



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Education

Master of
Educational
Technology
Program



*Trauma &
Mental Health*

Trauma Monster - Inclusive Makerspace

Create a Superbeing! Defeat the Trauma Monster!

Designed by: Joseph Villella

A Quick Note...

Trauma impacts all of us, and some of us may not be ready to think or discuss this topic. If at any point you feel uncomfortable or overwhelmed, reach out to someone who you can trust and ask for help. The Centre for Addiction and Mental Health Canada offers some resources, and can help you understand what trauma is and why it impacts us. You can access their services by scanning this qr code:




<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/trauma>

Remember, always take care of yourself first. **You matter.**

Overview of the Challenge

This Trauma Monster Challenge is a fun and meaningful activity that will help others deal with their trauma and express their emotions. The challenge is to create a superbeing that can defeat their own trauma monster. A trauma monster is something that causes a person to feel scared, angry, sad, or anxious. A superbeing is a representation of someone or something that makes the person feel brave, happy, or calm. The superbeing will be created using physical maker materials so that it will be something a person can physically hold. This activity could be done in partners and does not need to reflect a person's personal trauma as that can be a sensitive topic. Technology-enabled options are also available. The challenge helps students to heal from their trauma and feel more positive and empowered.

Materials and Resources Required

	<p>Mental Health Center Kids. (2023, February 4). <i>Trauma for Kids & Teens - Coping With Childhood Trauma, Resilience, Self-Care, Grounding Techniques</i>. [Video]. https://www.youtube.com/watch?v=zLVQUk_E2Fs</p> <p><i>This video is used to start the lesson that accompanies this makerspace challenge. It talks about trauma in a way appropriate for elementary school students, but is applicable to everyone.</i></p>																																	
<p>Physical Makerspace Items (Examples)</p>	<table border="0"> <tr> <td><i>Pipercleaner</i></td> <td><i>Felt</i></td> <td><i>Paint</i></td> </tr> <tr> <td><i>Pompoms</i></td> <td><i>Markers</i></td> <td><i>Hot Glue</i></td> </tr> <tr> <td><i>Paper</i></td> <td><i>Pencil Crayons</i></td> <td><i>Gluesticks</i></td> </tr> <tr> <td><i>Thread</i></td> <td><i>Googly-eyes</i></td> <td><i>Cotton balls</i></td> </tr> <tr> <td><i>Needles</i></td> <td><i>Rice</i></td> <td><i>Elastics</i></td> </tr> <tr> <td><i>Glue</i></td> <td><i>Sand</i></td> <td><i>Popsicle sticks</i></td> </tr> <tr> <td><i>Feathers</i></td> <td><i>Balloons</i></td> <td><i>Yarn</i></td> </tr> <tr> <td><i>Straws</i></td> <td><i>Wood/Branches</i></td> <td><i>Leaves</i></td> </tr> <tr> <td><i>Playdough</i></td> <td><i>Fabric</i></td> <td><i>Buttons</i></td> </tr> <tr> <td><i>Scissors</i></td> <td><i>Tape</i></td> <td><i>Zip Ties</i></td> </tr> <tr> <td><i>String</i></td> <td><i>Cables</i></td> <td><i>Ribbons</i></td> </tr> </table>	<i>Pipercleaner</i>	<i>Felt</i>	<i>Paint</i>	<i>Pompoms</i>	<i>Markers</i>	<i>Hot Glue</i>	<i>Paper</i>	<i>Pencil Crayons</i>	<i>Gluesticks</i>	<i>Thread</i>	<i>Googly-eyes</i>	<i>Cotton balls</i>	<i>Needles</i>	<i>Rice</i>	<i>Elastics</i>	<i>Glue</i>	<i>Sand</i>	<i>Popsicle sticks</i>	<i>Feathers</i>	<i>Balloons</i>	<i>Yarn</i>	<i>Straws</i>	<i>Wood/Branches</i>	<i>Leaves</i>	<i>Playdough</i>	<i>Fabric</i>	<i>Buttons</i>	<i>Scissors</i>	<i>Tape</i>	<i>Zip Ties</i>	<i>String</i>	<i>Cables</i>	<i>Ribbons</i>
<i>Pipercleaner</i>	<i>Felt</i>	<i>Paint</i>																																
<i>Pompoms</i>	<i>Markers</i>	<i>Hot Glue</i>																																
<i>Paper</i>	<i>Pencil Crayons</i>	<i>Gluesticks</i>																																
<i>Thread</i>	<i>Googly-eyes</i>	<i>Cotton balls</i>																																
<i>Needles</i>	<i>Rice</i>	<i>Elastics</i>																																
<i>Glue</i>	<i>Sand</i>	<i>Popsicle sticks</i>																																
<i>Feathers</i>	<i>Balloons</i>	<i>Yarn</i>																																
<i>Straws</i>	<i>Wood/Branches</i>	<i>Leaves</i>																																
<i>Playdough</i>	<i>Fabric</i>	<i>Buttons</i>																																
<i>Scissors</i>	<i>Tape</i>	<i>Zip Ties</i>																																
<i>String</i>	<i>Cables</i>	<i>Ribbons</i>																																

Inclusive Maker Challenge Instructions

Step 1: Watch the following YouTube video.

	<p>Mental Health Center Kids. (2023, February 4). <i>Trauma for Kids & Teens - Coping With Childhood Trauma, Resilience, Self-Care, Grounding Techniques</i>. [Video]. https://www.youtube.com/watch?v=zLVQUk_E2Fs</p> <p><i>This video is used to start the lesson that accompanies this makerspace challenge. It talks about trauma in a way appropriate for elementary school students, but is applicable to everyone.</i></p>
-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Step 2: Using any physical maker materials, create a superbeing to defeat a “trauma monster”. This can be done in partners or individually. Use your imagination, however, only take and use the materials that are necessary so you do not waste them. It does not need to be a real superbeing, as it can be an original creation!

Example:



Example Source: Amanda - CraftsByAmanda.com - <https://craftsbyamanda.com/cardboard-tube-superman-craft/>

Step 3: Reflect on the choices you made in creating your superbeing. What are aspects that you included that may reflect yourself as a person? What aspects did you not include? Consider the critical questions below to reflect at a deeper level.

Challenge Objectives:

A superbeing will be created to help develop awareness, empathy, and skills for coping with mental health. In the creation of this superbeing, design thinking will be used to create solutions that address the needs of the person making.

Critical Questions for Consideration

1. How does the trauma monster you imagined reflect your personal or cultural experiences with trauma?
2. How does your superbeing represent your personal or cultural strengths, values, and aspirations?
3. How did you choose the physical maker materials to create your superbeing? How do they represent your identity, culture, or creativity?
4. How do you imagine your superbeing defeating your trauma monster? What would they say or do? How would that make you feel?
5. How can you use your superbeing as a source of support or comfort in your daily life? How can you share it with others who might be going through similar trauma?

Background/ Additional Information

For additional information to understand what trauma is, please see the resources and information below.

	<p>GovernmentofBC. (2019, July 24). <i>Understanding - What is trauma or adverse childhood experiences</i> [Video]. https://www.youtube.com/watch?v=RRxiue4Ms3s</p> <p><i>This video does an excellent job discussing childhood trauma and also includes an Indigenous perspective.</i></p>
	<p>American Psychological Association. (n.d.). <i>Trauma</i>. https://www.apa.org/topics/trauma</p> <p><i>A quick definition of trauma and some causes. The site also contains some podcasts discussing trauma and more resources.</i></p>



Dexter, GERALYN. (2022). *How to Let Go of the Past*. Very Well Health.
<https://www.verywellhealth.com/how-to-let-go-of-past-trauma-5212227>

This article explains traumatic responses and some ways that we can try to cope and “let go” of trauma. It also contains some resources for seeking help with traumatic experiences.

Inclusivity Focus

This activity can be modified to be solely digital or no-tech. It can also be modified to be a written challenge where a person would simply describe their superbeing through typing or dictation. However, this makerspace challenge can be difficult for some who may not be ready to talk about trauma. The EDIDA Framework is considered as it helps students cope with their trauma and express their emotions in a creative and fun way. It supports students to explore their own and others' cultures, identities, and perspectives. The challenge also supports a sense of community and empowerment among students who have faced trauma, and helps them know that they are not alone.

No-tech, Low-Tech, High-Tech Options

No-tech: Students can use maker materials to create their superbeing.

Low-tech: Students can use a mixture of maker materials and digital assets to create their superbeing.

High-tech: Students can use coding options for a fully digital creation of their superbeing.

Extensions

- This Inclusive Maker Challenge can be used to begin discussions of trauma at different grade-levels in a way that is inviting to younger students.
- This could be used to then transition into a high-tech option of creating a superbeing through design and code.
- A next step could be creating a visual representation of their trauma monster.
- This challenge can also be extended into different mediums such as a comic strip or animated video in which the superbeing defeats the trauma monster.