

Together we are Sunshine

Activity Sheet

Secret Goldfish Art

Write out some "secrets" in white crayon onto some watercolor paper. Paint over the words in watercolor to "reveal" the secret. Another idea if you don't have watercolor paper or paint: draw a goldfish and write a "secret" in its belly. Make a few more and hang all the fish on a string and attach to a branch to create a mobile.

Nature Collage

Collect leaves, flowers, or twigs outside. Arrange your bounty into a sun (or whatever you'd like) and glue onto cardstock.

Sunshine Stones

Collect a stone and paint your own sun on one side. On the other side, write a word that makes you smile. Create an entire sunshine stone collection!

Sunshine Jar

Decorate a jar (marker/paint pens, collage paper or tissue paper, wrap with string or ribbon, stickers) and grab some post it notes. Write down something that makes you shine (things that make you feel happy, proud, or special). Fold it up and put it in the jar, and take one out every day as a little reminder to give yourself some sunshine!

Sunshine Wands

Find some sticks and attach a tail of ribbon (or crepe paper) to the end of it to decorate, then practice spinning with it like the sisters in the book!

