

SCHEDA ATTIVITÀ – FEELINGS IN COLOR

A cura di Marika Di Canio

Titolo: Feelings in color

Obiettivo:

To allow the students to express feelings and emotions in a personalized way and learn to accept and express both positive and unpleasant feelings.

Moreover, this activity provides the teacher/parent(s) with insight on the emotional state of the students and allows them to help those who may need support.

Attività in semplici passi

1. Presentation of vocabulary for colors with the use of flashcards (primary and secondary colors): show one card at a time and elicit/teach the color. Drill in different ways (e.g. repetition, imitation, chorus, individual, etc.) [5']
2. Vocabulary for feelings and emotions: with the use of flashcards or by miming them (happy, excited, surprised, sad, angry, tired). It's preferable to teach the kids to say *I'm happy, I'm sad*, etc. to promote chunking (extended lexical units). [5']
3. Drawing and Personalization: the students draw their face on a piece of paper and with the Q-tips (cotton swab), and the technique of pointillism, paint their picture with the colors representing emotions and feelings. [20']
4. Labelling: the students write the name of the colors next to them. [5']
5. Project: the students write their daily emotional journal: Today I'm _____ and _____. A sharing moment would be useful to promote acceptance of negative emotions and empathy towards others. [5' - 15']

Possible combinations feeling-color:

Happy = yellow

Excited = orange

Surprised = green

Sad = blue

Angry = red

Tired = purple

The teacher can add new vocabulary during the course for both emotions and colors.

Suggerimenti per i docenti e i formatori

- This activity can be repeated once a week to monitor the emotional patterns of the students and understand the possible emotional difficulties of the students.
- Over time, it promotes emotional understanding, acceptance and control.
- It allows parents and educators to have a broader understanding of the students' emotional state.
- It allows the teacher to add vocabulary, therefore being a constant source of learning. It can be used as a routine for the class without running the risk of becoming boring.

Tempo: 40'-60' (timing varies based on the age of the students, the number of lexical items presented and a possible sharing time with the whole class.)

Materiale: Flashcards for colors and feelings/emotions, paper, pencil, eraser, Q-tips, and paint.