

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

NAMES & COLOURS

Good for	Introducing people to one another Checking in with mood / emotions Group building – groups of 8 – 15 - see Tip for a class of 30
Length	5 mins (depending on group number)
Resources	Large Room / outdoors
Actions	<ul style="list-style-type: none">• Stand in a circle• Invite everyone to introduce themselves, and pick and share what colour they feel like at this moment• Go around the circle, each person introducing themselves and stating a colour to describe their mood
Tips	If someone can't think of a colour, continue on and come back to them at the end If you have a class of 30 consider using concentric circles
Variation	Instead of colours, ask each person to share an interesting fact about themselves Use this to end a group too, see if participants' choice of colours has changed If you do the circles within one another, visibility will not be very good.

