

SOLs Covered: K: Science 4a **1st Grade:** 1.12 c, e, f **2nd Grade:** Reading 2.7 **3rd Grade:** Math 3.11 **4th Grade:** 5th Grade: Math 5.12



HOW AM I FEELING?

WARM AND COOL COLORS WITH WATERCOLOR RESIST

Get ready by finding...

**WATERCOLOR PAINT, PAINT BRUSHES,
CRAYONS, A CUP OF WATER + THICK PAPER**

Art can be a way to express how we are feeling and many artists show their emotions through their work. Artists who use color and lines and shapes to express their emotions are called "EXPRESSIONIST" artists.

Follow these easy steps!

01 Examine your crayons + paint.

The colors can be divided into "cool" and "warm" colors. Blues and greens and violets remind us of ice and water and rain and all things "cool". Reds and oranges and yellows remind us of the sun and fire, hot days, and all things "warm". Divide up your colors into "warm and cool"

Colors can also be used to express your emotions. What kind of emotions do you think of when you look at the cool colors? What about warm colors? What color is an "ANGRY" color? What about "JOYFUL"?

02 What do you want to express?

If you are like a lot of us, you are tired of staying inside and you might be ANGRY! Or maybe you miss your friends and you are SAD. Or...just maybe you are really HAPPY that you can stay in your pajamas all day! Then choose a set of colors to use to express the emotion you have chosen.

03 Using your crayons, draw a design.

Do this on your paper — press hard. Use lines that also help you express your emotion. Is a zig-zag line happy or angry or sad? What about a curvy line?

04 Watercolor time.

After you are finished creating your design, use your water colors to paint over the whole paper- right on top of your crayon marks. Keep with those emotional colors!

05 That's it!

When your paper is dry, you will have a beautiful "Expressionist" artwork.

Did you know?

Art therapists work with their clients to use the process of self-expression (just like expressionist artists!) to help them understand their feelings and emotions. Art therapists work in places like schools, hospitals, or an office of their own!

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