



# FEELINGS COLLAGE

Making Feelings Collages is a great way to do a fun art project with your students, help them access their feelings, and get students to share with their classmates.

## Steps:

Give each student a piece of blank paper. They can use scissors and glue sticks to cut up and glue together magazines to make a collage.



Encourage students to choose an emotion before they start. They should think about the colors that are associated with that feeling. They should think about the things that make them feel that way. They should try to choose images that use that color, or images that make them feel that way. They can also cut out words to include as a part of the collage. The words can represent the feeling "cold" can on a Lonely collage, for example.

You can display the collages with or without students' names. Students can look at one another's collages and try to guess what the feeling is. They can talk about how the collage makes them feel.

They can also present their collages to the class and talk about the feelings they represented. The whole class can talk about times they have felt that way or things that make them feel that way.

Encourage students to take the collages home and talk to their parents about them, sharing their feelings with their families. It can start a lot of good discussions!