

ArtLab+

The art featured in this leaflet was made by pupils from Earlsmead Primary School, North London supported by artist Shepherd Manyika and art therapist Sarah Furneaux-Blick. Our ArtLab+ projects explore new approaches to learning. Experimental art making and guided discussion is used as a way into emotional learning.

What is Emotional Learning?

We all share basic human emotions. Being in touch with our feelings and understanding what causes them is important. Emotional learning takes this a step further by exploring how we see ourselves and how we imagine we are seen by others. Thinking about these themes helps us to form more equal relationships and identify the qualities we need to focus on in order to live well together. This is a lifelong process – we never reach the end of this kind of learning!

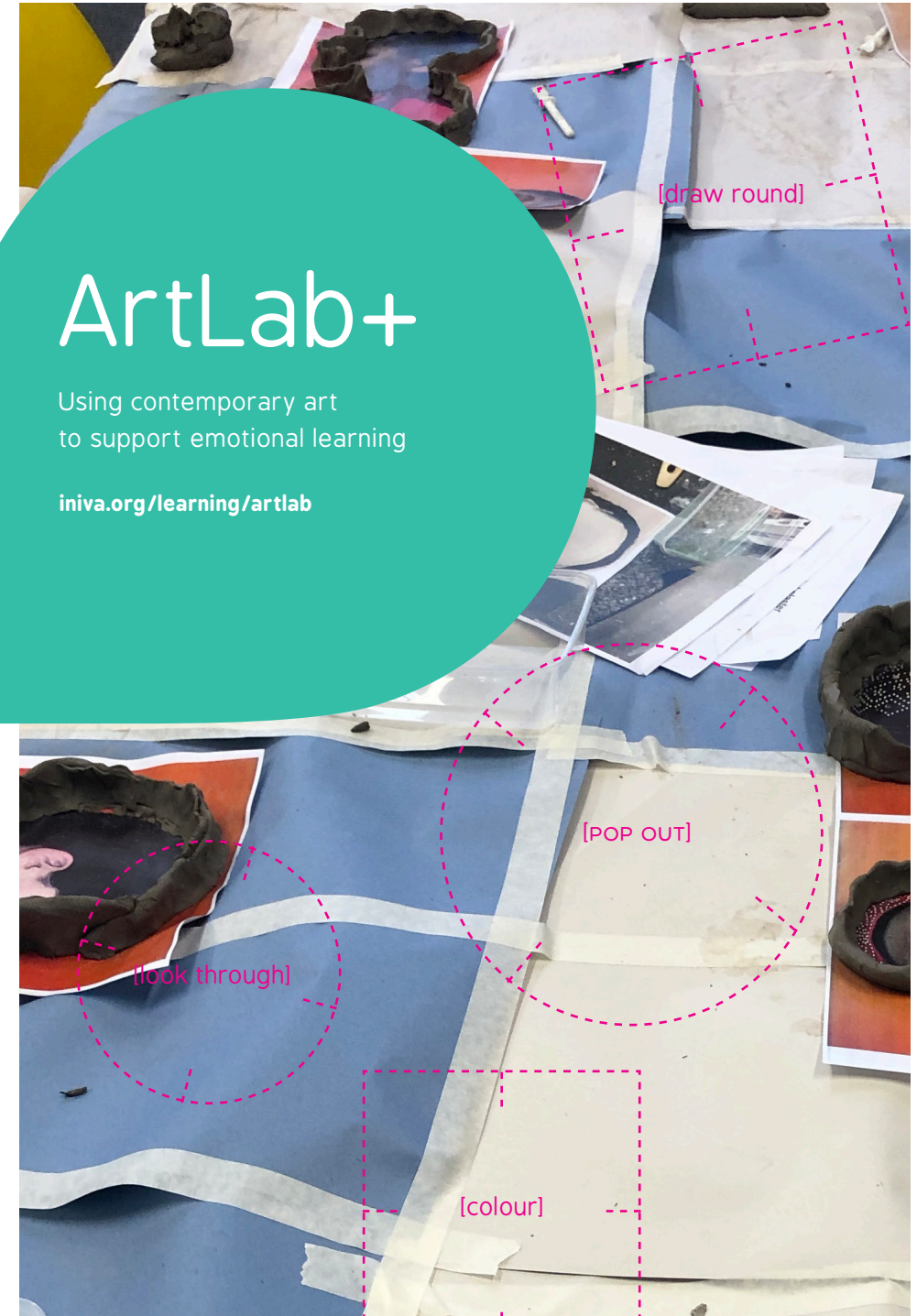
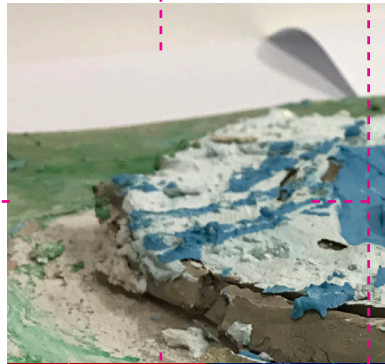
Making art encourages us to look closely at the world around us and think more about it. It also helps us to learn about ourselves and our emotions in an enjoyable and playful way. This leaflet transforms to help you make three different art activities and think about how

you're feeling. You can do this on your own, with friends or with family.

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Using contemporary art to support emotional learning

iniva.org/learning/artlab

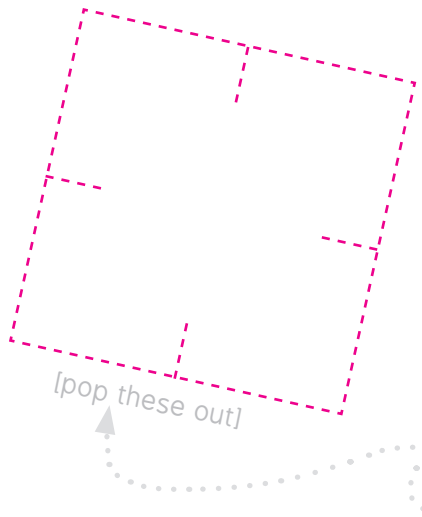


Activity 1 Stencils and patterns!

Pop out the **dotted shapes** (save them for later!). The empty spaces left behind are now stencils and can be used to create patterns.

Lay the stencils on a piece of paper and colour inside the popped-out shapes using paints, crayons or pencils.

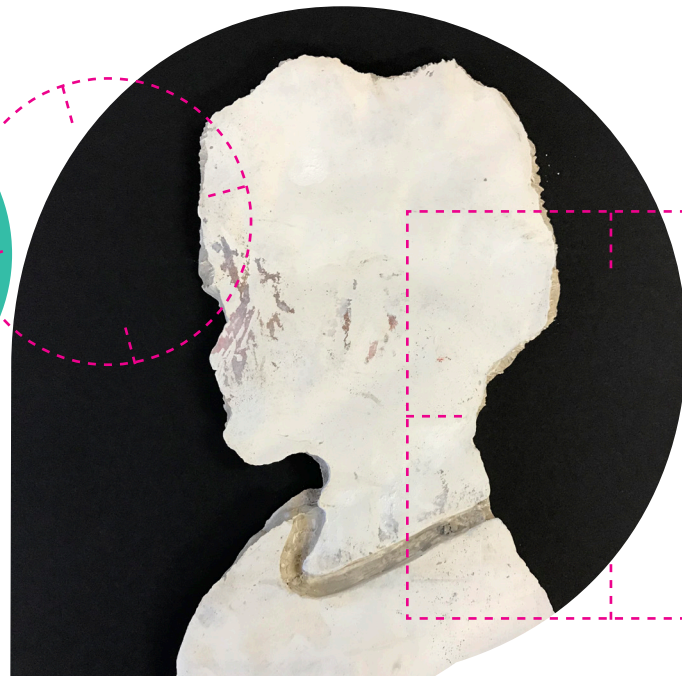
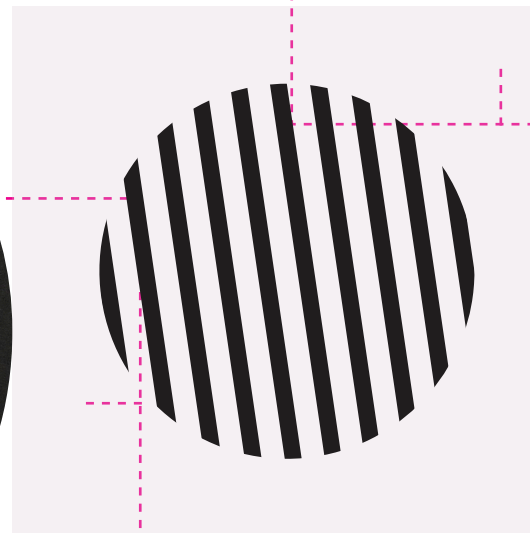
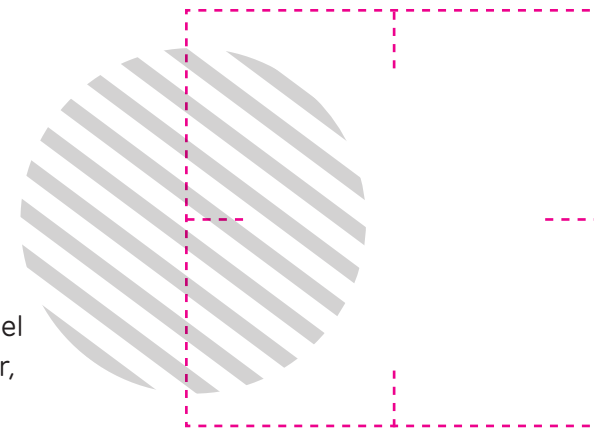
Try this with all the shapes using different colours, overlapping and repeating to create patterns. If working with others take it in turns to make your patterns and talk about what you are making: is your pattern busy or calm, fun or serious?



Activity 2 Paper sculptures!

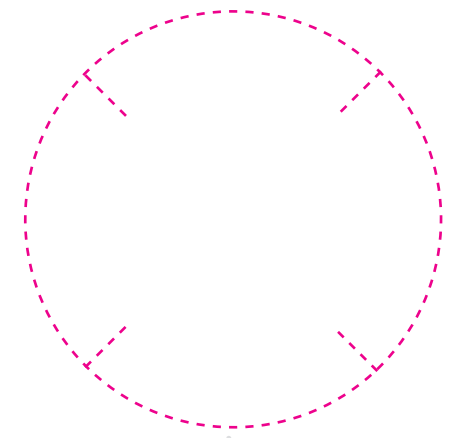
Your popped out shapes can be coloured in and slotted together to make a sculpture. How you feel can be expressed through colour, patterns and words.

Ask yourself or your friend, parent or carer how they feel right now. You could suggest that they write their feelings on the shapes or choose colours which match how they are feeling. Carefully snip or rip along the lines and slot the shapes together to create your mini sculptures.



Activity 3 Looking at the world differently!

The stencils are also little frames you can use to view things around you in new ways. Look through each shape, hold it close to your eyes and further away, draw what you see or take a photo through the frame. If working with others, take turns to look through and talk about what each of you see.



We all need to practice sharing our experiences with others in ways we are comfortable with. This might be through making art, talking, dancing or writing songs. Share pictures of what you've created and find out more about us through our learning pages at www.iniva.org. We'd love to hear from you!