

ACTIVITY GUIDE

Children’s Hospital Arts & Healing Program

Writing/Essay/Journal

Children’s Hospitals of St. Paul and Minneapolis use art as a healing tool for the patients and families that walk through their doors. Art provides a welcome distraction from what would otherwise be a sterile and maybe even scary hospital visit.

Write about a time when you faced a scary situation and made it better by doing something to help you to “be in the moment” and forget about some of your stress. What did you do and how did it help?



Activity

One of the interactive art pieces at the Children’s Hospital is *Supra Capsularia*, which allows patients to create and deposit their own mini time capsules.

Using a shoebox, make your own time capsule that represents who you are. Include objects or clippings from magazines that give insight into your family, culture, hopes, fears, important experiences, goals, accomplishments, likes and dislikes. Have your parent or teacher hold onto your time capsule for a full year or more. After a year, open back up your time capsule. How have you changed in that year?