

VARIATIONS FOR OPENING RITUAL: *SUNSHINE & CLOUD*

Ages: ALL

Materials: *Sunshine and Cloud* Handout*, light blue, yellow, or white cardstock, crayons, markers, pens, pencils

* ***Sunshine and Cloud* Handout Variation Choices:**

- a. The Original *Sunshine and Cloud* with feeling faces, **pgs. 1-2**;
- b. The “No-face” *Sunshine and Cloud*, **pgs. 3-4**;
- c. The “word cloud” *Sunshine and Cloud*, **pgs. 5-6**.

Variation 1:

1. Prior to group, photocopy your choice from the ***Sunshine and Cloud (S&C) Handout*** onto light blue and yellow cardstock, respectively.
2. Choose what you believe will work best for each group, or, take a sample of each *S&C* to Session 1 and ask participants to vote on their favorite.
3. Follow the original *S&C* instructions found in the Implementation Guidelines.

Variation 2:

1. Prior to group, print your choice of *S&C* from the Handout on white cardstock, one set for each participant.
2. During Session 1, ask participants to color their set using crayons or markers.
3. Ask participants to write their first and last name on the back of each.
4. At the end of each Opening Ritual, collect the *S&C*'s to redistribute to the appropriate participant at subsequent Sessions.

Variation 3:

1. Prior to group, print your choice of *S&C* from the Handout on white cardstock, one set for each participant.
2. During Session 1, encourage participants to write at least one “Sunshine” feeling on the front or back of their Sunshine and at least one “Cloud” feeling on the front or back of their Cloud with a pen or pencil as well as their first and last name on the back of each.
3. When participants are finished writing, ask each to share their *S&C*'s with the group.
4. At the end of each Opening Ritual, collect the *S&C*'s to redistribute to the appropriate participant at subsequent Sessions.