

## "Coloring My Heart" – Exploring Emotions Through Art

This lesson helps **1st-3rd graders** express their emotions through colors and art using their **ChalkWild erasable backpack** as a creative canvas.

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### Lesson Details

- **Grade Level:** 1st-3rd
  - **Duration:** 45-60 minutes
  - **Focus:** Self-expression, emotions, and the meaning of colors
  - **Subjects:** Visual Arts, Social-Emotional Learning (SEL), Language Arts
  - **Materials:** Chalk markers, ChalkWild backpacks, heart templates (optional)
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### Learning Objectives

- Students will explore how colors represent different emotions.
  - Students will design a heart using colors that express their feelings.
  - Students will explain the meaning of their color choices.
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### Success Criteria

- ✓ I can use colors to show my emotions.
  - ✓ I can design a heart that represents my feelings.
  - ✓ I can explain why I chose certain colors.
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## Lesson Components

### Beginning (10-15 min) – Introduction & Discussion

- Start with a **class discussion**:
  - “What colors make you feel happy?”
  - “What colors make you feel calm? Excited? Sad?”
- Show a **color emotions chart** (e.g., blue = calm, yellow = happy, red = love or energy, green = peaceful).
- Read a short book about emotions, such as *“The Color Monster”* by Anna Llenas.

 **Modification:** Use **emotion flashcards** for younger students to match feelings with colors.

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## 2 Middle (20-25 min) – "Coloring My Heart" Art Activity

- **Step 1:** Students **draw a large heart** on their ChalkWild backpack.
- **Step 2:** Inside the heart, they **fill sections with different colors** based on how they feel today.
- **Step 3:** Students write (or say aloud) a short phrase describing their heart, such as **"My heart is blue because I feel calm today."**

📌 **Variation:** Instead of sections, students can create **patterns, swirls, or a gradient** to blend emotions.

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## 3 End (10-15 min) – Sharing & Reflection

- **Pair-Share:** Students turn to a partner and explain their heart design.
- **Class Discussion:** Ask, "Did anyone use similar colors? Why?"
- Take a **class photo** before students erase their backpacks.

📌 **Alternative:** Students can **redraw their heart tomorrow** and compare how their emotions change!

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## ✨ Supports for Diverse Learners

- ✓ **Provide heart templates** for students who need guidance.
- ✓ **Offer sentence starters** (e.g., "I chose yellow because...").
- ✓ **Allow verbal descriptions** instead of writing for younger students.