



Expressive art is a means to express emotions and feelings that you sometimes are unable to express through words alone. Expressive art can include many forms of visual and performance art. You can sing, dance, draw, paint, sculpt, write a poem or a story, act, or take pictures. You can express yourself when you are experiencing happy or sad emotions, or even when you can't figure out your emotions. When we create art that helps us become more in tune with our emotions, we are able to more fully understand them and ourselves.

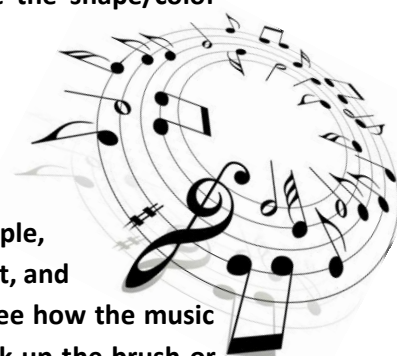
Expressive Activity 1



Start by choosing three different colors of crayons or markers. On a sheet of paper use one of the colors to make different shapes, circles, squares, etc. Repeat this step with all of the other colors. Then, evaluate the shapes and colors to see how they make you feel. Do the red triangles make you mad, the blue circles make you calm, and yellow squares make you happy? Use the shape/color connection to group similar feelings together. Then use these ideas to create drawings and paintings with different moods, a happy sunrise or a gloomy storm.

Expressive Activity 2

Start by picking out a few songs from different genres that you like, for example, some rock and roll, jazz, classical, or country. Set up some paper and markers or paint, and start playing the music. Sit quietly through the first few seconds of the song, and see how the music moves you. Begin to dance with your arms and legs while still sitting, and then pick up the brush or marker and start painting with similar movements to your dancing. You may feel like making big sweeping strokes for more lyrical songs or fast small strokes for quick paced music. Switch colors often as the music's tempo changes, or when the song switches from the verse to the chorus. Make different paintings for the different songs, and after a few days have gone by, compare them. Can you tell what kind of music you were listening to when you made each work of art?



Expressive Activity 3

Take a trip to a local museum where you can see different types of art. If a museum is not available, look at local public art sculptures in parks or business centers. Look at the different pieces of art and think about how they make you feel. Does the work make you feel happy or sad? Does the work make you feel energetic or sleepy? What about the art makes you have these feelings? Is it the color, shape, size, design, or some other component? Once you have determined how this work makes you feel, try and figure out how the artist was feeling when creating the work. What do you think the artist was thinking while working on it? Why do you think the artist made it? Consider if the artist was trying to convey his/her feelings in the art, and if the expression included makes you feel the same way the artist felt, or different.

