LENS Project
Our Family Constellation

Ages All Ages!

LENS Skill Sense of Self and Negotiation

Why? Working together to create a three-dimensional representation of our family unit helps us understand our family better and develop deeper relationships to one another.

Materials Get creative with the supplies you already have at home!

- Star Stencils (print or trace our stencils, find your own star shapes online, freehand it)
- Cardstock, recycled folders, cereal boxes or other thin cardboard
- Glue or glue sticks (No glue? Make your own with flour and water!)
- Scissors
- Fishing line, string, thread, yarn, or ribbon
- 2 dowels, skewers (with points snipped off), chopsticks, popsicle sticks, or sticks from the yard
- Collage materials: magazines, postcards, stamps, greeting/holiday cards, photos, coloring book pages, stickers, construction or scrapbook paper, calendars
- Hole punch (Optional)
- Beads, buttons, other weighted material (Optional)

Summary
This LENS activity is designed to encourage the whole family to work together and collaborate. You will all be able to explore how you relate to each other, reflect on your strengths, emotions and how you communicate. Your family will collaborate to create a collage mobile highlighting each member’s sense of self in a family “constellation”.

Warm-up

1.) Choose an Image
Look through your collage materials, have each family member choose an image that they are drawn to.
- This is your chance to warm-up your creative muscles. You don’t have to be a visual artist to participate.
- What image do you have a strong affinity or reaction too? Why?

2.) Share your Image
Let everyone share their chosen image and explain why they chose it.
- What caught your attention? What stood out to you in the picture?
- How does the image make you feel?

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Directions

1.) Select a Star Shape
Each family member will choose their star shape. Trace them onto the cardstock and cut out the stars. You can use the star shapes included or freehand your own.
- Keep consistent size in mind for each of your stars. This will help with balance when you hang your stars. Make your stars as big or small as your family would like, just make the decision together.

2.) Collage your Star
Each family member will create a collage on both sides of their star, using pictures, images and colors that reflect their Sense of Self. Our Sense of Self includes our personal qualities, values, beliefs, roles, responsibilities, hobbies, goals, etc.

Use whatever collage materials your family has at home, i.e. magazines, coloring book pages, postcards, calendars, stickers, construction or scrapbook paper. As you select the items to include in your Sense of Self collage, ask yourself:
- What are my personal qualities, roles, hobbies, goals?
- What images, colors, textures, and patterns can I choose to reflect these things on my star?

Try to fill as much of your star as possible!

Be sure to Negotiate with your family to determine how much time to take for each step
- Are you someone that works quickly? How can you support those who need more time?
- Are you someone who likes to take your time? Consider how your family might be feeling as they wait.

3.) Build your Mobile’s Frame
Using your string or thread lash your two dowels together to form an “X”. Follow the included instructions for a clove hitch knot or work together to find your own way to create your mobile’s frame.

4.) Hang your Stars
Next, punch a hole in each star or carefully cut a hole using your scissors. Hang each star from your mobile’s frame using your fishing line or other string-type material. As you work together and Negotiate with one another to hang the stars, use the following questions to guide your choices:
- Where does each star fall in your family’s “constellation”?
- Who balances you out or who do you help balance out in the family?
- Who are you close to? Who do you want to get closer to?

OPTIONAL: Add beads, buttons, or other weighted objects to help balance out your family’s mobile. You can add them to the fishing line or string above your star, hang them at the bottom, glue them on, or use another method your family creates to balance your mobile.

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5.) Reflect & Celebrate
Once your family has completed your constellation find where to display it! Be sure to also take some time to reflect together on the following questions. *(You could discuss as a family or journal individual reflections.)*

- What is your favorite part of your own star?
- What do you enjoy about the stars of your family members?
- Were there any challenges when putting together your mobile? How did your family work through them?
- How did you reflect your Sense of Self during this activity?
- What was a moment your family had to Negotiate to complete your constellation? How successful was that process?
- How did you develop stronger connections to one another during this activity?

Fun Additions!

- Create stars for family pets
- Create stars for family members who are social distancing. Call or use a virtual platform to discuss what images they would include on their star. You could even ask them to create their own star and send it to you for the family constellation.
Star Stencils

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CLOVE HITCH KNOT

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

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