



Paint a Tee Hee Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Fabric paint / pens
- ▶ The Paint a Tee Hee Children's Worksheet

L.O:

- ▶ To understand the importance of expressing yourself.
- ▶ To be able to match certain colours with certain emotions.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the children discuss what colours and words they think represent certain emotions, and why.

MAIN TEACHING (10mins)

In this session we are going to be discussing different emotions and pairing them with different colours. Ask for volunteers to share what they think the main emotions are and tell them to express that emotion to you.

Some of the core emotions are: Sadness, fear, anger, joy, excitement and disgust. These are the emotions that people usually automatically express in response to a given situation. Which is why it can sometimes be very difficult to hide how we are feeling. Because whilst we may be saying one thing, our facial expression or body language may be saying something entirely different.

Ask the children to suggest why it is bad to bottle up your emotions. Some suggestions could be “causes stress”, “it's bad for confidence” or “can affect memory”.

Now ask for volunteers to suggest ways in which we can express our feelings and emotions.

MAIN TASK - Say it With Style (15mins)

GUIDANCE – The activity that we are planning for the children to do during the summer requires them to use one or more old t-shirts. Make sure they ask their parent or guardian if they can use a t-shirt to decorate. If not, maybe they can just design one.

Tell the children that using fabric pens, (or just permanent markers) they are going to be designing a t-shirt that represents one or more emotions, that they can wear when they are feeling such a way, to better express themselves.

Have them think about what each emotion may represent to them; the colours, images or words that they might want to feature on their t-shirt/s to make it clear what emotion it is portraying.

DID YOU KNOW!

Lots of different materials are used to make t-shirts, such as leather, gold and even human hair.



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CHILDREN'S SHEET

Design a t-shirt that represents one or more emotions, that you can wear to better express yourself. If you can't say it with words, say it with style. Think about the colours, images and words that you think would best portray certain emotions.

