

Bird Nest Activity

Bird Nest creating based on Kaiser (1996) Bird's Nest Drawing (BND) Individual, Dyad and Group Art Therapy Intervention Age group: preschoolers and up.

MATERIALS

For each participant 2 packages of modeling clay (plasticine), which includes all colours. The art therapist cuts the modeling clay into tiny pieces.

Paper plate for the modeling clay per participant.

Cardboard 8" x 11" (20cm x 28cm) as a base to work on.

DIRECTIVE

Creating a bird's nest out of modeling clay.

METHOD

For individual or group art therapy: each participant creates a bird's nest on a cardboard base. As a dyadic work, there are two options: 1) each of the participants creates a bird's nest, and in the end the parent will help and add to the child's nest, and the child will add or change the parent's nest. 2) the dyad creates a bird's nest together.

SYMBOLIC MEANING

"The BND (Bird Nest Drawing) is ...a means to evoke representations of attachment, safety, and protection" (Malchiodi, 2014, p. 60).

The nest can represent home, family boundaries and relationships.

The participants attach small pieces together to make an artwork.

SOCIALIZATION AND DEVELOPMENT

The activity encourages visual and tactile stimulation.

The nest can represent family dynamics.

Cooperation and communication between parent and child is needed.

REFERENCES

Malchiodi, C. A & Crenshaw, A. (2014). Creative arts and play therapy for attachment problems. (Kindle version 1.17.0). Retrieved from Amazon.com

Kaiser, D. H. (1996). Indications of attachment theory in a drawing task. *The Arts in Psychology*, 23(4), 333-340.