

# Hope Bowls

## Materials:

- Balloons (round)
- Paper towels, tissue paper
- White glue or papier mache paste OR gauze bandages

## Directions:

- Blow up a balloon and tie it.
- Cover the upper half (i.e., not the tied part) in glue / papier mache paste.
- Rip up bits of paper towel or tissue and stick into the glue, making sure the balloon end is completely covered and nothing shows through. Let it dry.
- You will probably need additional layers of glue / tissue, depending on how strong you want your bowl. Alternatively, you can use plaster bandages.
- The last layer can be coloured tissue, bits of construction or other decorative papers.
- Once the layering has dried completely, you can pop the balloon and carefully remove it from your “bowl”. Now that your bowl is complete, it’s time to fill it.

Think of your positive qualities or the nice things that people have said about you. Think about what you’re grateful for, or any quotes that you can identify with. Write each one of these positive thoughts on a separate slip of paper and put it into the bowl. You can keep adding to the bowl over time. Now whenever you’ve had a hard day or are stressed, just reach into the bowl for an instant pick me up!

## Adaptations:

- May be better to make the theme “All about me” for children 12 and younger.
- Wool or thread can also be used in place of tissue.