

Make a Hope Totem

Here's a bit of creativity to keep our hands, brains and hearts busy.

Totem poles are often huge, carved with symbols or figures, the meanings of which are many and varied – from commemorating ancestors to making fun of a neighbour. They are what you make them to be.

Materials you will need:

- A copy of the attached template (Or make your own on A4 paper)
- Scissors, glue/glue stick and a kitchen roll tube or 2 loo roll tubes.
- Cut out imagery or ones you draw/ paint or write yourself

We suggest **making a totem pole of your future dreams and plans** – the things you really look forward to doing (or being) in the future. This can be your beacon of light to remind you of things to come.

Here is Belinda's totem pole – her own design with arms to go with her 'keep fit' aim, a base surrounded by nature and topped off with laughter.



ACTIVITY

Glue or draw your images directly to the pole outline while it is flat. They don't have to fit exactly in each space but should be near enough.

When all your images are in place, you can make it stand up. Cut as shown above, along the red lines so the wings stick out when it's rolled around and attached to the cardboard tube. Make sure you leave the rest of the paper intact – only cut round the wings. Glue your totem to the cardboard tube for stability.

Now you can stand it up, admire it and remind yourself of all the things you will do in the future.

