

## Create a Balance Mobile

### Materials:

Pencils or wooden rods (approximately 2-4 for each participant)  
 Yarn (approximately 8-10 feet of yarn for whole project per participant)  
 Construction paper (2-3 sheets for each participant)  
 Hole punch  
 Scissors  
 Markers, pens, or crayons  
 Paper clips (8-10 or so for each participant)  
 Clear tape



### Instructions:

1. To create the basic content of your mobile, cut construction paper into relatively similarly sized pieces. Make as many pieces as the number of values you identified on your Values Circle Chart Worksheet.
2. On each piece of paper you cut, write one value from your worksheet.
3. Cut the same number of strings as you have pieces of paper. Make your strings all about the same length.
4. Punch a hole through each piece of paper and tie a string through each hole carefully, so as not to rip the paper. Use tape to reinforce the holes if necessary.
5. To create the base of the mobile tie together two or more pencils or rods in an X or star formation using the yarn. Make sure to wrap the yarn around the sticks enough times and firmly enough that the pencils or rods do not slip. You will need half as many rods or pencils as you have values. So if, for example, you identified six values, you need to tie together three rods/pencils. If you have an uneven number of values listed round up...so if you named seven values, use four pencils/rods.
6. To assemble the mobile, using the yarn tie one value to the end of one pencil/rod. Do this until all values are attached.
7. Take a look at your mobile. Is it balanced or not balanced in the way that your life is currently? Do all values get equal weight? Are you paying more attention to some things than others?
8. To make your mobile reflect the current state of your life, add paper clips to any of the values that are getting more attention than others right now. Add clips until the values (pieces of paper) hang in a way that reflects your current reality.