

Making Connections – Pictures



Drawing and colouring are activities we are never too old to share. This is a fun activity that can be done with any age of child. Current research shows that colouring (at any age) can be a calming way to relieve stress and relax. Do you want to try this with your family member?

Correctional Service Canada will only allow the use of pencils and pencil crayons on drawings sent through the mail (and you cannot work with stickers, glitter, or glue) but you can do a lot with shading and patterns. This activity gives an adult and child a chance to share and stay in contact. A stamp and envelope is a small cost towards a good adult-child relationship.

What to do:

One family member will start a drawing (say the inside family adult) and send it in the mail to the other (say the outside family child). That person adds something to the picture and mails it back. You can use the back of this sheet if you like but remember it's a shared drawing so leave room for the other person to draw! You can pass it back and forth until both of you feel the picture is complete and then you can decide who will keep the picture.

A picture is worth a thousand words! Here are some ideas of what you can draw or use your own:

- An abstract shape, squiggle or doodle
- A shape like a circle, square or diamond
- The start of the house or building
- A tree or an animal
- The first letter of your name
- A scene that one family member draws and the other adds people into it

