

# Disagreeing Well - Visual Arts (Expressive Arts)

## Aim:

To learn about negative thoughts and emotions and how we might manage them

## Activity description

Pupils will analyse monologues from Our Place to identify different emotions and their impact on the characters. They will use this to reflect on the ways in which emotions affect people's words, behaviour and choices.

## Main activity:

Choose one of the monologues from Our Place found in this education pack. Read or listen to the monologue, then map out words you think best represent what the character is feeling throughout the monologue.

Think about how the character's emotions changed throughout the monologue. Were they, for example, happy, sad, frustrated, confused, excited, sad, angry? Pick six words and note them on the template sheet below under 'emotions key'.

Assign a colour to each of the emotions you have written down.

Use the template shape (see below) and colour it in using the colours of the emotions you thought your chosen character showed throughout their monologue.

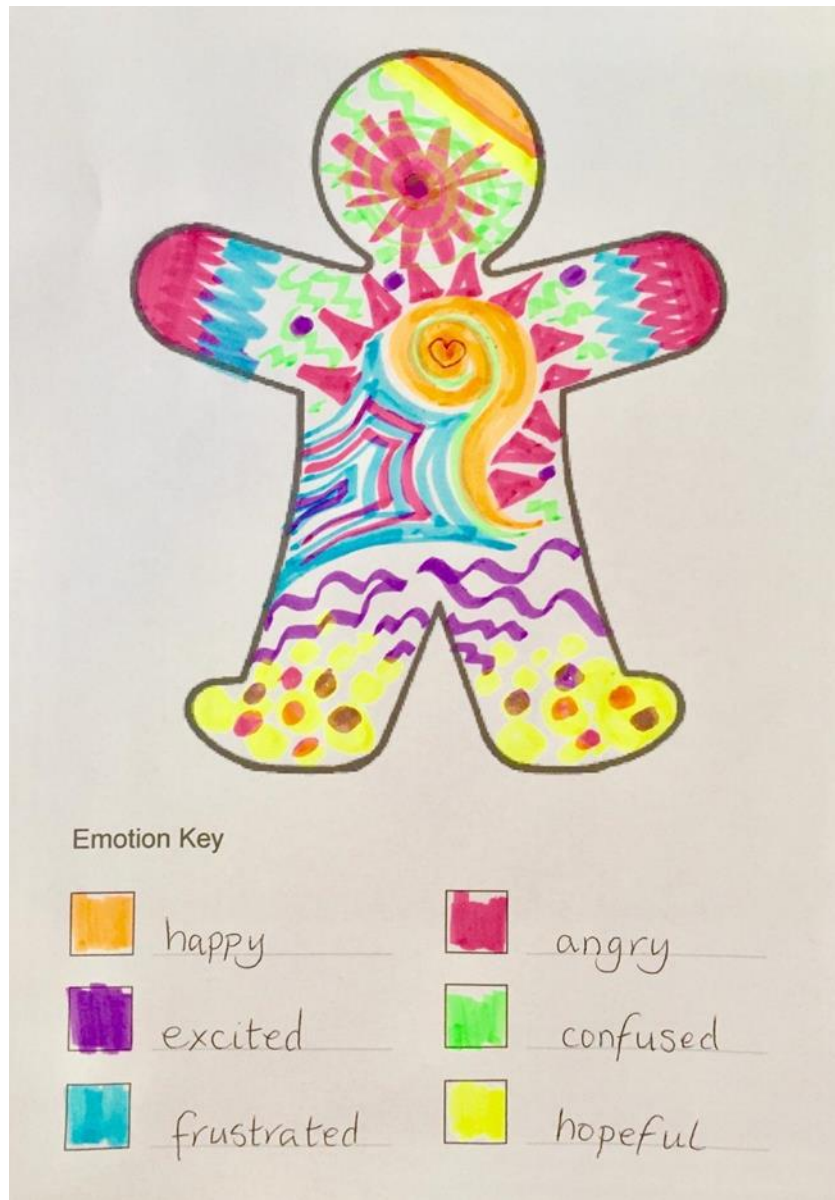
See if you can make marks and shapes which you think show the emotions you are recording in the template shape.

Which emotion did you have most of? Was it a positive or a negative emotion? Why do you think this is?



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Here is an example;



From this colouring you can see that there are many emotions inside a person, but you wouldn't necessarily realise this from how they look on the outside. What does this colouring tell you about how all these different emotions make someone feel? Can you always tell how someone is feeling from how they look?



Emotions Key

 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

# Visual Arts (Expressive Arts)

## Extension activity:

Lots of happy and positive emotions inside of us make us feel good; we laugh more, and feel hopeful and positive.

When we have lots of negative emotions inside of us, it can make us not feel very nice.

Sometimes these emotions can make us believe bad things about ourselves, which are really not true. We can think of these as negative thoughts or black clouds. To make ourselves feel better we can turn them into positive thoughts or white clouds with our own superpower!

On the following 'Changing your thoughts ...' sheet you can learn how to: Catch it, Check it, Change it!

Work through the sheet and see for yourself how you are in control of how you feel. It takes practice but you can do it!

## Time required:

Up to an hour

## Materials required:

Paper, coloured pens or pencils.



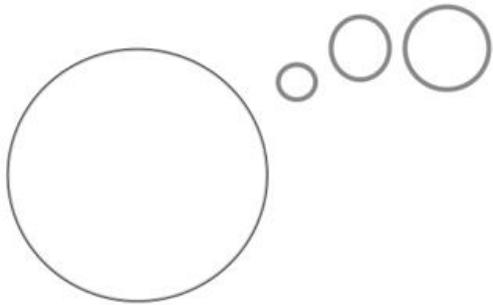
# Changing your thoughts....remember to



**Catch it** What were you doing when you had the bad feeling?  
Write or draw a picture below...

## Check it

How did it make you feel?  
Draw your face and write the feeling word below.



What was your automatic negative thought?  
Write it here in the thought bubble.

## Change it

What would be a more helpful way to think about it?  
Write it here in the thought bubble.



How would that make you feel differently?  
Draw your face and write the new feeling word below.