



# Developing Social & Emotional Intelligence A Cross-Curricular Program for Schools



## WASHING THE WORRIES AWAY

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### Objective:

- Discuss worries collectively and exercise our emotions through the visual arts

### Materials:

- 9 x 12 heavy weight,
- white drawing paper,
- markers (Mr. Sketch or Crayola)
- coffee filter
- one water filled spray bottle

### Anticipatory Set

Reading Don't Feed the Worry Bug is the first step to introducing the character and the emotion of anxiety

### Motivation:

Review the emotion “worry” and write a worry cloud as a whole class.

### Procedure for Day 1

Have students place a coffee filter on top of their white piece of paper and flatten the filter down.

Next have the students write down their worries, in marker, onto the filter which then transfers through to the paper. All colored markers should be used and majority of the filter's area should contain color. As students create their pieces, encourage them to share their worries and solutions with their shoulder partners to promote a level of comfort.

Then you, as the facilitator, go around the room and spray each piece individually. This will now allow students to have an aesthetic experience for themselves. They will lift the paper as if carrying a tray and manipulate it like they would a game controller. The ink will mix with the water to produce new colors. This will be the moment in the lesson where they are able to “Wash Away Their Worries” and make a tangible connection so that then learning is more meaningful for them.

### Procedure for Day 2

**Materials- glue, scissors, filter, crayons, chalks or your media of choice**

Have the students utilize the dried white paper that has the print from the previous art class. Model drawing the image of Wince for the class and have each student render their own interpretation of the character onto their print.

Next, allow students to trace Wince in marker and complete the piece with additional materials. Each artist may add color through coloring techniques or by cutting the filter for collage.





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End the lesson with a voluntary critique of some of their pieces to share with peers and find similarities and differences.



Student Examples of Washing The Worries Away