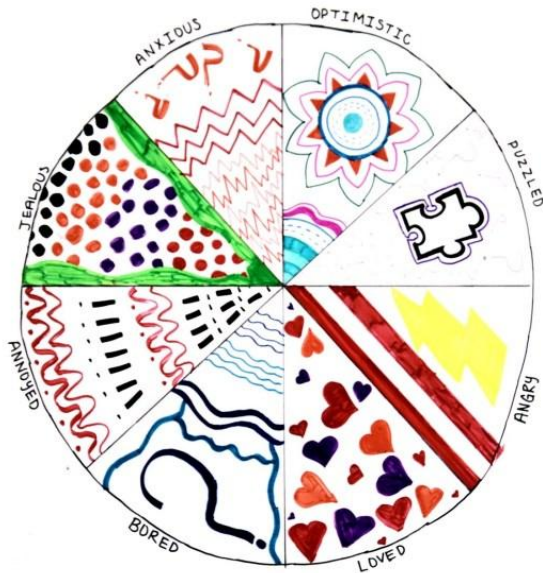


Color Wheel of Emotion



Lesson developed by Crayon Collection

Objective

Students learn to explore and recognize their emotions by making a color wheel that can be used as a tangible tool to express themselves.

Age Kindergarten and up

Time 45-50 mins

Focus Social Emotional Learning (SEL), Self-Discovery, Healing, Visual Arts (Color, Form, Shape, Space)

Material

- Crayons
- Paper
- Wheel Worksheet (see resource page for template options - will need to be printed ahead of time to complete activity)
- Scissors (to cut pie wheel into a circle - optional)

Core Standards

- Social Emotional: Label and recognize own and others' emotions; Identify what triggers own emotions
- Visual Arts: Engage in exploration and imaginative play with various arts materials

(See below for a full list of standards.)

Opening (5 mins)

Distribute materials to each student. Review the activity and objective with the students.

Today we will be making a color wheel of emotion. The color wheel will help us express our emotions and how we are feeling. We all feel a wide range of emotions every day. Sometimes our emotions can feel like a rollercoaster, where we go through ups and downs during the course of

one day. Sometimes we may feel happy, sad, confused, excited, bored, angry, or funny, etc. and during those times it can be hard to express ourselves accurately. Or, we may not want to say anything at all. Do you ever have days like that?

Instruction and Guided Practice (5-10 mins)

Guide students through the beginning of the activity.

Step 1: *Think about a time when you've felt mad. Close your eyes and remember what it feels like to feel mad. What did it feel like in your body to feel mad? Was it hot? What color comes to mind when you think of that feeling? Pick up the crayon that represents how you feel and scribble with it or make a quick design.*

Step 2: *Next, think about a time when you've felt happy and full of joy. Close your eyes and remember what it feels like to feel happy. Breathe into that feeling. Now, think about a color that comes up with that feeling of happiness. What did it feel like in your body to feel happy? What color do you associate with that feeling? Was it bright? Pick up the crayon that represents happiness to you and scribble with it or make a quick design.*

Step 3: *Now, we are going to create a color wheel that represents our emotions.*

- *You can also create a design that expresses your emotions. Let's say for example, when you are mad you feel red hot like a fire is burning inside of you. If that were the case, you might draw red flames. When you are happy you may feel light and bright like sunshine. If that were the case, you might draw bright yellow suns to express the emotion of happiness.*
- **(Show an example of a 'emotions color wheel' from the resource page.)**

Step 4: **Instruct students to use the printed template from the resource page and read each emotion aloud. Starting with "happy".** *Now, pick a color that represents happiness to you and begin coloring in the happy section. Draw designs that represent "happiness".*

Step 5: *Following the same instructions from step 4, now move onto the next emotion, "angry" then "worried", etc. Continue following these steps until the entire wheel is filled out completely.*

Work Time (30 mins)

Circulate the room and help as needed. If desired, help students cut out the pie wheel (optional).

Closing (5 mins)

Ask students to have a group discussion around expressing their emotions.

- *Is it hard to express your emotions sometimes?*
- *What happens when you don't talk about how you feel?*

Next encourage students to use this color wheel as a tool to help them express themselves.

- *If you ever feel overwhelmed by emotion you should use the awesome emotions color wheel you just made as a tool to express how you are feeling. If someone asks you how you are feeling and you don't want to talk, that's okay, instead, you could pull out your color wheel and point to how you feel.*

Finally, ask students to turn to their partner and practice using their emotions color wheel. Have partners ask one another what they are feeling and instead of using a verbal response, have them point to their emotion on their color wheel.

Extension

2nd-5th Grade: Following the same steps as above, ask students to make their emotion color wheel by using the blank template. The instructor will need to print and provide the blank template from the resource page to each student. Ask students to write down their top 10 most frequent emotions at the top of each section in the wheel. Here is a word bank they can draw from if they need help thinking of emotions: Happy, Sad, Angry, Nervous, Frustrated, Confused, Disappointment, Joy, Excitement, Disgust, Fear, Trust, Surprise, Boredom, etc. Continue this activity the same way as outlined in the steps above.

Philosophy

Art is an essential tool for early childhood development. Studies have shown that art education helps to increase comprehension of STEM and literacy concepts as well as offering students an outlet to process trauma, develop self-discipline and self-management, and interpersonal relationship skills. Active engagement in the arts can yield positive benefits in social and emotional growth. The art lessons developed by Crayon Collection are meant to support this growth.

Standards

Social Emotional Competency

Self Awareness

- Label and recognize own and others' emotions
- Identify what triggers own emotions
- Analyze emotions and how they affect others

Self Management

- Manage personal and interpersonal stress

Visual Arts Standards

Creating

- Engage in exploration and imaginative play with various arts materials

Additional Resource

Example: Emotions Wheel



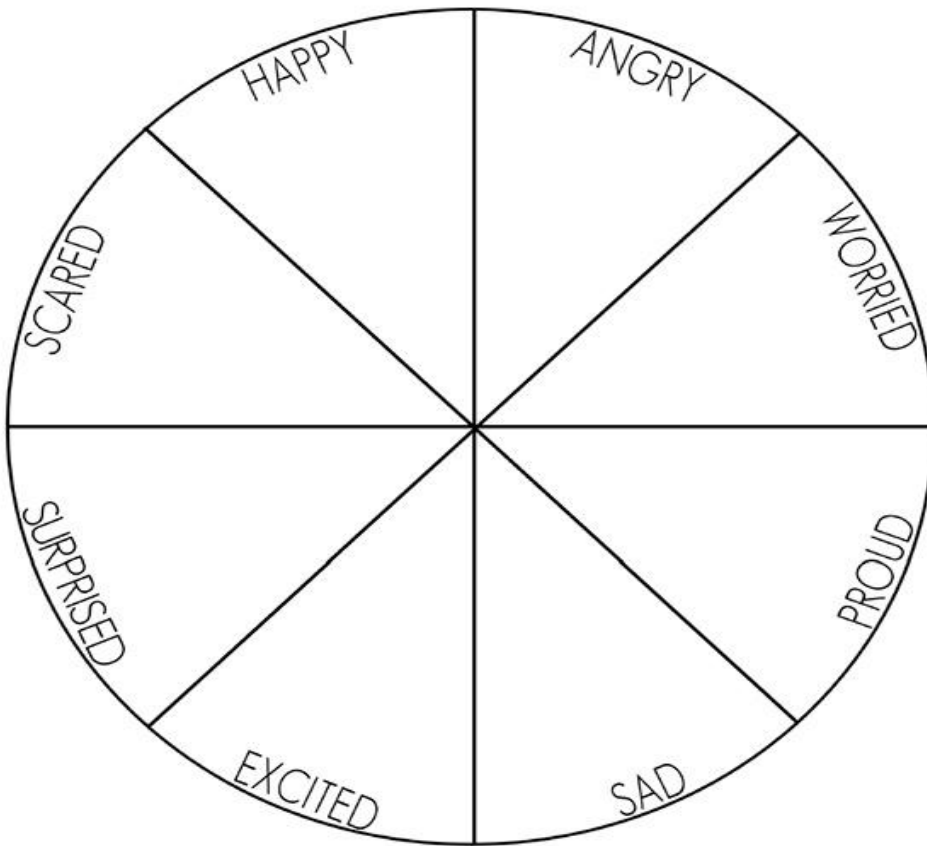
The Feel Wheel



Kindergarten Template

Name _____

MY EMOTIONS WHEEL



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CRAYON COLLECTION

COLLECT -> CONTRIBUTE -> CREATE

