

Sculpting with Play Dough

Helpful Materials

Play dough or clay for each participant

Cancer Education Movies- *Staying Strong, Staying Healthy: Alaska Native Men Speak Out about Cancer; Cancer in the Great Land; What's the Big Deal? about Colon Health; Awakening Choice: Colon Health, Our Stories*

Number of Participants

This activity will work with any size of group

Amount of Time

30 minutes. Time may vary if the activity is done while participants are watching a movie.

"I'm a visual person – it's the visual things that stick more. Like the play dough. People turned the play dough into somebody who's jogging or exercising. And then, one person used the play dough and made a scope – a colon scope. I still have the play dough in my desk. So I'm like, "Oh cool".

Each participant is given clay or play dough to sculpt a wellness activity or health activity they can do to prevent cancer or to decrease their cancer risk.

Sculpting a healthy play dough creation can be done while participants view a cancer-related movie. Possible titles are listed above.

After participants have completed their clay creation, all participants go on a walk together to view participants' creation. Each person shows what they created and tells why this is important to them and how they will pass this information forward or this creation forward.

Discuss the following questions:

- What did you see?
- What surprised you?
- What insights did you gain?
- What will you do as a result of this learning?



