



Day 4: Desert Islands – “Who or What supports you?”

Grade Level: K-8

Duration: 45–60 minutes

Theme / Focus: Reflecting on relationships, supports and personal preferences and their implications for mental wellness

Goals/ learning intentions:

- Identify the important people in the lives of the participants and understand who may be their support network
- Encourage reflection on relationships and emotional connections.
- Promote self-awareness and communication through creative expression.

Materials:

- Flipchart paper or large sheets of paper
- Markers, crayons, or coloured pencils
- Optional: stickers, glitter, string, glue, magazines for collage

Procedure:

Step1:

- Explain to the group that they are being given a once-in-a-lifetime opportunity to create their own personal desert island.
- On this island, they can invite anyone they wish—family, friends, pets, or anyone important to them. Let participants know that this is not a drawing class—it doesn’t matter if they use words, pictures, or symbols.
- Their island represents their personal world and who they want to have around them.

Step2:

- Distribute the materials and give participants about 15 minutes to draw or design their islands.
- Encourage them to include themselves and place themselves close to the people they feel closest to.

Step3:

- Once participants have added their important people, invite them to think about who they might *not* want on their island.
- They can draw the ocean around their island and place certain people “in the sea.”
 - Although, it can be prudent to require students to not place anyone in the class in the sea.
- You can expand on this concept by adding:
 - Sharks for people they’d rather keep far away.
 - Boats for people they’d like to see occasionally but not all the time.

Step4:

- When the islands are complete, invite participants to share their drawings with the group. If some are hesitant, allow them to share in pairs or small groups instead.

Discussion:

Ask questions to encourage reflection and conversation:

- Who did you choose to have on your island?
- Were you surprised by where anyone ended up?
- What makes someone important in your life?
- How do the people on your island make you feel supported or cared for?
- Who can you go to when you may need help?
- How can you set healthy boundaries with people in your life (like those in the sea or on boats)?

Possible Modification & Adaptations:

- For younger children:
 - Use pre-drawn island templates or stickers.
 - Can be a reflective tool to explore family dynamics or friendship patterns.
- For older participants:
 - Expand the exercise to include values, personal goals, or qualities that belong on their island.
 - Expand the conversation to include “who or what gives you strength” (could include values, goals, or personal qualities).