



#FontanaTogether

Expressive Feelings Art

In this activity we will be coloring or painting our feelings.

Coloring and painting helps with reducing stress, promote healthier emotions, strengthen academic performance



Some Fun Facts about Arts and Crafts

- It helps with expressing yourself.
- It will enhance your creativity.
- Help you academically!!
- You can read below information about how it supports you.
- <https://www.art4healing.org/special-report-on-art-and-troubled-youth/>

Materials

- Large space (dining table, even the floor)
- Color pencils or markers
- Pencil
- Painting
- Tape (for making shapes)
- White piece of paper
 - Could be construction paper
 - Canvas paper

Instructions:

- Before starting I want you to take a moment by closing your eyes and think about how you are feeling during this time. Are you feeling happy, sad, anxious, bored, tired, maybe a mix.

- Bonus: You can do this with your family and/or you can even call your Best friend and have them do this activity with you.



1. Start off by clearing the space you will be using
2. Now place your paper on your work space
3. With your pencil or tape start dividing the spaces so you know they'll be using different colors. Once you mark off your spots, you can start coloring/painting.
 - While you're coloring recall how you're feeling and express that through your coloring.
 - Talk to your family or friend on how they are doing through this quarantine
4. While you're coloring think about your favorite quote or music lyric. Once you're done coloring you can add your quote of lyric into your masterpiece.
 - Why are you picking this quote? How does it make you feel?

Reflection:

Now how are you feeling after this? Did this relieve some stress that you were feeling? I sure hope it did. During my free time I like to color a lot. Gives me a way to release my stress and the outcome is a beautiful colorful coloring page.

