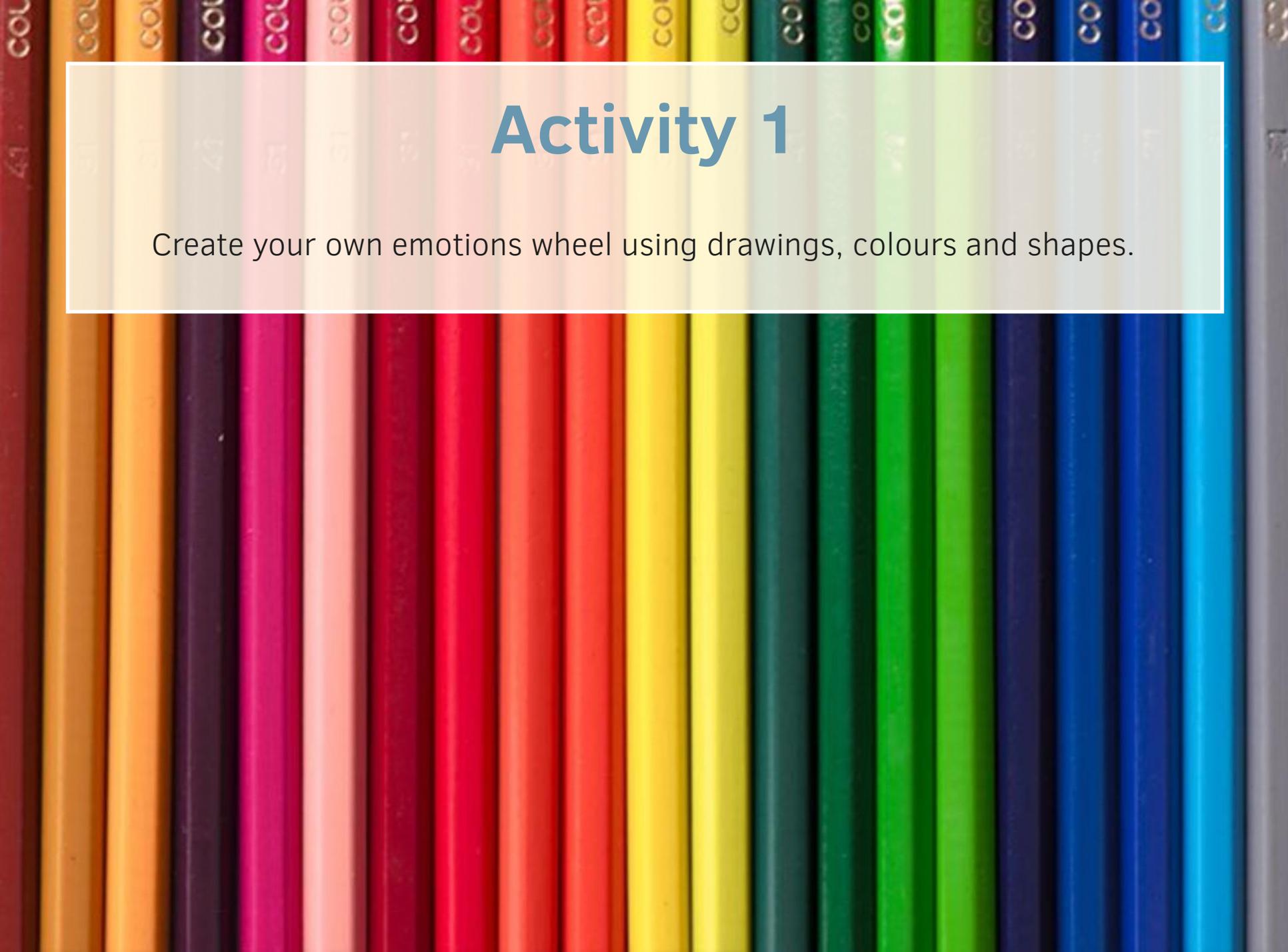


A close-up, vertical view of a row of colorful pencils. The pencils are arranged in a neat line, showing a variety of colors including shades of orange, pink, red, yellow, green, and blue. The text 'Express Yourself' is overlaid on a semi-transparent blue rectangular box in the center of the image.

Express Yourself



Activity 1

Create your own emotions wheel using drawings, colours and shapes.

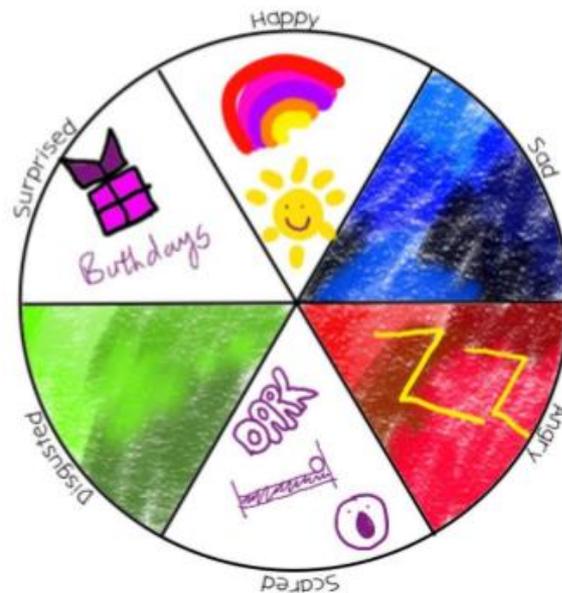
Emotion Wheel

A simple art activity to explore different emotions.

These emotions are the basic 6 emotions that children need to recognise early on in emotional literacy.

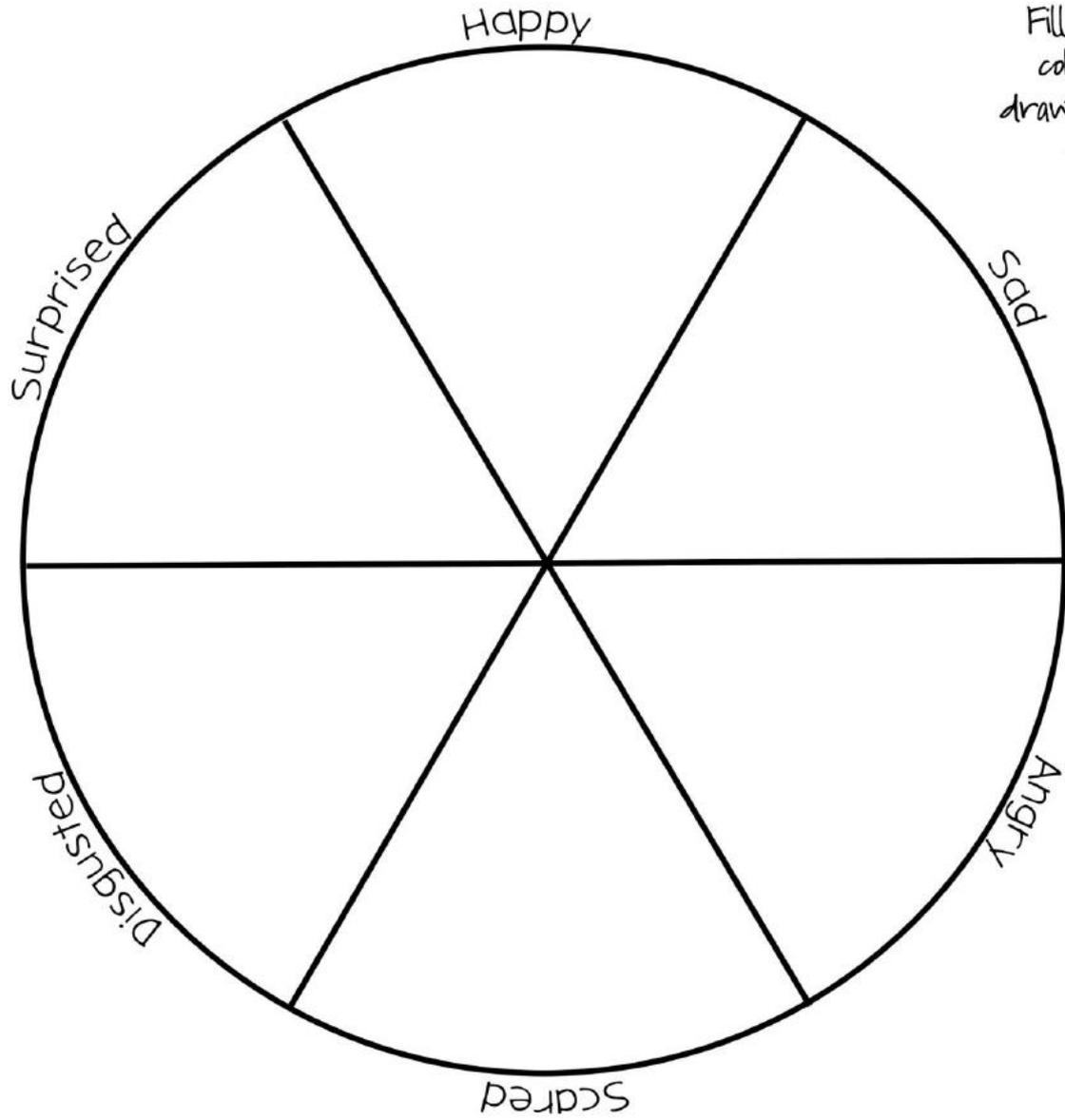
Which colours? Which shapes? Which words? Which drawings/objects?
Represent each emotions. Get them to decorate their wheel.

Lots of opportunity for discussion.



An example of mine that I did on my IPAD to illustrate

Art therapy
exercise ♡



Fill the wheel with
colours, shapes and
drawings to represent
the different
emotions ♡



Activity 2

Learn about the 'psychology of colour' and discover what emotions and feelings colours are commonly associated with.

The Psychology of Colour

Colours can mean different things in different cultures, but whatever culture we are part of, colour is part of our psychology and is often used by advertisers, artists and writers or in our environment to create certain moods.

Certain colours are associated with different feelings and emotions. We are going to explore these typical emotions linked with various different colours today.



Black

It's the colour of mystery, but it also symbolises all the darkest feelings: grief, despair, sorrow. It can also be the colour of isolation.



Grey

It's the colour of dullness. It can symbolise indecisiveness, the fear of choosing a side, sadness and tiredness.



Red

It's the colour of energy, passion, ambition and love. Red is about feeling "with all your heart", be it love or anger. It can also symbolise danger.



Orange

It symbolises joy and optimism. It's about cooperation, social activities, the power of working together, and also extrovert energy.



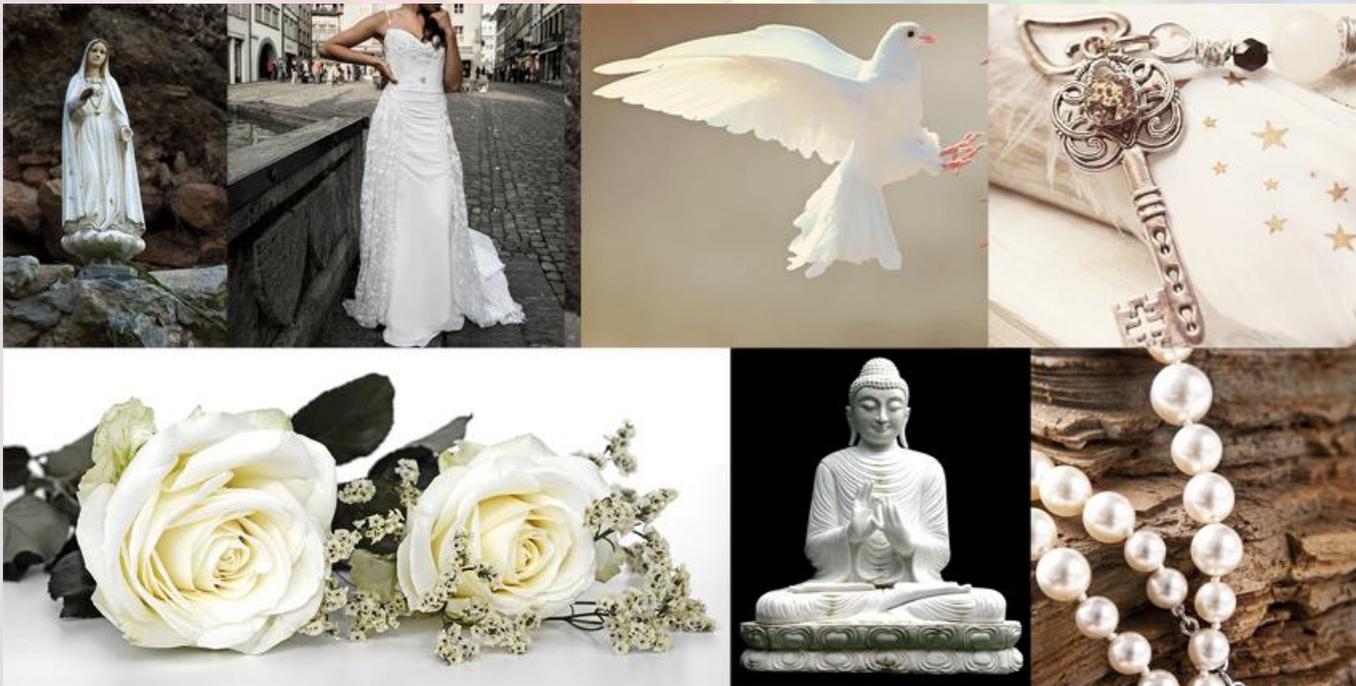
Brown

Brown is the colour of dirt. Brown, like the ground, symbolises stability, permanence, reliability, and conservatism, but also dirtiness.



White

It symbolises light, perfection and innocence. White is all about feeling confident and calm, without any stress to be something else.



Yellow

It's the colour of joy, enthusiasm, happiness, and general cheerfulness. On the other hand, yellow can also symbolise stubbornness and cowardice.



Green

It's the colour of hope, youthfulness, and also balance, calm, and safety. Green is the colour of natural growth, of doing the things the right way, of harmony and peace. It also have negative connotations like jealousy, spite, and maliciousness.



Blue

It's the colour of wisdom, loyalty, and stability. It symbolises calm, faith, and trust. But it's also associated with sadness, "feeling blue".



Purple

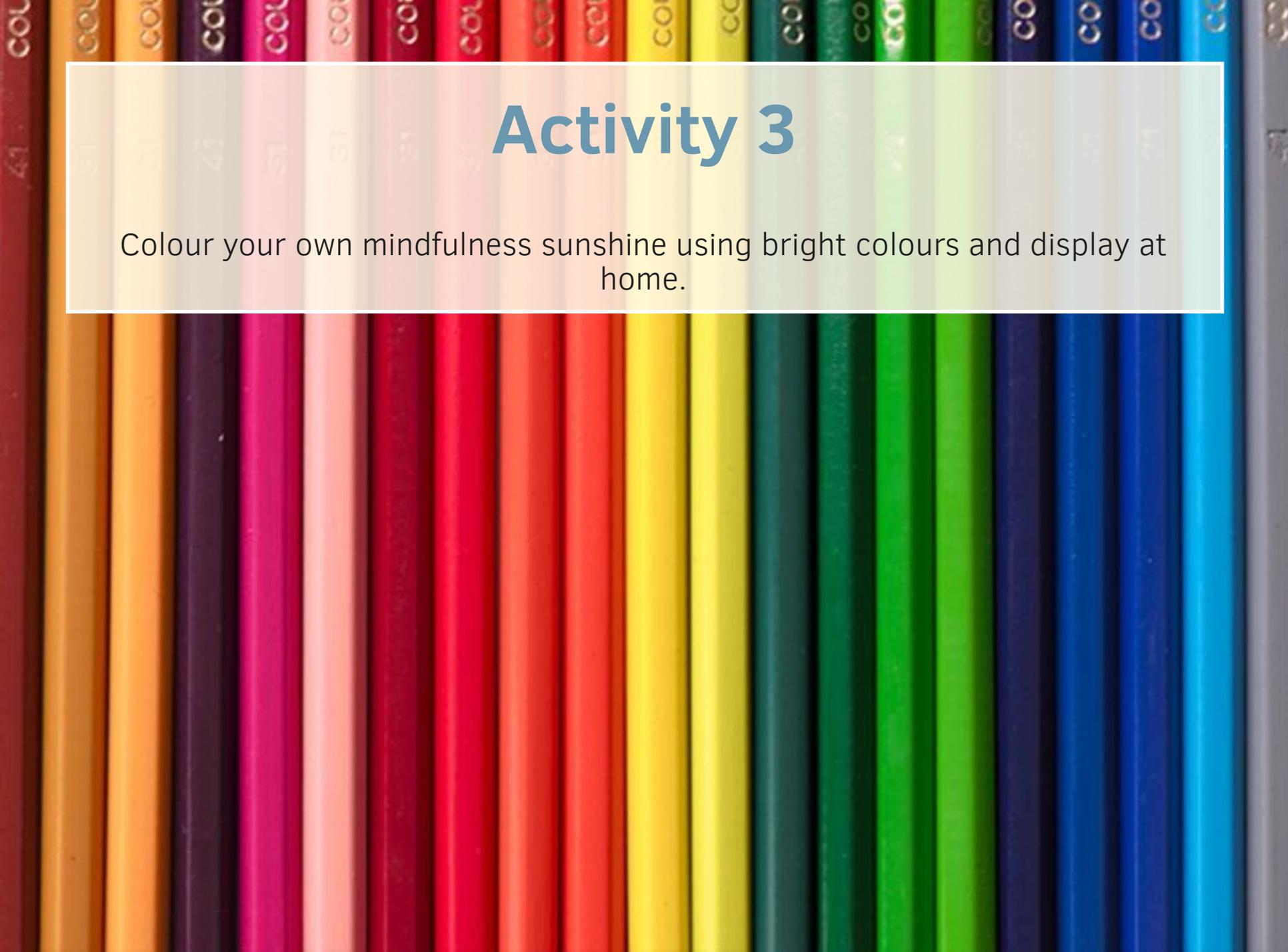
It's the colour of magic, mystery, of the extraordinary. It can symbolise creativity, independence, spirituality, imagination, but also pride and immaturity.



Pink

It's the colour of recklessness, lightheartedness, of being silly and immature, but also of kindness, caring, gentleness and romantic love. It symbolises delicate, "quiet" feelings.





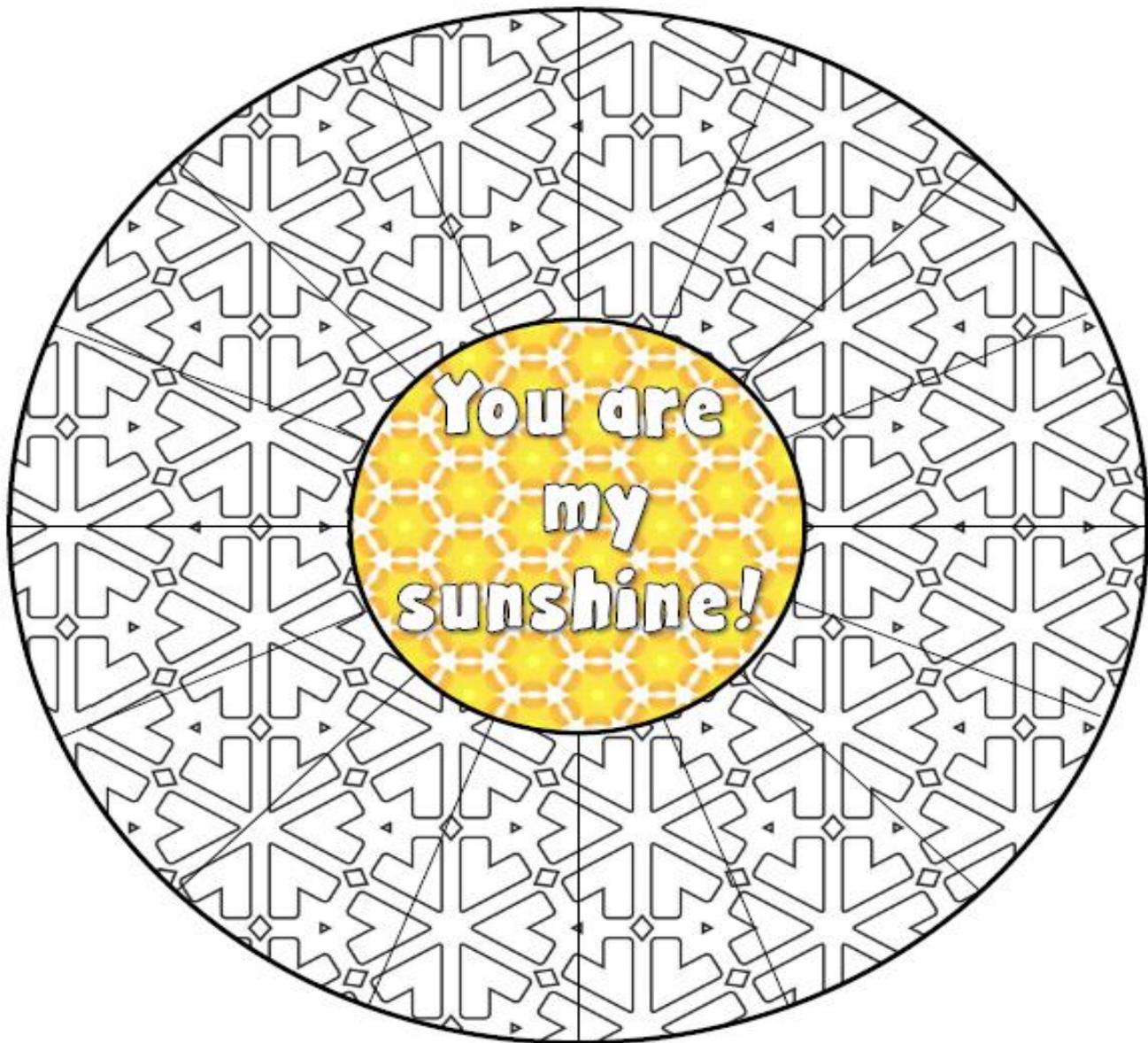
Activity 3

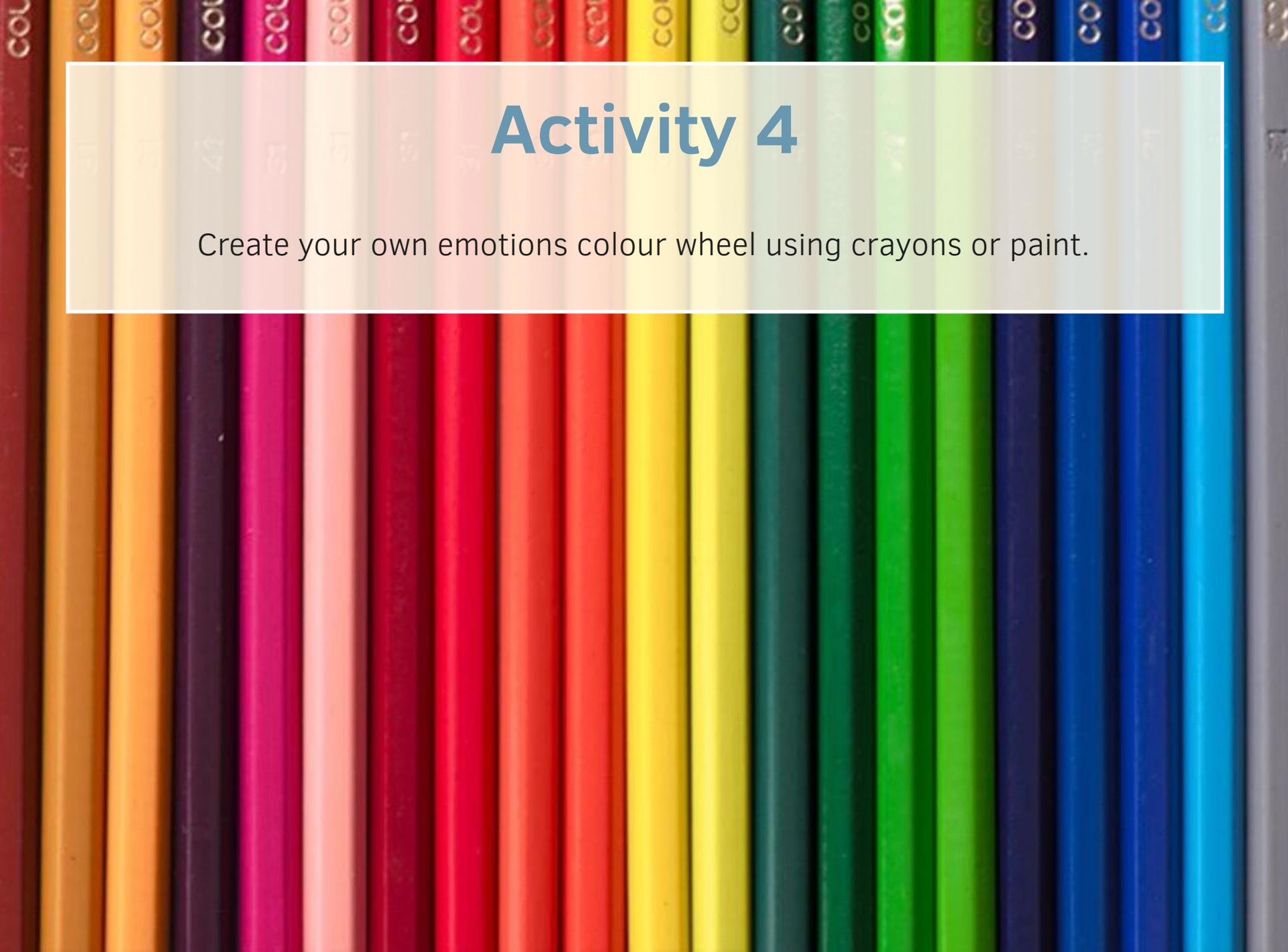
Colour your own mindfulness sunshine using bright colours and display at home.

Colour the sunshine. Cut around the edge. Cut along the faint lines and STOP at the inner circle. Use shades of yellow/orange/reds for colouring.

Bend very carefully every other ray of sunshine inwards. This just gives it a 3 d effect.

Hang around your home/classroom or hang in your window to brighten someone's day!





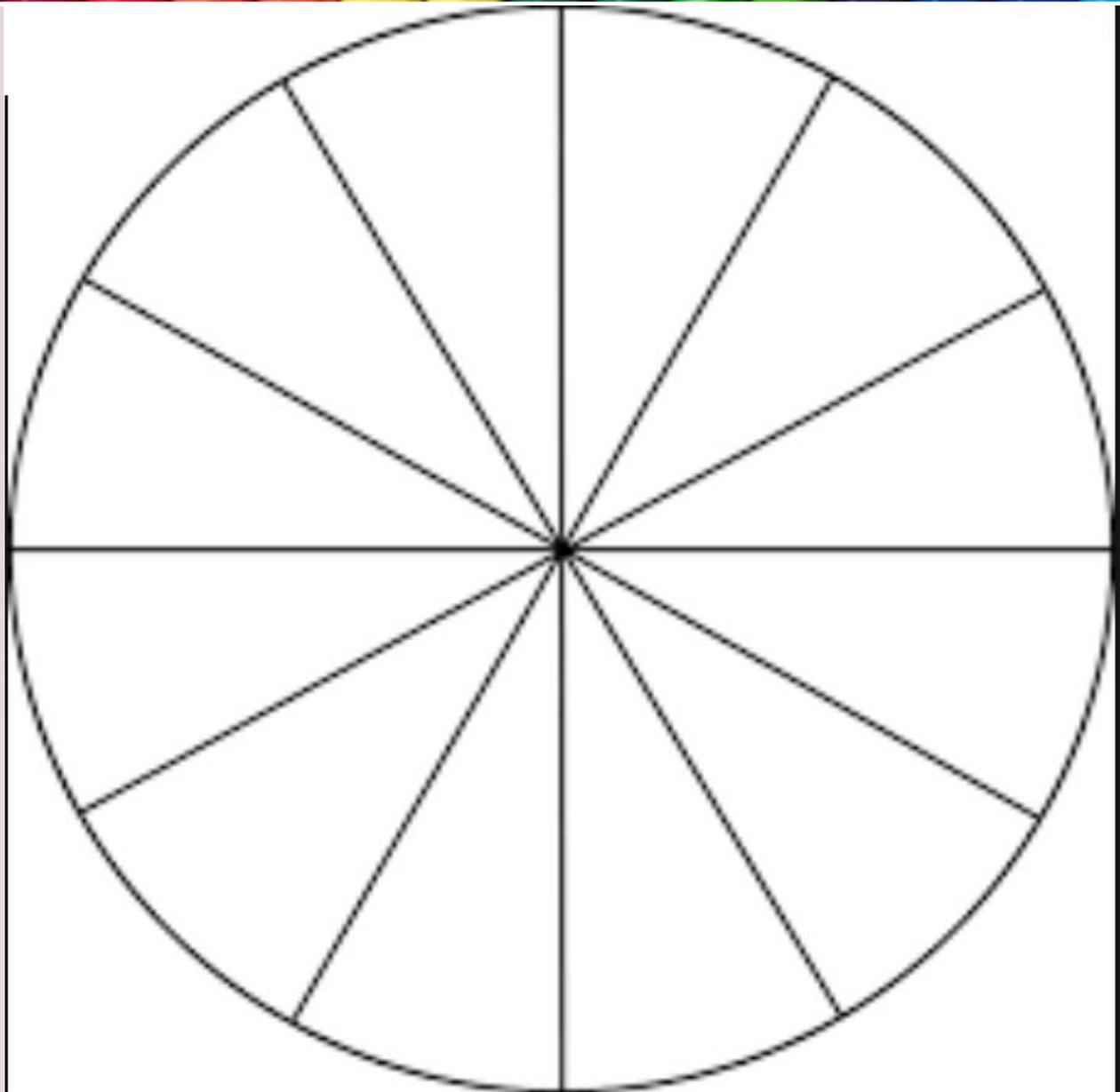
Activity 4

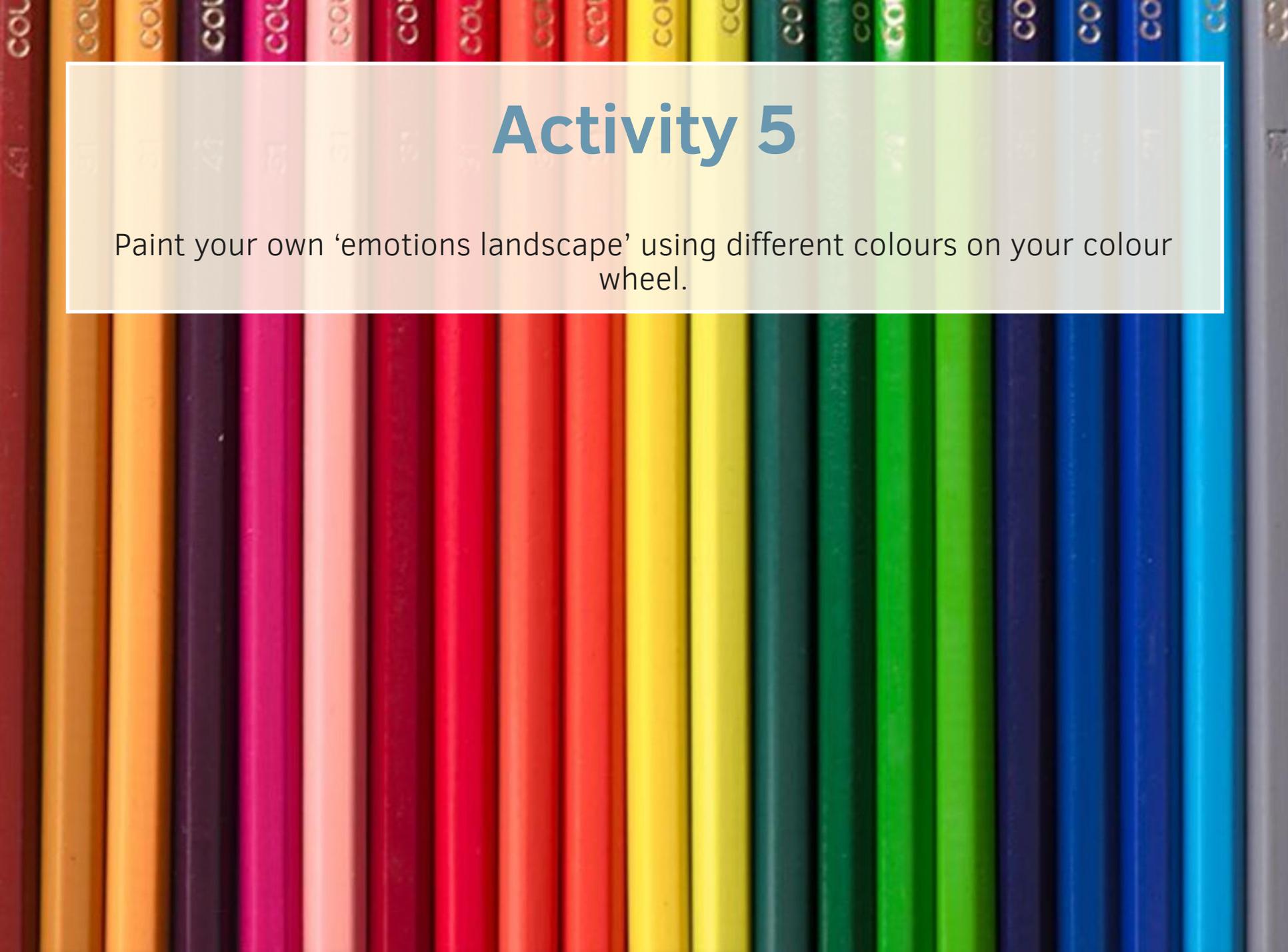
Create your own emotions colour wheel using crayons or paint.

Fill in each segment of the circle with a different colour.

Label each segment to show what emotion or feeling that represents.

Can you blend two colours together in one segment to create a new feeling or emotion?





Activity 5

Paint your own 'emotions landscape' using different colours on your colour wheel.

- 1) Start painting in the middle of your paper with a colour that represents happiness.
- 2) Then add a pinch of colour that is associated with sad, negative emotions to your landscape.
- 3) Choose a colour which you associate with calmness and peace. Add this into your landscape using lines or swirls.
- 4) Mix in another colour that represents love and friendship and layer this into your landscape.
- 5) Keep adding coloured emotions until you have finished your emotions landscape.



