

# HANDBOOK FOR TEACHERS

## ART FOR WELLBEING IN THE CLASSROOM

### STORY – A PAINTING FOR THE QUEEN EXPLORING FEELINGS AND BEHAVIOUR

<b>Good for</b>	Separating feelings from behaviour Group 10-15 Years 3-6
<b>Length</b>	30-40 mins
<b>Resources</b>	Room (enough space for a circle) Sketchbooks, pencils Download the story 'A Painting for the Queen' <a href="http://www.emeraldant.com/learning-tools/">www.emeraldant.com/learning-tools/</a>
<b>Actions</b>	<p>Sit in a circle, or lie down comfortably.</p> <p><b>Read out the story, then ask the questions:</b> <i>Q: What has Eliza allowed to happen?</i> <i>A: Her feelings of anger turned into violence. Someone got hurt. She was in trouble. Her painting was ruined.</i></p> <p><i>Q: What could she have done instead?</i> <i>A: She could have:</i></p> <ul style="list-style-type: none"><li>- Taken 3 deeps breaths.</li><li>- Accepted and learnt: I cannot give the Queen my painting in person.</li><li>- Accepted she feels disappointed.</li><li>- Gone away and talked about her feelings with a friend or adult she trusts.</li></ul> <p>- She could have seen she had other choices: She could give her painting to a gallery / sent it through the post to the Queen / give it to her Mum / put it on the wall at home.</p> <p><i>Conclusion: It was ok for her to feel angry. But she chose to be violent. She could have taken a moment to think and make a better choice.</i></p>
<b>Tips</b>	-
<b>Variation</b>	<ul style="list-style-type: none"><li>• As a follow up, invite the group to think of something that makes them angry. Ask them to write down the scenario.</li><li>• Invite them to consider alternative actions could they take next time this situation arises.</li><li>• Invite them to share with the group</li><li>• Make notes</li><li>• End the session</li><li>• Draw a picture of yourself when you are angry.</li><li>• Think of something you say only when you're angry</li></ul>

