



RAISE PRACTICUM EXEMPLAR ACTIVITY TEMPLATE

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Your Art Discipline: Visual Arts

Title of Activity: Drawing Your Feelings
Exemplar Focus: Warmup Activity
RAISE Connections: ☐ Social-Emotional Learning ☒ Healing-Centered Education ☐ Culturally Responsive-Sustaining Pedagogy
RAISE Principles: ☐ Community Grounding & Routines ☒ Creative Choice & Voice ☐ Emotional & Somatic Engagement ☐ Interpersonal Belonging & Relationships ☒ Reflection & Radical Imagination
Summary: This is a short warm up activity to help the students to be more connected with themselves, inspired and focus
Rationale: I used this activity as a warmup before starting the main activity. I use it in sites where I must teach during after school hours when students are a bit overwhelmed after a long day.
Goals: Students will be able to take a pause to reconnect with themselves through a moment with the eyes closed and focus on their breathing and heart, before to make a small warm up activity that help them to be more focus, refresh and inspire before to start the main activity.

Materials and Supplies Needed:

Black Markers and blank white paper

Outline:

This warm exercise is going to help you to be inspired and focused!

I give them a white blank piece of paper and a black marker ready on their table before starting. Students are directed to breathe 3 times, taking a long deep breath, inhaling through the nose and exhaling through the mouth. After few breaths, they close their eyes and take their hands to their hearts, keeping their eyes closed.

My prompts:

- Focus on your feelings, not your thoughts!
- How are you feeling today?
- Continue pls with your eyes closed

Explanation:

- Open your eyes and draw in the paper what you felt. This drawing must be a description of that feeling.
- Do it with the first thing that comes to you. It has to be like an impulse, and you must allow that impulse to guide you.
- It's having to be something completely spontaneous.
- This is an expression of that feeling. Not an idea, not a concept, just the feeling.
- You are going to have four -five minutes to complete your drawing
- How would you describe that feeling with your drawing?
- Draw an image that represents that feeling
- It does not have to be something specific.
- Do not worry about how it looks. It does not have to look correct.
- It can be a little of something that represents that feeling. For example, a flower, a heart, a star, a tree, an animal, or an object, like a toy, a stone. Or it can be something abstract, just lines that follow a movement or gesture.

After the activity is finished, I ask them how this activity felt for them, whether they liked it and why, and who would like to share what they created and have some feedback from the rest of the class.