



Paper Links Project

For Keyworker Families by The Art Room

Nurturing connections

Many keyworker families have been under strain during the pandemic. This project provides creative ways for children of keyworkers, including NHS people to celebrate, reflect on, and strengthen their connections with loved ones. It aims to give them space to connect with each other and take stock of what they are grateful for.

Stage 1 – Inspiration

Ideas to get you ready for your art-making.

Stage 2 – Activities

Two fun activities for you to try.

Stage 3 – Reflection

A chance to think about what you've created and the meaning behind it.

The first activity explores our connections with loved ones, and how we can hold them in mind even when apart. The second activity invites us to share things we are thankful for as a way of fostering positive thinking. We hope that the metaphor of making paper links in this project can creatively nurture connections within keyworker families.



Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:



STAGE 1:

Inspiration

Imagine

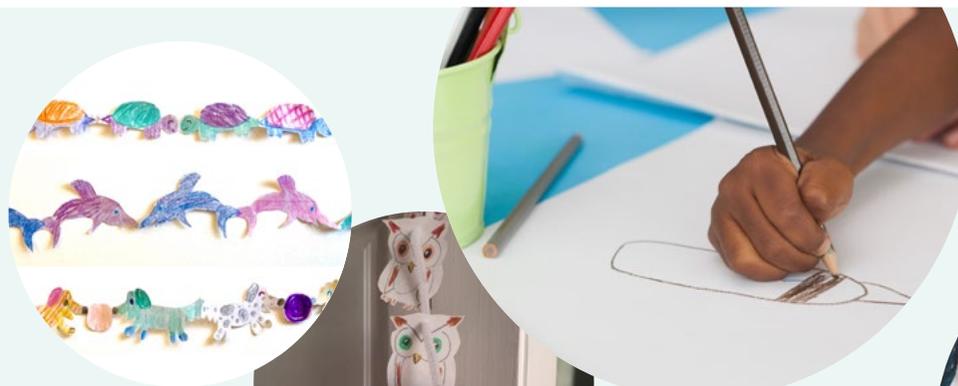
This page gives you inspiration for your art-making on the theme of 'connection'. Read the story, 'The Paper Dolls' by Julia Donaldson to begin the project.

It is also on YouTube to [read or watch](#).

While you create, you can listen to our Paper Links Project for Keyworker Families playlist on [Spotify](#).

Explore

- After reading the story 'The Paper Dolls', imagine you are one of the paper people. What might it be like to spend time together? What activities would you enjoy or least enjoy doing together?
- The paper people are united in their adventures. What keeps them together even when dinosaurs and crocodiles try to catch them?
- What connects the girl to the paper people in the story? What is it like for her to remember them?



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Paper animals & people



Imagine

While you create, you can listen to our Paper Links Project for Keyworker Families playlist on [Spotify](#).

Activity aims

- Make a group of paper animals or people
- Create a way to connect your paper animals or people
- Imagine connections between your group.



Create

You will need:

- Paper/ thin card
- Coloured pencils/ pens
- Kitchen/toilet roll tubes
- Glass bottle
- Scissors & glue
- String/wool/shoe string
- Paperclips/pegs
- Sticks/ twigs/ clothes hanger.

Creative activity steps:

1. Find a plain or coloured piece of paper and draw an outline of your chosen animal or person.
2. If you would like to make more than one of any animal or person, fold your paper a few times behind the outline. You could also cut out your outline and trace around it.
3. Think of how to connect your paper animals or people.
 - a) To make a paper chain, [click here](#).
 - b) Your animals or people can also be cut out separately and attached to string or strips of paper using glue, sellotape, or small pegs. [Further instructions](#)



Explore

- What connects your paper animals or people together? What do they share that you can't see? If they were separated, how might they keep thinking about each other?
- What protects your paper animals or people from things they may feel afraid of?
- In the story 'The Paper Dolls' the paper people sing and dance when they need to feel united as a group. Create a song or dance routine that your paper animals or people can do together.

Prompts

Follow the link below for other ways to connect your paper, people or animals. Here are other [hanging ideas](#).

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STAGE 2: Activity

Thankfulness paper chain



Imagine

While you create, you can listen to our Paper Links Project for Keyworker Families playlist on [Spotify](#).

Activity aims

- Think about what you are thankful for
- Create a thankfulness paper chain
- Display your art as a reminder of what you are thankful for.



Create

You will need:

- Card or paper
- Glue
- Coloured pencils or pens
- Scissors
- String, ribbon or pipe cleaners
- Magazines or newspaper

Creative Activity Steps:

This activity involves making a paper chain showing things you are thankful for. You can do this together with someone and share what you are thankful for.

1. Cut out strips of paper.
2. Think of something you have been thankful for, and show this on your strip by writing, drawing or cutting and pasting images from magazines.

3. Loop the strips around each other and glue them at the tips as explained [here](#). You can also use ribbon, string or pipe cleaners to make the chain.

4. Choose somewhere to hang your paper chain so you can be reminded of all the things you are thankful for when you see it.



Explore

- What was it like thinking of things you are thankful for? If you did this activity together with someone else, what was that like?
- Sometimes we may forget about the things we are thankful for. Where could you hang your art piece to be reminded about things you are thankful for?
- What are you looking forward to doing with your loved ones in the future? Why not create another paper link or chain to represent these wishes for the future?

Prompts

You can colour code your chain using colours that come to mind when you think of different memories. Will you make a long chain all at once? Or perhaps you may choose to add more links from time to time? Check out this link for [more ideas](#).

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STAGE 3:

Reflection

End of project reflection

- Take a look at the art you have created. Which part did you enjoy making the most?
- If you feel separated from your loved ones, what can you do to feel connected to them?
- Imagine thinking of one thing that you are grateful for each day. How might this help us think positively?

More from The Art Room

If you enjoyed this Paper Links Project for Keyworker Families, why not visit our 'Art Room Activities' webpage to see our other projects, including Superheroes, Calm, Colour, Animal Homes, Space and Seasons.

[See more projects from The Art Room](#)



Royal Patron HRH The Duchess of Cambridge

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