



# Transform the Storm with Touchstones

**AWBW** art transforming trauma  
A WINDOW BETWEEN WORLDS  
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Developed by AWWB and inspired by *The Rhino Who Swallowed a Storm*.

**MATERIALS:** *The Rhino Who Swallowed a Storm* book • template • crayons or colored pencils  
• glue • hole punch • string • scissors\* (young children should be supervised while using scissors!)  
**OPTIONAL:** Clear packing tape or contact paper to “laminare” circles

**OBJECTIVE:** This activity provides children with a tool for processing big and/or difficult emotions, a way to develop and use their coping strategies, allowing them to be more resilient and empowered.



1. Read *The Rhino Who Swallowed a Storm*. As you read, have the children participate at points in the book:
  - Bee page: Have them buzz like bees
  - Rhino stomping page: Have them shake and stomp to help Rhino get the storm out
  - Whale page: Have them breathe in and out with the whale
2. Have a conversation with the children about the book. We all have big and/or difficult feelings sometimes (adults, too!). These feelings can be like storms. What do your storms look like? What do they feel like? When you feel big/and or difficult feelings, what might help you?
3. This art activity is a chance to explore the storms we experience, and think of what can help us when the storm comes.

## DIRECTIONS:

### LARGE TOUCHSTONE CIRCLES

- Use pictures, words and/or colors to show your storm on one circle and on the other circle, how you want to feel after you’ve let go of the storm
- Cut out the big circles and glue them together, back to back

### SMALL TOUCHSTONE CIRCLES

- Decorate the smaller circles with pictures and/or words of things that help you along your journey to letting the storm out...an activity, a friend, a pet, a song, a place, etc.
- Use a hole punch to make a hole in each of the circles and put all the circles on a string then tie with a knot. Now you can hang this up or wear it whenever you feel a storm coming and it will help remind you of all the ways you can let your storm out. You can also add more circles each time you learn a new technique.