

Dear Caregivers, Parents and Older Artists,

Thank you for making time in your young artists day for engagement in the arts. The Arts domain plays a huge role in our emotional development due to its inherent nature of supporting us all in the expression of our ideas, concerns, hopes and questions using, what might be, alternative formats.

The goals of our Visual Arts sessions that happen remotely include:

- Maintaining the mindset that all of us are artists.
- Building an awareness of the tools and materials that we have at home and embrace them as useful art making resources.
- Deepening our knowledge of how the arts play a significant role in our ability to understand our identity and expressive potential.

Please read through this document first then again with your young artist. The goal of the **Emotions and Feelings** activity is for young artists to strengthen their emotional vocabulary as well as make art and document their materials and process through photos. When reading through the list of emotions, younger artists will have questions about the definitions of the emotions listed. Please help them research the terms or simply share your definition to develop their vocabulary from basic to more specific.

Again, thank you for co-piloting this adventure for your young artist(s). Now, continue on to page 2 and read on with your child.

EMOTIONS & FEELINGS

We all experience a range of emotions and feelings throughout every day. We might feel one way for a short time and then notice a change OR we may feel a certain way for few hours or even days.

Although, at times, some emotions may not feel comfortable, it is always OK and perfectly normal to feel whatever you are feeling. There is no such thing as a "bad", "wrong" or a "good", "right" way to feel. We feel what we feel because our body and mind is working to send a message to us. It is therefore important to take the time to RECOGNIZE how you are feeling and NAME the emotion(s) you are feeling.

Read through this list of emotions on page 3 and on a separate sheet or notepad, list ALL the emotions you are currently feeling or have felt within the past few days, then move on to page 4 to learn about the activity.

JOY	SURPRISE	SADNESS	ANGER	FEAR
CHEERFUL	AMAZED	DISAPPOINTED	IRRITABLE	NERVOUS
PROUD	CONFUSED	MELANCHOLIC	AGITATED	SCARED
OPTIMISTIC	STUNNED	DISTRESSED	FRUSTRATED	ANXIOUS
ENTHUSIASTIC	PERPLEXED	LONELY	ANNOYED	WORRIED
EXCITED	SPEECHLESS	WORRIED	AGGRAVATED	
HOPEFUL	ASTOUNDED	POWERLESS		
PLAYFUL	ASTONISHED			
THANKFUL	SHOCKED			
PEACEFUL	UNSURE			
DELIGHTED				

ART MAKING from the INSIDE OUT

After listing the emotions you are feeling, choose one (or two) that you would like to make a work of art about.

- Think hard about what it is like to feel this emotion. What part of your body do you feel it in? Look in a mirror, what does your face look like? What gesture does your body hold?
- When you feel this emotion, what COLOR or range of COLORS do you see?
- What LINES, SHAPES or PATTERNS might you use to show this emotion?

Create a work of art that expresses this emotion. It can be a DRAWING or COLLAGE or SCULPTURE. It can be abstract (a collection of expressive lines, shapes and colors) or representational (include recognizable objects, places or figures). The main goal is to create a visual work of art that clearly expresses the emotion that you are feeling. There is no such thing as a RIGHT or WRONG way to show this emotion. All you need to do is trust your heart and hands to take what you are feeling inside and make it into art.