

Arts Award Homework Project- How does this make us feel?

Recognising the range of emotions we all experience is central to our mental well-being, the foundation stone of the new Health Education guidance and crucial in any recovery or catch-up curriculum. This Arts Award homework project not only helps pupils to reflect on their emotions, but to see the value of time spent with family and friends and to understand the role that creative hobbies and interests can play in self care.

Gaining an Arts Award through a homework project is a unique way to encourage families to support their children and to build positive family relationships through creative home learning.

How to use: *How does this make us feel?*

- Explain the idea to your pupils
 - Have a class discussion on the creative things they do outside of the classroom and how the arts can make people feel
 - Show them the emojis and feelings palette and talk about the range of emotions we all feel
 - Quickly run through the idea of an Arts Award that recognises their efforts and the three parts of the booklet
 - Get them excited about the idea of this being a project to do at home that can involve anyone in the family who has time to join in

- Explain the idea to parents and family adults
 - Send home the 'Family adults sheet'
 - Send links to the online resources and booklet or a printed version
 - Remember to add your own instructions for getting the completed booklets back to you

- Think about whether there may be a way to share the booklets that come back, or just some of the examples of things children have done

Completing the booklet through the lens of our emotions

Use the question ‘How does this make me feel?’ as each section of the AA booklet is filled in.

Part A1 Discover the arts - This is an opportunity to link the arts that the children notice around them to how they make them feel:

- a film/theatre production that makes them happy
- a song because the music makes them sad or sleepy
- a painting of a beach because it makes them feel excited about going on holiday
- a public sculpture because it makes them feel curious

It is important that children understand that Art isn’t just paintings and pictures but is all around us through, theatre, dance, sculptures, books, poems.

Resources you could find useful here:

- Art in our collection resource on the Tees Valley Museums website (<https://teesvalleymuseums.org/theme/art-in-our-collections/>)
- Local art and artists on the Tees Valley Museums website (<https://teesvalleymuseums.org/theme/local-art-and-artists/>)

Part A2 Taking part in the arts- Here pupils create pieces of art that explore how they are feeling:

- writing a poem about feeling appreciated
- producing a painting about what they enjoy doing that makes them feel happy
- creating a sculpture or art work of someone or something they love

Part B Find out about artists - When choosing an artist children could be encouraged to choose someone they find inspires them or whose work makes them feel joyful or even pensive/sad:

- Van Gogh because his paintings are usually brightly coloured and make them feel happy
- a particular writer like Jeremy Strong because his books are funny and have happy endings, again making them feel happy
- a singer/songwriter whose lyrics make them feel sad or hopeful
- music where the tempo is upbeat and makes them feel like dancing

Part C Sharing your work

We would hope to share the work of the students as a collaborative piece. When they have submitted their files, we will be able to produce a short video of their work that can then be shared at school and with their families.

Whilst honest discussions around emotions need to be handled sensitively, there is great value in pupils sharing both their negative and positive feelings and learning to calibrate their own responses. The potential of creativity as a positive force for expressing emotions can be a very useful conduit for class discussions that need to resolve in a constructive way.