

Art With Heart

Lesson #5

Behavioral Issue:

Struggles with finding ways to express feelings

Objective:

- Students will learn that there are many ways to express your thoughts and feelings.
- Students will use their creativeness to write a song that helps them talk about something they're struggling with.

Materials:

Art With Heart by Julie Woik

Form for this Activity

Pen or Pencil

Activity:

Read the Art With Heart book to the student/s participating in this activity. Discuss the lesson of confidence. Hand out the activity. Help the student understand that there are many ways that someone can express themselves. A song is a great way to sing about our feelings. The student may make up their own melody or they could write their personalized song to an existing melody. Getting our feelings out is very important and will help us build our confidence. Sing is loud...sing it proud!!

Assessment:

Students will use their love of music to express their feelings regarding what is happening or bothering them in their lives. They'll realize that we all have personal feelings and issues, and it's important to find the avenue that works best of each of us.