

Engagement Activity 1
Week of 16 September 2020

RAINBOWS OF OPTIMISM

Rainbows, especially in the early stages of the Covid-19 Pandemic, were a sign of Hope or Optimism. People saw them as a sign of support and kindness and put the images in their windows to encourage others during this crazy time.

I want to bring that sense of optimism and kindness into the new training year and challenge you all to create your own Rainbows of Optimism.

Make as many as you want. Take a photo of your creation and email it to SLt Ellis at arthouse591@gmail.com. One of our senior cadets will take the images and make a collage for us to share.

SUPPLIES

- 1 Piece of Paper - Any Size (if using paint, recommend a cover stock weight paper, mixed media or watercolour paper);
- Paint Brushes - Any type size. Smaller for details, larger for the actual rainbow;
- Assortment of paints. Craft paint is fabulous! You can also use watercolours if you like (note: watercolours are transparent so you will see your messages in the background if you use them....);
- Crayons, Markers, Pencil Crayons. Anything that will make marks;
- Scissors;
- Sharpie (if using watercolours, recommend pencil crayon for the words part); and
- A Q-tip if using paints to make dots;
- Newspaper or drop cloth to protect your table; and
- A water jar and paper towel to clean your paint brushes if using paint.

INSTRUCTIONS

See video for demonstration: Rainbows.mp4

1. Using your sharpie, randomly write optimistic words, sayings, anything all over the paper about the cadet program and your hopes for the year;
2. In a darker colour, paint an oval shape over top of your writing. This should not be too symmetrical but do leave space (like a frame) between the oval shape and edge of the paper;
3. Using the same colour, place an oval 'dot' in the center of the oval maintaining the outer ovals dimensions;
4. Using a variety of colours, fill in the oval shape with lots of ovals following the line of the outer oval;

5. Keep making various thicknesses of ovals until it's full, you can even use the Q-tip to add dotted lines in the paint;
6. Let dry. (if you have a air dryer, you can use that to speed up the process);
7. Fold the paper width-wise in half, and cut the oval in half creating two rainbow sheets;
8. Time to doodle. Use the paint, crayons, markers, anything to doodle in the lines of the rainbow. Truly make it your own.
9. You're done! Take a photo of one or both of your rainbows and send it to SLt Ellis and then frame or put in your windows at home to make everyone there happy and optimistic about what's to come too!

HAVE FUN! BE CREATIVE! Can't wait to see what you create!