

SEL-Focused Painting Lesson Plan: Exploring Emotions Through Nature Scenes

Grade Level: 9-12

Subject: Art (Social-Emotional Learning Integration)

Location: Wyandanch High School

Lesson Title:

"Painting Peace: Expressing Emotions Through Nature"

Learning Objectives:

By the end of this lesson, students will be able to:

1. Use brushstrokes and blending techniques to create a nature-themed painting.
 2. Reflect on and express personal emotions and stories through artistic choices.
 3. Collaborate in a supportive environment, sharing and discussing their creative process with peers.
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Materials Needed:

- Canvas or heavy-duty paper (1 per student)
 - Acrylic paints (variety of colors)
 - Paintbrushes (small, medium, and large)
 - Palettes for mixing colors
 - Paper towels and water cups for cleaning brushes
 - Examples of nature scenes for inspiration
 - Reflection journals or worksheets
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Lesson Duration:

90 minutes

Lesson Outline:

Introduction (15 minutes)

1. Warm-Up Discussion:

- Begin with a brief discussion about how nature can evoke different emotions (peace, joy, calmness, etc.).
- Ask students to think of a time when they felt connected to nature and how it made them feel.

2. Lesson Objective Overview:

- Explain that the goal is to create a nature-themed painting inspired by their emotions, using techniques such as blending and brushstrokes.
- Highlight the SEL aspect, emphasizing that this is a personal, reflective process with no “wrong” outcomes.

3. Demonstration:

- Show examples of brushstroke and blending techniques to create elements like skies, grass, and flowers.
 - Briefly paint a simple meadow scene to illustrate the process.
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Main Activity (60 minutes)

1. Planning and Sketching (10 minutes):

- Have students lightly sketch their nature scene on the canvas, keeping in mind the emotions they want to convey.
- Encourage them to add their personal twist (e.g., unique flowers, a specific time of day, or weather).

2. Painting (45 minutes):

- Students begin painting, using blending techniques for the background (e.g., sky and grass).
- Guide them as they add details like flowers, trees, or other elements that represent their emotions.
- Circulate around the room to provide feedback, encouragement, and technical support.

3. Reflection and Cleanup (5 minutes):

- Ask students to pause and reflect on how their painting represents their emotions or a personal story.
- Clean up materials and prepare for sharing.