

Choose 4:

fear
anger
peacefulness
power
joy/joyfulness
stress
pain
confusion
distress
depression
illness
love
comfortableness
delight
friendliness
creativity
jealousy
cheerfulness
gratitude
irritation
generosity
compassion
doubt
bravery
pride
wisdom
hunger
loss
imagination
forgiveness

**or choose an emotion
not on this list**

Emotion drawings: expressive mark-making

(Please read through all of the instructions before you begin)

1. Choose 4 or more emotions from the list of words you've been given. You will make one painting for each emotional state you choose. Do a 5th, if you have extra time.

Write these down in your journal, and on the back of each of your canvases. Do one at a time, following these directions:

2. Return to the last time you felt this emotion: Read the emotion on your canvas, for example "anger". Think back to the last time you were really angry. Was it explosive, or icy cold? Messy or shattering? A slow smolder? Remember. Imagine you are feeling that emotion again, that it is flowing first deep inside you, then flowing down into your arm, into your hand, and onto the canvas, where the marks emerge and express how your emotion felt.

3. Make your marks with paint, colored markers, pastels or colored pencils, in any way you can, using only the language of color, texture and pattern: use any tools, including your fingers— fast lines, slow lines, splats, smears, watery, thick, light, dark, smooth, rough, broken, flowing, overlapped—whatever feels right for what you are trying to express.

Skip "realistic" images: no raindrops, hearts, stars, numbers, words, or other symbols. The emotional expression will more effectively and freely emerge from the marks on the paper or canvas, via the visual language of color and texture.

4. Take as long as you like to do these. **Try not to censor or judge your marks.** Your aim will be to make visual marks that express your inner feelings. This process is the basis to all good

art—authentic truth first, then technique. There is no "right" or "wrong" way to do these paintings, no "good" or "bad" art. Each painting will be right because it is true for you. They will be symbolic of the feeling you have, giving that emotional sense a visible form and structure.

5. When you are done, spend time with each one, and write in response to it in your journal. You can also write about why you chose the emotions you chose.