

# EXPRESSION THROUGH LINE

People in  
Education

By: Cyrah Dardas, Lead Teaching Artist

## GOAL: EXPLORE AND EXPRESS EMOTIONS

### GUIDING QUESTIONS:

- What feelings are you experiencing?
- What does it *look* like when you feel that way?

### MATERIALS:

- Paper
- Ruler
- Black Pen or Marker

### STEPS:

1. First identify how we are feeling. How do you feel today? Name at least two feelings you want to express.
2. Place a piece of paper horizontally on the table. Using your ruler, find the center of your paper and draw a line top to bottom.
3. Now your page is separated in two sections. Write the two feelings you have identified today at the top of the pages.
4. Using only the black pen or marker, express how each emotion feels through a drawing on the corresponding side of the paper. *Some emotions might be harder to express than others!*
5. Reflect: Reflect on our drawings, what are you trying to evoke? Was one easier or harder? Why?
6. Discuss: Pair up with a friend or family member. Take time to share your drawings and then explain the emotions you are feeling with each other.
7. Optional: Make it a guessing game. See if your partner can guess the emotion you drew!