

# Paint my Emotions

## BACKGROUND INFORMATION

Becoming absorbed in creative activities is a great way to learn, express and escape the worries of the world! This activity takes inspiration from a lesson from our [Building Blocks](#) program and does exactly as the title suggests – encourages students to depict emotions through art.

As this activity will be completed at home during the shutdown, this is a wonderful opportunity to spend some time thinking about positive emotions. These are the ones that feel good and include:

Love	Excitement	Delight
Happiness	Pride	Satisfied
Joy	Peaceful / calm	Glad / Grateful

There are many more emotions that feel good – can you think of any together?

## WHY FOCUS ON 'FEEL GOOD' EMOTIONS FOR THIS ACTIVITY?

During this particularly challenging time, it can be easy to get stuck in more negative emotions such as worry, sadness, frustration, loneliness or anger. When we spend time thinking about positive events or memories this has an impact on how we feel. Even if your child isn't experiencing emotions that feel good when they commence this activity, spending time creating artwork depicting an emotion that feels good may well change this.

- Our brains think in pictures. When we visualise something, parts our brain can respond as if we were experiencing it in reality!
- During visualisation for relaxation, the brain generates *alpha waves* that usually occur when we are relaxed or dreaming. It is thought these brain waves help to bring about more positive emotions, while simultaneously reducing feelings of stress and anxiety.

## SUGGESTIONS FOR THIS ACTIVITY

It can be helpful for children to draw inspiration from a recent event so that they can more easily remember the details of the emotion they experienced.

**Step 1:** Sit down with your child and discuss recent events or memories that involve emotions that felt good. Talk about as many options as you like! As you're talking, make sure to decide which emotion your child felt during each memory.

**Step 2:** From your list of memories, choose one emotion to become the subject of the artwork your child will be creating.

**Step 3:** Get set up. Gather paper/cardboard, pencils, paint, crayons, sequins, glitter (if you dare!), any art supplies you have handy.



Step 4: Create! Give your child time to create their masterpiece.

Step 5: Have your little artist unveil their artwork to you and comment on aspects of their creation that you think shows the emotion you talked about. Do the colours, hint at the emotion? The brushstrokes? The picture? Invite your child to explain how they have shown their chosen emotion and congratulate them on their handiwork!

Step 6: Find a place in your house to display the positive emotion artwork for the whole family to enjoy.

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