



Yearlong Objectives

- Express oneself in words and art.
- Work as an ensemble.
- Understand the power and importance of uniqueness.

Essential Questions

- What can I do when I feel uncomfortable?
- Why is it important to exercise self-compassion?
- What are the warm and cool colors?

Lesson Objectives

- Create a three-dimensional topographical map sculpture.
- Identify uncomfortable emotions as they relate to physicality.
- Practice strategies of self-compassion with uncomfortable emotions.

National Arts Standards

- Formulate an artistic investigation of personally relevant content for creating art. (VA:Cr1.2.6a)
- Design or redesign objects, places, or systems that meet the identified needs of diverse users. (VA:CR2.3.6a)
- Contribute ideas and accept and incorporate the ideas of others in preparing or devising drama/theatre work. (TH:Cr2-6.b)



Materials needed

Topographical maps from Lesson 3.4, acrylic paint, paintbrushes, cups of water, paper towels



Time needed

90 minutes



Vocabulary for this lesson

Social-Emotional: *compassion, self-compassion, comfortable, uncomfortable*

Visual Arts: *sculpture, collage, warm colors, cool colors*

Theatre: *ensemble, body*

Social Studies: *topographical map*



Warm-Up Phase (15 minutes)

Circle: Favorites question: *What is your favorite holiday?*

Optional follow-up question: *How are you feeling right now? Use an emotion word*

Team-building game: One-Word Story, Level 5 (see [Team-Building Games](#))



I Do/ We Do (20 minutes)

Explicitly Teach

- Recall strategies for working with uncomfortable emotions. Either have students discuss with a partner or as a whole group.
- Review what happened in the last class. Have students define _____, _____, and _____.
- Explain what is meant by _____. *Artists use color wheels to help them make decisions about what colors to add to their work. Cool colors describe the colors on the blue half of the color wheel, including blue, green, and violet. Warm colors describe the colors on the yellow half of the color wheel, including yellow, orange, and red.* Have students sort a few colors according to whether they are warm or cool.
- Ask students to think about whether uncomfortable emotions feel warm or cool to them. Tell them there is no right answer, but they should try to make a decision before we begin to paint.

Keep in Mind

- Go over norms for an art space. *Art space needs to be safe, respectful and calm. What needs to happen to ensure everyone feels that way?*
- We will be using paint. *Some of our materials today can be messy. What can we do to make sure that our clothes stay neat and we keep our environment clean?*
- Some students might finish early. *What are some ideas for things to do if you finish before others in the class?*



You Do (55 minutes)

The project, step-by-step

- Decide whether uncomfortable emotions feel more warm or cool to you.
- Take the topographical map from Lesson 3.4. The highest areas of the map should be the places where you feel intensely uncomfortable emotions.
- Start at the highest part of the map. You will be painting in circular lines, just like on a real topographical map.
- Using acrylic paint, paint the highest part of the map the color that feels most uncomfortable to you. If you feel like you uncomfortable emotions are warm, for example, paint that part of the map red, orange, or yellow.
- Paint a circle around the highest point in a color that is in the same palette. (For example, if you picked red for your first color, add another warm color.)
- Paint a circle around that in the same palette.
- Continue adding circles in your color palette until you reach the bottom of the “mountain.” Then switch to the other color palette.

Extensions: Create a separate, two-dimensional topographical map, showing areas of discomfort with horizontal lines instead of clay. Use color palettes in the same way.

Closure: Students walk around and look at each other’s sculptures. Have students share overall observations about the class’s work.

Optional Writing Prompt: Which map we created was your favorite? Why?



Big Picture

We are all done with our map unit! You can take your maps home and create your very own atlas.