

How Do You Feel Today?

Let's explore our emotions together!



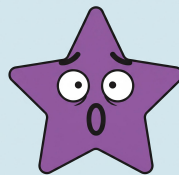
HAPPY



SAD



ANGRY



SCARED



EXCITED

Point to that character that matches your mood. Tell us why.

How Are You Feeling?

Let's learn about our five big emotions!



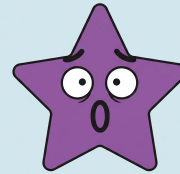
HAPPY



SAD



ANGRY



SCARED



EXCITED

Let's mimic each face! Share a time when you felt Excited or Scared.

How Do You Feel?

Artists use color in their work to show emotions.

How does this painting make you feel?



"Orange and Yellow" by Mark Rothko

How Do You Feel?

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How does this painting make you feel?



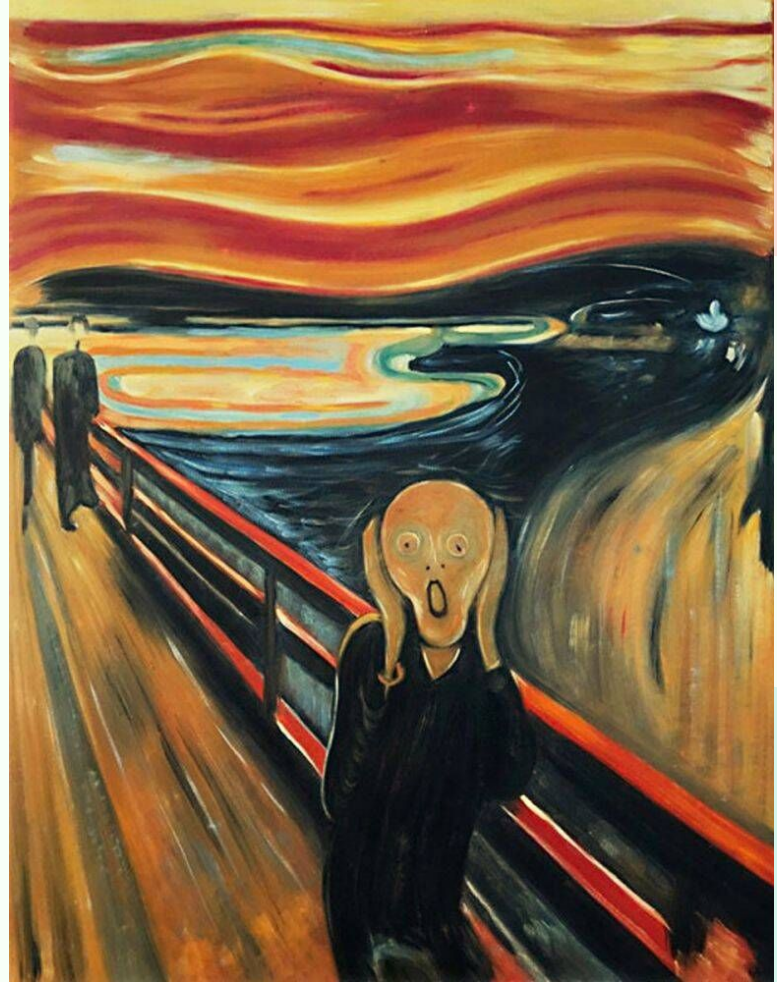
“Old Guitarist” by Pablo Picasso

How Do You Feel?

Artists use color in their work to show emotions.

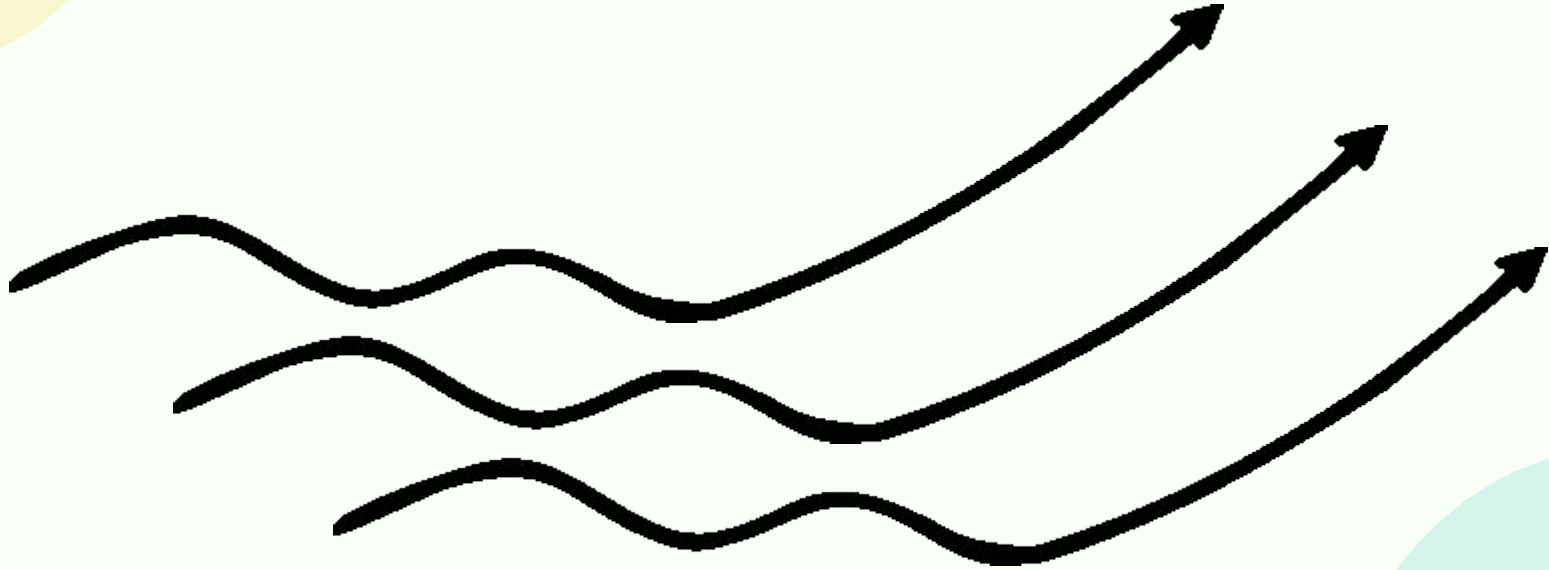
How does this painting make you feel?

Do the lines in the painting make you feel something too?



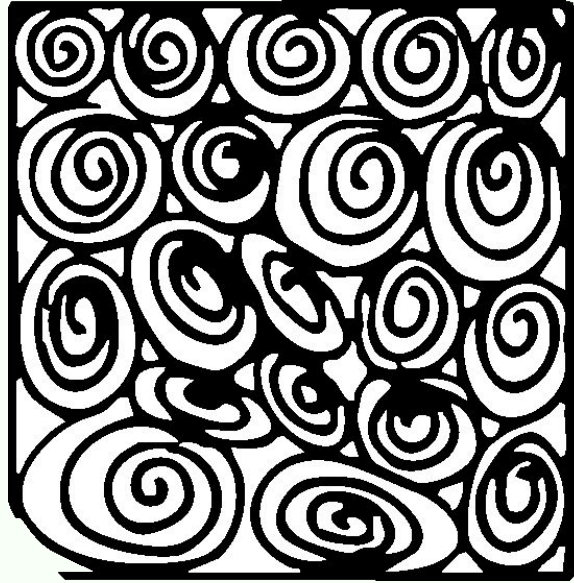
“The Scream” by Edvard Munch

What's This Feeling?



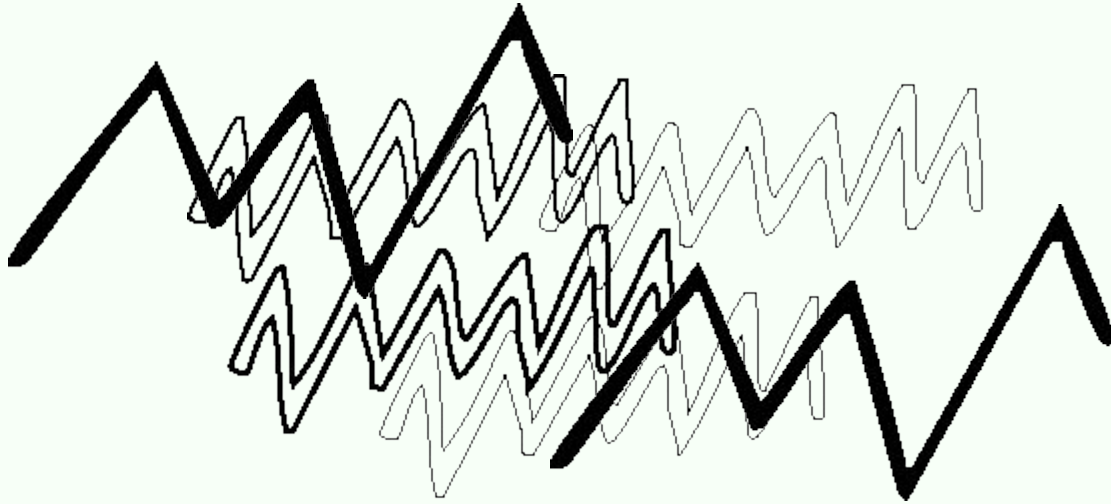
What mood do you feel when you see these lines?

What's This Feeling?



What mood do you feel when you see these lines?

What's This Feeling?



What mood do you feel when you see these lines?

Your turn!

Work on the color sheet.
Color how it feels in the boxes.

You can create pictures or draw
lines and shapes to describe how
you feel.

EXPLORING EMOTIONS: THE COLOR OF MY FEELINGS!

HAPPY - YELLOW




HAPPY - YELLOW My happy emotion is... warm, bright, and sparkly!
Use soft, rounded strokes!

Yellow makes me feel... cheerful and like warm sunshine!

Draw how you feel!

ANGRY - RED




ANGRY My angry emotion is full of fire!
Use small, sharp marks!

Red makes me feel... sharp and edgy!

Draw how you feel!

SAD - BLUE




SAD My sad emotion is... gentle, slow movements!

Blue makes me feel... soft and slow!

Draw how you feel!

EXCITED




EXCITED My excited emotion is... nervous and shaking!
My excited emotion is... Use short, jerky marks!

Orange makes me feel... full of energy and zig-zags!

Draw how you feel!

SCARED - PURPLE



SCARED My scared emotion is... Use short, jerky marks!

Purple makes me feel... anxious and ghost-like!

Draw how you feel!

Draw how you feel!

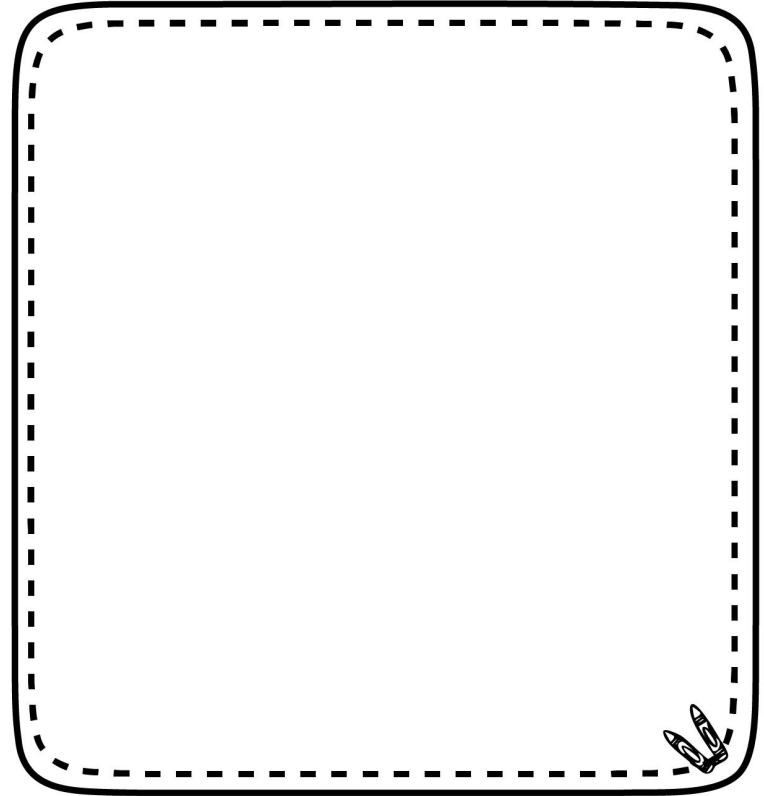
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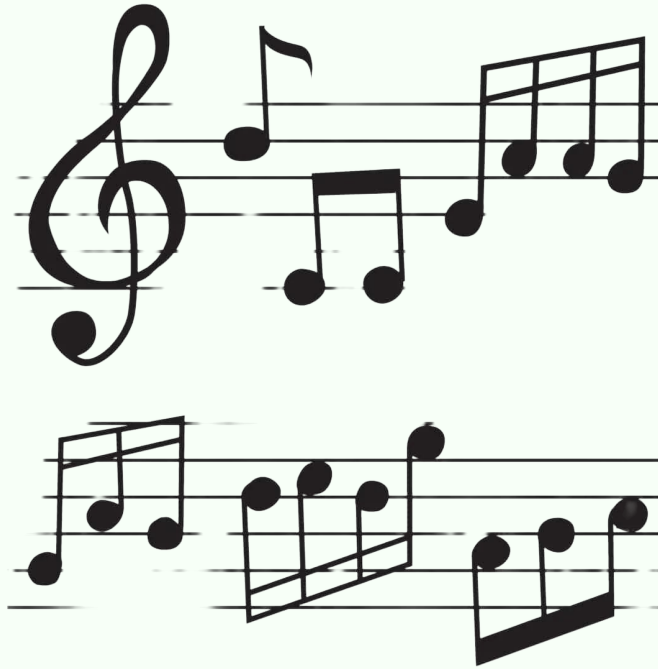
You can create pictures or draw
lines and shapes to describe how
you feel.

Choose **ONE** emotion and create a piece of art that shows that feeling using marker, crayon or colored pencils.

My Emotion: _____



What Else Changes Our Mood?



What kind of music do we play at bedtime?

