

Expressing Emotions Teaching Plan

to accompany
The Way I Feel
by Janan Cain

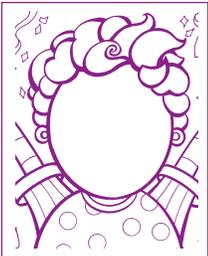
Introduction

Whether you're teaching art or using this art project as a way to help children express their emotions, Janan Cain's suggestions make it easy to show kids how to draw. You'll start with three characters from *The Way I Feel* which are reproduced on the accompanying handout. (You also can print this out from www.ParentingPress.com/wayifeel.pdf.)

This lesson is appropriate for children as young as 2 because of the simple shapes used. For older children, you can add more comments about emotions. For an art lesson, you can show well-known paintings and ask students to comment on how colors and shapes were used to evoke certain feelings. If this is part of a lesson on emotional literacy, you could conclude by having kids look at pictures in books or magazines and comment on the emotions being shown. You can also reinforce the art lesson by asking your students to demonstrate the simple techniques to their friends; author Janan Cain reports that most children are delighted to show how easy it is to draw feelings.

What Do You Say?

"I'm going to show you how to draw feelings on faces. Once you've learned how to draw emotions on these faces, you'll be able to draw them on *any* animal or person you create. We're going to start with very simple shapes: circles, ovals, triangles, straight and wavy lines.



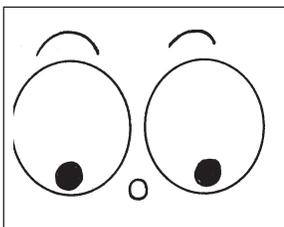
"It's easy to be happy and excited, so that's the face we're going to start with."

What Do You Do?

Open your eyes wide and say, "See how wide my eyes get when I'm excited?"

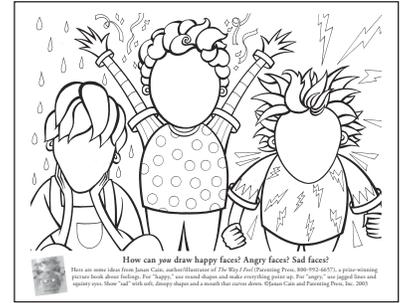
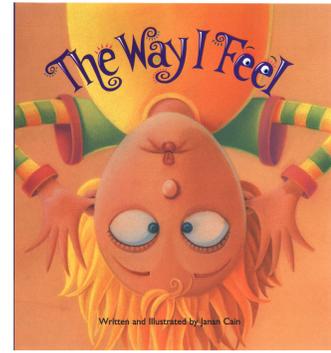
Ask your students to turn to each other and see how wide they each can open *their* eyes.

What Do You Say Now?



"Now let's see how wide we can make the eyes on our drawing. We want large circles, and inside them toward the bottom, small dark circles for the pupils of the eye.

"Next comes the mouth.

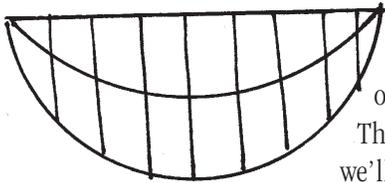


For stories about author/illustrator Janan Cain and her career and family, see www.ParentingPress.com/media.html

Materials Needed

- Handout for each child
- Colored pencils and erasers (crayons can be substituted)
- Oversize handout artwork for teacher (Enlarge the student handout by at least 200% or make an overhead transparency)
- Markers for teacher

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“We’ll use a huge half circle. We want lots of teeth showing because smiles are usually full of teeth. So let’s divide our half-circle in half. This will make it look like two bananas. Then we’ll draw vertical lines to illustrate teeth.”

“You can pick any shape you like for a nose. Janan Cain, the woman who created *The Way I Feel*, says she uses circles for her happy face’s nose.”



“As you finish your happy person, choose vivid, cheerful colors that feel bright and happy for the hair, clothes and background.”

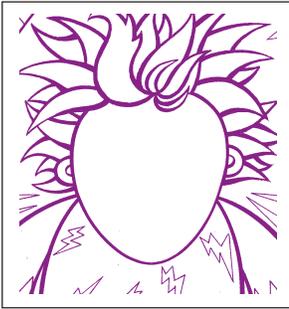
Angry Faces

“What’s the opposite of happy?”

If time and classroom behavior permit, let kids volunteer answers.

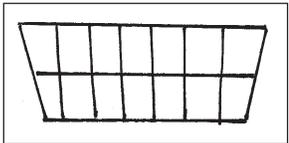
“That’s right, one feeling that is opposite of happy is angry.”

“When we draw angry faces, we use shapes that are the opposite of the shapes we used for happy. For happy and excited we use round shapes that are like the sun or bouncing balls. Now we’re going to use sharp, pointy, angular lines—shapes that make us think of lightning and daggers and slivers. Because another opposite of ‘angry’ is ‘calm,’ we’re going to pick colors that aren’t one bit calm: strong, bold colors like red and black.”



“Again, start with the eyes. Draw two triangles, with their sharp points meeting in the center. Put the pupils slightly under the top eyelid to emphasize the severe angle of the eyelid.”

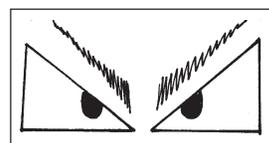
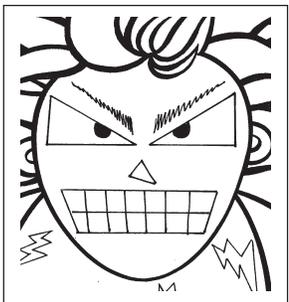
“Make your eyebrows angle down toward the nose to add to the severe feeling.”



“This mouth can be a rectangle divided in half. Vertical lines indicate teeth and make us feel as if this child is growling with anger.”

“For the nose of the angry child, use another triangle.”

This keeps all the shapes on this face sharp--nothing soft or gentle.”



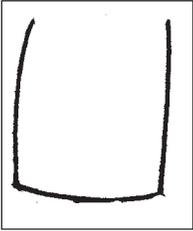
Sad Faces

Now, if time permits, again ask your students, “We’ve talked about how angry can be an opposite of happy. What’s another feeling that is opposite of happy?”

“That’s right, another opposite of happy is sad. We’re going to finish this project with a sad face. For this, we need sad, droopy, sagging shapes—we need to draw the way you feel when you’re dragging through the day, when you feel ‘down’ and ‘blue.’ And we need dull, gloomy colors—blues and grays that show how we feel when we’re sad.”

Make a pathetic sad face and look at your group as if you’re going to cry.

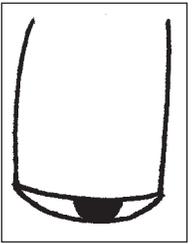
“It takes a lot of work to communicate sadness with eyes. I’m going to start with two U shapes for eyelids. I close the tops of these U shapes with a gentle curved line or with hair (as in our sad face).



“Under each eyelid, I draw another curved line to create a white space for the pupil of the eye. Make the pupil a dark shape, but not a perfect circle. It should look like a dot that is partly hidden by the eyelid.”

Now ask your group:

“What is the opposite of a happy mouth?”



Someone in class will say, “An upside-down smile.”

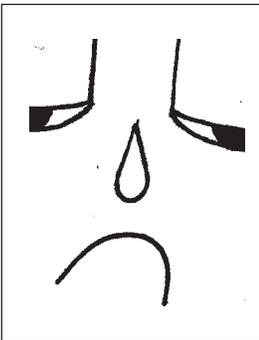
Make a sad mouth and then say, “Yes, and that’s what we’re going to draw here with an upside-down U.

“Now it’s time for the nose. Your nose can be any shape, but I’m going to use a shape that really means sad. When we’re sad,

what do we sometimes do?”

Wait for children to volunteer, “Cry.”

“That’s right, sometimes a tear drop slides down our face. I’m going to take a tear drop from my face [point to eye and trace path of hypothetical teardrop to nose area] and make that the nose for my person.”



Conclusion

“Now, what have we learned?”

“That each one of us can create very dramatic expressions (optional: pause and make at least two different faces) with very simple lines and shapes like circles, rectangles, triangles, and the letter U.

“Now we know how to draw pictures that show how we feel.

“And we also know how to draw feelings for the characters in the stories we write.”





How can *you* draw happy faces? Angry faces? Sad faces?

Here are some ideas from Janan Cain, author/illustrator of *The Way I Feel* (Parenting Press, 800-992-6657), a prize-winning picture book about feelings. For "happy," use round shapes and make everything point up. For "angry," use jagged lines and squinty eyes. Show "sad" with droopy shapes and a mouth that curves down. © Janan Cain and Parenting Press, Inc. 2004. To download this handout for educational purposes only, see www.ParentingPress.com/wayifeelplan.pdf.

