

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

WHAT DOES ANGER LOOK LIKE?

Good for	Externalizing and understanding feelings Art skills Individual work Sharing Group 10 -15 / whole class but split into groups for discussion
Length	15 mins
Resources	Sketchbooks Pencils, coloured pencils Or use clay to sculpt
Actions	<p>Sit at tables / on the floor</p> <ul style="list-style-type: none">Build up a picture in your minds: <i>If anger was a colour, what would it be?</i> <i>If anger was a shape, what would it be?</i> <i>If anger was an animal, what would it be?</i> <i>Or if anger was an object, what would it be?</i> <p>Take 5 minutes for the children to draw anger in their sketchbooks.</p> <p>You can give the object / creature a name...</p> <ul style="list-style-type: none">Ask: <i>What does it sound like? If it talks, what does it say?</i> <i>What makes the object / creature scared?</i> <i>What makes it stronger?</i> <i>Is there something that calms it down?</i> <p>In a circle, invite children to share their drawings. They don't have to. Make sure they know it is fine and natural to feel angry, but not fine to become violent and abusive. Ensure they know there are adults they can talk to if anger is directed at them.</p>
Tips	-
Variation	-

