

One Thursday Afternoon

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“Adults may learn a trick or two from Granddad’s model of patience, acceptance, communication, and support, while sensitive children will see they are not alone and that it’s OK to feel upset. . . . A sweet, specific, and straightforward tale of dealing with good and bad in the world.” –*Kirkus Reviews*

How to Look, Listen, and Create in a Safe Space

A Resource and Activity Guide

What do you do when fear comes close? For Ava in *One Thursday Afternoon*, time with Granddad encourages her to look, listen, and create following a lockdown drill at school. This guide is a helpful tool for prompting creative expression while experiencing anxiety.

If you’re using this guide via www.flyawaybooks.com/resources, follow the links for a detailed video and more information.





Look, Listen, and Create!

“Before you use your paintbrush, Ava, use all your senses,” said Granddad.”

No matter how old we are, we may feel fear or anxiety. What can we do when that happens? One option is to do something creative using all your senses, either alone or with another person.

1. Find a safe, clean space outside to sit.
2. Take a look around.
3. Take a deep breath.
4. Share a snack.
5. Use your hands to frame different compositions to get ideas.
6. Make a small sketch to see if it works for you.
7. If you have markers, colored pencils, or paint, observe the colors around you and make swatches of these colors.
8. When you know what you want to draw and what colors to use, go ahead and start your big drawing.
9. Use big shapes at first. Once you are happy with the placement, you can refine the shapes.
10. When everything looks good, add details and color. This part of the process is the most fun!
11. Sit near someone and enjoy their company. It’s fun to talk while you draw. Laughing and drawing go well together.

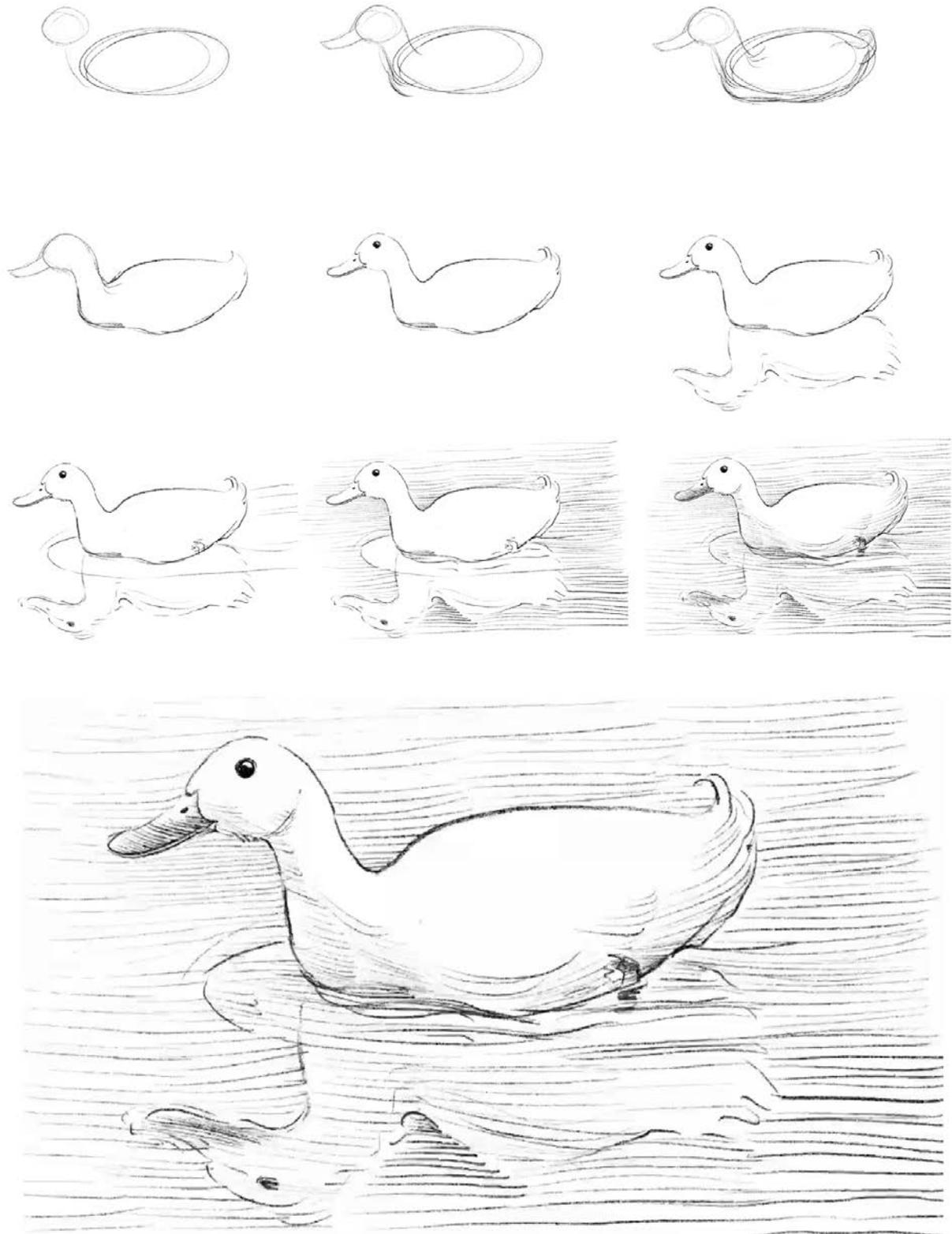


Now that we are settled and in a safe space with all our materials, let's draw a duck together!

"Ava still felt a little scared, but talking helped. So did quiet. And so did painting, using all her senses."

1. Begin with big shapes. Circle your pencil around and around to find the ovals that make up the body and the head. Don't worry about the extra lines. That is what your eraser is for!
2. Find the big, basic shape of the neck and the duck bill. Connecting the head to the body will make your sketch start to look like a duck.
3. Follow the curves of the body. Notice details in the tail feathers.
4. Clean up your drawing by erasing the lines you no longer need. This is the fun part!
5. To draw the eye of the duck, leave a small, white highlight in a circle of black. Or draw an anime-style eye if you prefer. Making the eye takes time. There is no wrong way to make a drawing. Add nostrils to the beak and more details to the tail feathers.
6. To make a reflection, draw the animal upside-down but in broken lines. Try to keep the object and its reflection lined up. If the reflection of the beak is too far to either side, it won't look realistic. Imagine the water is a mirror, and the reflection lines up right under each object. Reflections are fun!
7. Add motion lines in the water to show that the duck is swimming. You can add leg details too.
8. Draw more lines in the water to show that the white of the duck's reflection is lighter than the water.
9. Add some shadow to the beak and the areas under the duck's neck, belly, and tail.
10. With your drawing complete, add color if you like! Watercolor, marker, or colored pencils work well.

Here is an example of what drawing a duck could look like.



Add color to the blue jay with crayons,
colored pencils, markers, or paints.



Nature Journaling Using Our Senses

"Ava kept still. She looked up at the trees. She listened for the birds, smelled the cool air, and felt the earth under her feet."

Drawing What I See

My Observations:

I hear _____

I see _____

I smell _____

I taste _____

I feel _____