

ART STARTERS

SOCIAL EMOTIONAL LEARNING WITH ART
From the Nelson-Atkins Museum of Art

POSTER ACTIVITIES

Emotions are an important part of what makes us human. Sometimes our emotions are easy to identify, while other times it is hard to know exactly what we are feeling. Finding the words to express our feelings can be even more of a challenge.

Naming our feelings and being able to talk about our emotions are skills that take practice. Because artists often depict or suggest emotions in their work, looking at art can open up opportunities for both children and their caregivers to reflect on and discuss their feelings.

It is important to remember that some children may struggle with talking about their feelings. Please validate each child's individual experience as they work to engage with these posters. It is important to introduce these resources in a calm state to build emotional awareness skills for when they are needed. It may be helpful to display the posters in an area that students can refer to and revisit.

This content serves as an educational tool for supporting social-emotional learning. Under no circumstances shall the information and content herein be considered a substitute for professional medical advice. Please seek professional medical help when needed.

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 Crittenton
Children's Center
SAINT LUKE'S HOSPITAL OF KANSAS CITY


Nelson
Atkins
MUSEUM OF ART

SUGGESTED WAYS TO USE THESE POSTERS

ART AND EMOTIONS

Choose a work of art that represents or matches the mood you are feeling right now.

- What do you see in the work that suggests that emotion?
- How does that emotion feel in your body?

Choose a work of art that makes you feel a particular emotion when you look at it.
Some examples:

- Happy
- Confused
- Calm

How does that emotion feel in your body?

Choose any work of art and answer these questions:

- How does this image make you feel?
- How do you think the subject shown in this image is feeling?
- Can you think of a time when you felt that same emotion?
Talk, write, or draw about that experience.

HOW BIG IS YOUR EMOTION?

The emotions that we experience can feel big, small, or anywhere in between. Use the works of art shown in this scale to rate the “size” of the emotion you are feeling.

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