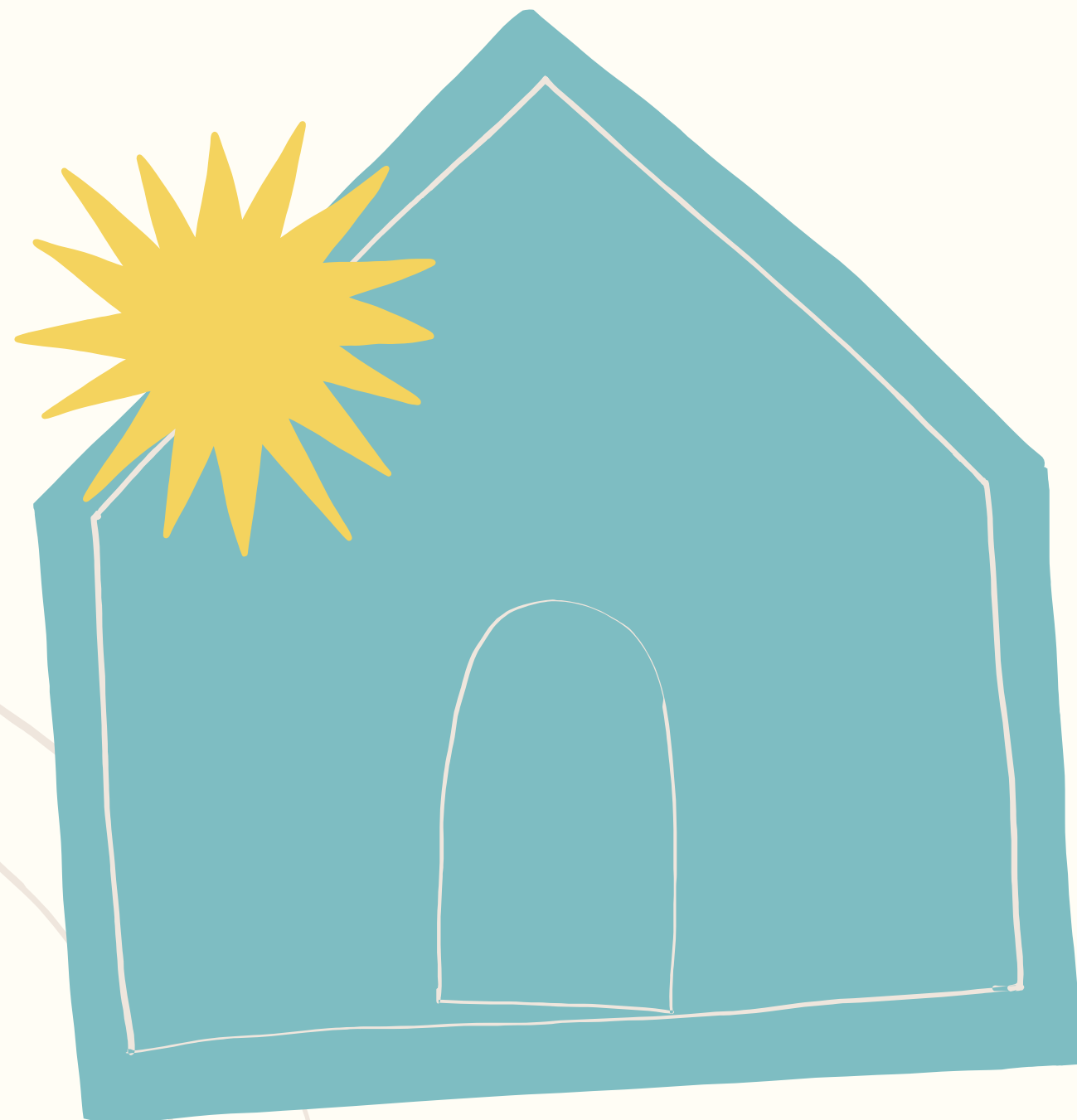


# Service to the Community

Mural projects such as this one can be a great service project for the community - and they create space to think outside the box. Explore opportunities to partner with local organizations for a school field trip or discover places that might take the mural as a donation and display (e.g., local hospital, fire department, community center, etc.). Work with your school's administration and school health team to see what might be available in your community.



# Planning for a Class or Home Project



Many of the instructions shared for planning a service project apply for use in the classroom or at home. Think about the different roles each person can play, reflect on where you want to display your mural, and determine how you'll bring your mural to life. Make it as simple or as fancy as you'd like - using household materials, recycled materials, or whatever you can find in your craftbox. You can get creative and connect the mini murals with pipe cleaners, paper chains, or paper weave them together. Together, as a class or as a family, reflect on what the mural means to you and what similarities and differences your spot between each one.

# Better Together



Take turns sharing what connects the murals and how the many minds of your group shine a light on different angles of the same idea! Practice active listening and find similarities in one another's responses.

Sharing values helps us to see how we are connected to our community. Bringing voices together is an integral part of teaching empathy and how our actions affect others.

# Reflective Wrap-Up

Whether completed as a service project or for an art project in the classroom or home, reflect on the different stages of the process.

- Was it challenging or easy to decide on a word for the group?
- What was the planning process like? What was the easiest part? What was the most challenging?
- What did you learn from this process?

Then spend time reflecting on the imagery itself.

- What did you notice that each mural had in common or was similar?
- What did you notice that each mural had that was unique or different?
- What did you learn from someone else's perspective?
- Why do you think there are so many different murals of the same word? In other words, why do you think people can have different ideas about the same thing? Why is this important?