

## How are you Feeling Today?

This simple method helps students express frustrations, joys, sorrows, and enthusiasm in the moment. Students are asked to create a work of art (can be a drawing or painting) based on exactly how he or she feels at a precise moment (or in a given amount of time).

- a. **Art materials can be used to show emotions** as a starting point for self-exploration and communication.
- b. Students may be asked to create a **self-portrait** or another representational **picture of something meaningful that expresses the feelings** of the artist at that moment.
- c. Many kinds of media may be used.
- d. It may include **abstract** works and mixed media.
- e. Students must be able to **identify the emotion** they have sought to convey, as well as any thoughts they may have had while producing it.

**NAEA Standards: 1, 2, 3, 4, 5, 7, 10, 11, 13.**

