

# 4 Art Activities that Support Social Emotional Learning

## Self-portrait collage

Use a variety of old magazines, newspapers or family photos to teach children how to cut out pictures of things that describe themselves or things that are important to them.



During the activity, encourage them to share why they included each piece. This is a great way to build confidence in themselves.

## Draw a special moment

Have your child or student draw a picture of a time or person in their life that was special to them. This gives them a chance to reflect and practice gratitude.



Consider creating a mini book of their artwork to showcase things they are grateful for.

## Paint the emotion

Discuss different emotions, such as sadness, anger, worry, and happiness, with your children. Have them find and paint with colors that they believe go along with each emotion.



Using colors to explore emotions in this way makes it easier for children to discuss and identify their feelings.

## Make art from nature

Working with natural materials, such as outdoor objects, helps soothe and ground us. You can find beautiful materials just by taking a walk outside.



Consider making wildflower bracelets or sun-catchers.