

Emotion painting

1. Talk about emotion. What does the word emotion mean? What kinds of emotions do we experience on a day-to-day basis.
2. Talk about colour. How do certain colours make us feel? Why?
3. Talk about lines. What kinds of lines are there? Straight, jagged, squiggly, zig-zag, etc.
4. Warm up by drawing some lines based on certain feelings e.g. draw happy lines, draw angry lines, etc. (You can link this to the 'My music and my emotions' activity and draw lines based on the music you are hearing e.g. jazz, classical, pop etc.)
5. Now start working with colours - work with paint / felt tips / crayons / chalk.
6. Everyone can then decide on an emotion or feeling which they will express using various colours, lines, textures and shapes.
7. Take as long as you need to create your final work - stand back from time to time to have a really good look at what you are doing. Are the feelings starting to emerge?
8. Remember that this is a very intuitive and subjective exercise and as such the works should not be analysed.
9. When the paintings are complete, hang them up and see how others interpret the work. Does everyone see similar emotions in the same works? Yes? No? Why?

