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Activity sheet

Expressing Emotions Through Art: Drawing

Duration: 35 minutes

Number of participants: 4 to 20 participants

Age : From 12 years

Material :

- A quiet place, preferably in nature (park, garden, etc.) or surrounded by natural elements (plants);
- Paint (watercolor, acrylic, oil, etc.);
- Brushes;
- Drawing tools (markers, pens, pencils, pastels, chalk, etc.);
- Paper;
- Collage materials (magazines, newspapers, cut-out images);
- Scissors;
- Glue.

Objectives :

- Be attentive to one's emotions.
- Cultivate one's creative spirit.
- To be able to use art to express emotions.
- To be able to take a critical look at one's emotions.



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Individual activities :

Art activity

Step 1: Preparation (5 min)

The facilitator hands out a blank sheet of paper to each participant. They are asked to choose a type of material for the activity (paint; felt pens; collage materials).

Step 2: Creating an image (20 min)

The young people must individually create/draw an image in the center of their paper that represents the emotions they feel in relation to climate change.

Step 3: Reflection (10 min)

The young people are invited to look closely at their creation and ask themselves the following question: do I have any messages and/or emotions that come to mind when I look at it? They write or draw these messages or emotions on one side of the image. Then they think about how the image helps them to express and/or overcome their emotions. And if not, what could help them? The young people write or draw what comes to mind on the other side of the image.

Collage Activity

Step 1: Preparation (5 min)

Magazines, newspapers, tape, and scissors are provided for the participants. Each participant has a blank sheet of paper.

Step 2: Creating the Collage (20 min)

Using the available materials, participants cut out, paste, and combine images and/or words that represent the emotions they feel in connection with climate change.

Step 3: Reflection (10 min)



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Once the participants have completed their creations, they reflect on what makes these words and images powerful. They question what the emotions expressed through their creation indicate. If they wish, the participants can tear and destroy their collage to symbolically release the emotions they have just expressed on the paper.

Group activity:

Group Thematic Drawing Activity

Step 1: Preparation (5 min)

In groups of 4 to 8, participants use a large sheet of paper to create an artwork on the theme of climate emotions. Each group chooses the artistic tools (brushes, markers, etc.) they are interested in to create their artwork.

Step 2: Creating the Artwork (20 min)

Taking turns, group members add whatever they wish to the sheet based on the theme, considering the following points: what images, words, and colors make you think of this theme?

Step 3: Discussion and Reflection (10 min)

Once the groups have completed their artwork, the facilitator asks each group member to share the emotions the artwork evokes for them and explain what they contributed and why. The facilitator also asks participants how doing this activity in a group differs from doing it alone. Finally, they discuss what the collective nature of the group activity means to them in the context of climate change.