

Drawing Community Messages Bringing What's on the Inside Out: Paper Bag Drawings

Helpful Materials

Paper bags, markers, crayons, yarn, candle

Number of Participants

6-50 people (This activity has been done with community health workers, elders, youth, and people of a variety of ages.)

Amount of Time

20 minutes. This activity will take longer depending upon the number of people in the group and if everyone shares their health message with the entire group.

"This was fun. We don't have many opportunities to play and busy hands can free your mind to listen."

Each participant is given a paper bag with markers and crayons and invited to draw a health message they want to share with the people in their community to make a difference in the story of cancer. Participants are also given a candle as a symbolic way to let their message shine.

After each person has completed their drawing, participants stand in a circle and put their paper bag in front of them. If you are outdoors you can put sand in the bottom of your bag and light the candle in the middle. Each participant shares with the group what they drew and the health message they want to share with their community.

The candle is a symbolic way to encourage participants to let their message shine.

Participants have also transformed their paper bag drawing into a puppet as a way to share their health message.

After participants have shared their drawings, discuss the following questions.

- What did you see?
- What surprised you?
- What new insights did you gain?
- What do you hope people will know, feel, or do as a result of your healthy message?

Thank people for their participation.

