

Art With Heart

Option 1

“Create With Confidence”



Age Level:

4 - 10

Materials:

Art With Heart book by Julie Woik

Paper - Any type will do

(Heavy stock paper, extra-large paper, or canvas would be fabulous)

Paints or Pencils or Crayons or Colored Pencils

(Could even be finger painting if the children are young)

Discover:

Read Art With Heart together. Discuss the meaning of confidence and the value it has in everyone's life. Talk about how we build our confidence and what happens when someone loses their confidence. Talk about how someone might act if they don't feel confident. Now, discover a way to build confidence through creating a painting or drawing. Show the world what you can do!!

Activity:

Get out the paper and paint, pencils, or whatever you want to provide for the children to make their creations, and let the ideas flow! This gives children an opportunity to express themselves through art. Someone may be good at painting a landscape, another at drawing a hand, or yet another at using images and words to create a powerful message. This activity is designed for children to feel good about what they create.

Take Action:

After the creating is concluded...have the children check out all of the other creations. Have the children ask one another questions like:

“What made you want to create your art?”

“Why does something about your picture make you feel confident?”

“Is there a certain color that makes you feel more confident?”

“Do you feel more confident and comfortable drawing with pencil?”

Let everyone know that it's important to feel confident when creating something, as then the creation truly becomes **Art With Heart!!**