



EXPRESSING EMOTIONS

ART THERAPY EXERCISE

PURPOSE OF THIS EXERCISE:

This exercise aims to help students in school settings understand and express their emotions through visual art. By creating visual representations of their feelings, students can gain insight into their emotional states and learn how to communicate them in healthy ways. This activity is especially beneficial for younger students who may struggle to express their emotions verbally.

INSTRUCTIONS

1. Materials Needed: Paper, colored pencils, markers, paints, or other preferred art materials.

2. Introduction: Begin by explaining that everyone experiences a range of emotions every day, and it's okay to feel different emotions at different times. Emphasize that art can be a powerful way to understand and express these feelings.

3. Step 1: Identifying Emotions

- Ask students to think about the different emotions they have experienced recently. Discuss common feelings like happiness, sadness, anger, and excitement. Encourage students to think about how these emotions feel in their bodies.

4. Step 2: Assigning Colors to Emotions

- Invite students to choose colors that they feel represent their emotions. For example, they might choose red for anger, blue for sadness, yellow for happiness, or green for calmness.

5. Step 3: Visual Expression of Emotions

- Once students have chosen their colors, ask them to create an abstract artwork that visually represents how they are feeling. They do not need to draw specific objects; instead, they should focus on using shapes, colors, and lines to express their emotions.

6. Step 4: Group Discussion

- After students complete their artworks, invite them to share their creations with the class (if they feel comfortable). Lead a group discussion about how each artwork reflects different emotions.

Ask questions such as: "How did creating this artwork help you understand your feelings?" and "What was the easiest or hardest part about expressing."