

Using Art to Identify Emotions

Developed by: Rosy Mack

Artform(s): Dance/Movement, Visual Art

Learning Objectives

Students will:

- Identify emotions in themselves and others.
- Use movement to express how they are feeling.

Materials Needed

- Book: *In My Heart: A Book of Feelings* (2014) by Jo Witek. **Note:** If you cannot find this book in your library, you can watch a reading of the book [here](#).
- Paper.
- Drawing materials, e.g., crayons, markers, colored pencils, etc.

Using Movement to Express Emotion

This option asks students to recall the movements from the video and express how they are feeling using a movement.

- Gather students together on the floor.
- Read the book *In My Heart: A Book of Feelings* (2014) by Jo Witek. **Note:** If you cannot find this book in your library, you can watch a reading of the book [here](#).
- Ask students to recall the movements from the video.
 - Happy: stretch big like a star and smile.
 - Brave: stand up tall with strong arms.
 - Mad: squeeze in, scrunch up your face, and then explode.
 - Sad: swing slowly and droopy, like an elephant trunk; pouty face.
 - Afraid: shake like something is crawling up your neck; scared face.
 - Silly: bounce like a bunny, wiggle your arms, and stick out your tongue.
 - Calm: float like a cloud; mimic a quiet snowfall with your fingers.
- Feel free to teach new emotions beyond what is listed above.
- Spread students out around the room so that they can move without touching other students.
- Ask them to express how they are feeling today using one or more of the movements.

Using Art to Express Emotions

This option asks students to tell a story about an emotion they have experienced through drawing.

- Facilitate a discussion about events when students feel emotions. Sample questions to spark discussion:
 - Can you remember a time when you felt happy?
 - What about a time when you felt sad? Mad? Afraid?
 - When do you feel calm?

- Think of the last time you were angry. What happened?
- Instruct each student to draw a picture of something that makes them feel _____. (You can decide on an emotion for the entire class, or they can choose their own.)
- Allow each student to share with the class or with a friend one of their emotional drawings.