



# PAINTING WITH FEELING

**SOMETIMES WE FEEL  
"HAPPY" BY TERESA  
WEGRZYN**

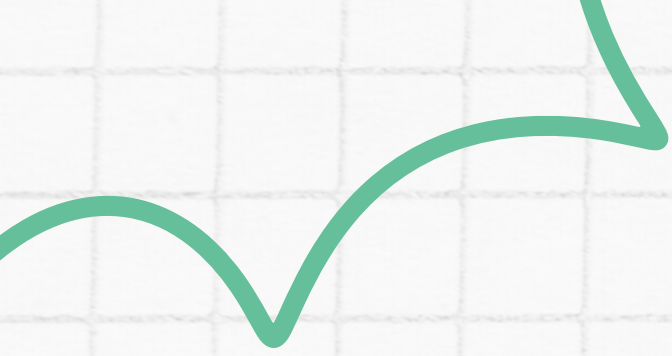


**THE LIGHTING**

**THE COLOURS**

**THE FOCUS**





# A HAPPY COLOUR

01

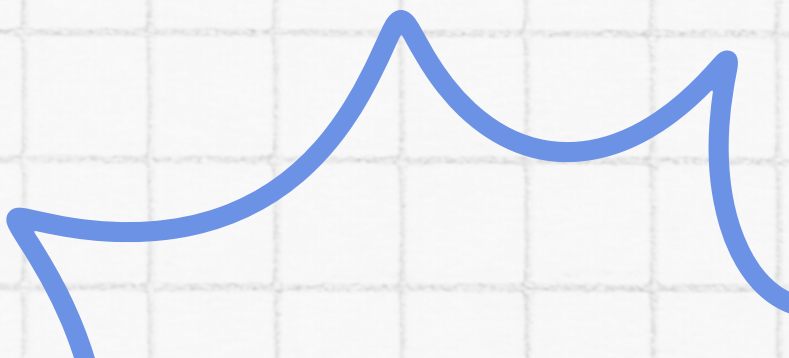
Section your paper in half with a line.

02

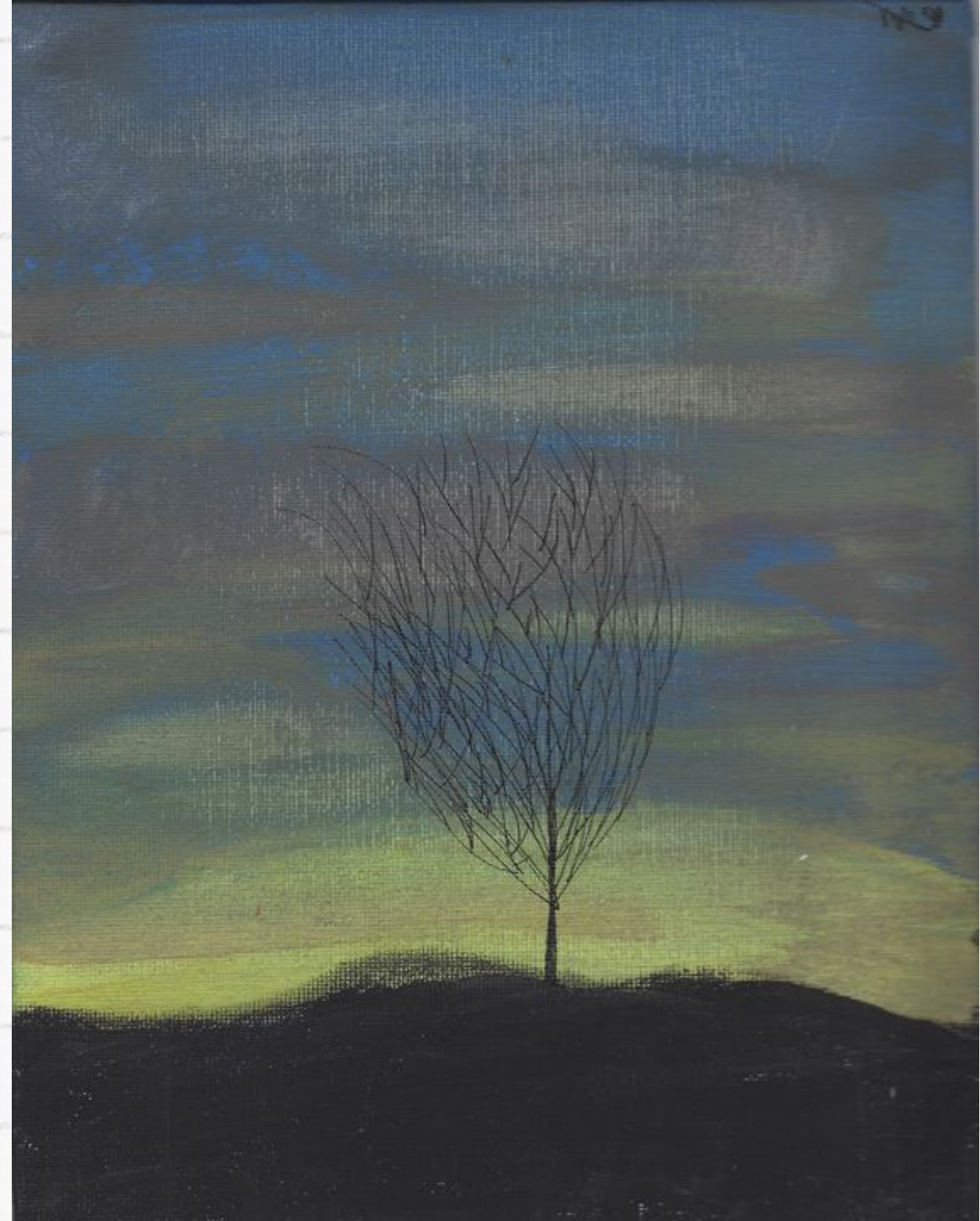
Think of a colour that makes you feel happy! Make a colour palette

03

Paint for 5 minutes using this colour whatever comes to mind!



**SOMETIMES WE  
FEEL SAD LIKE THIS  
"SAD LITTLE TREE"  
BY THE DEVILS ART**



**THE COLOUR  
PALETTE**

**THE FOCAL  
POINT**





# A SAD COLOUR

01

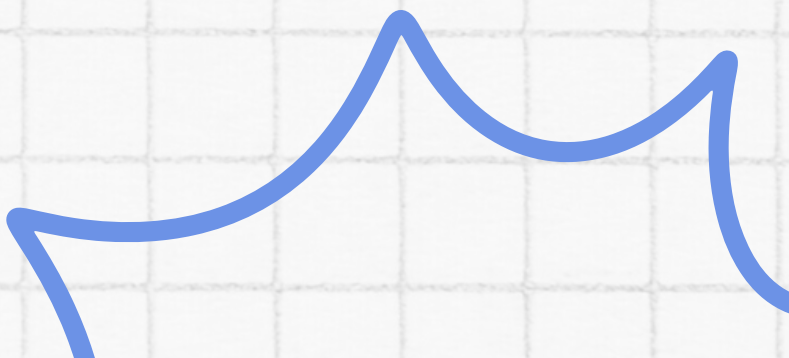
Think of a time you  
felt sad.

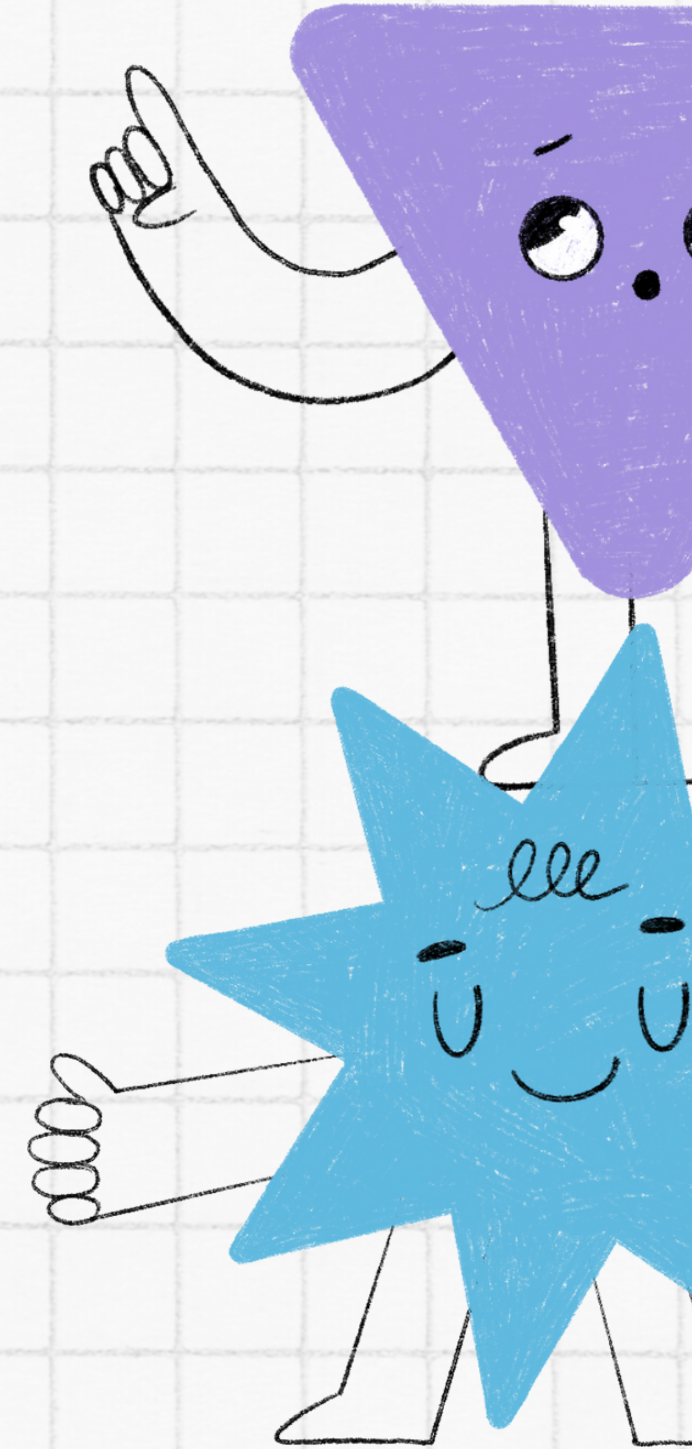
02

See what colours  
your drawn to and  
make a colour  
palette.

03

Paint for 5 minutes  
using your colour  
palette you chose.



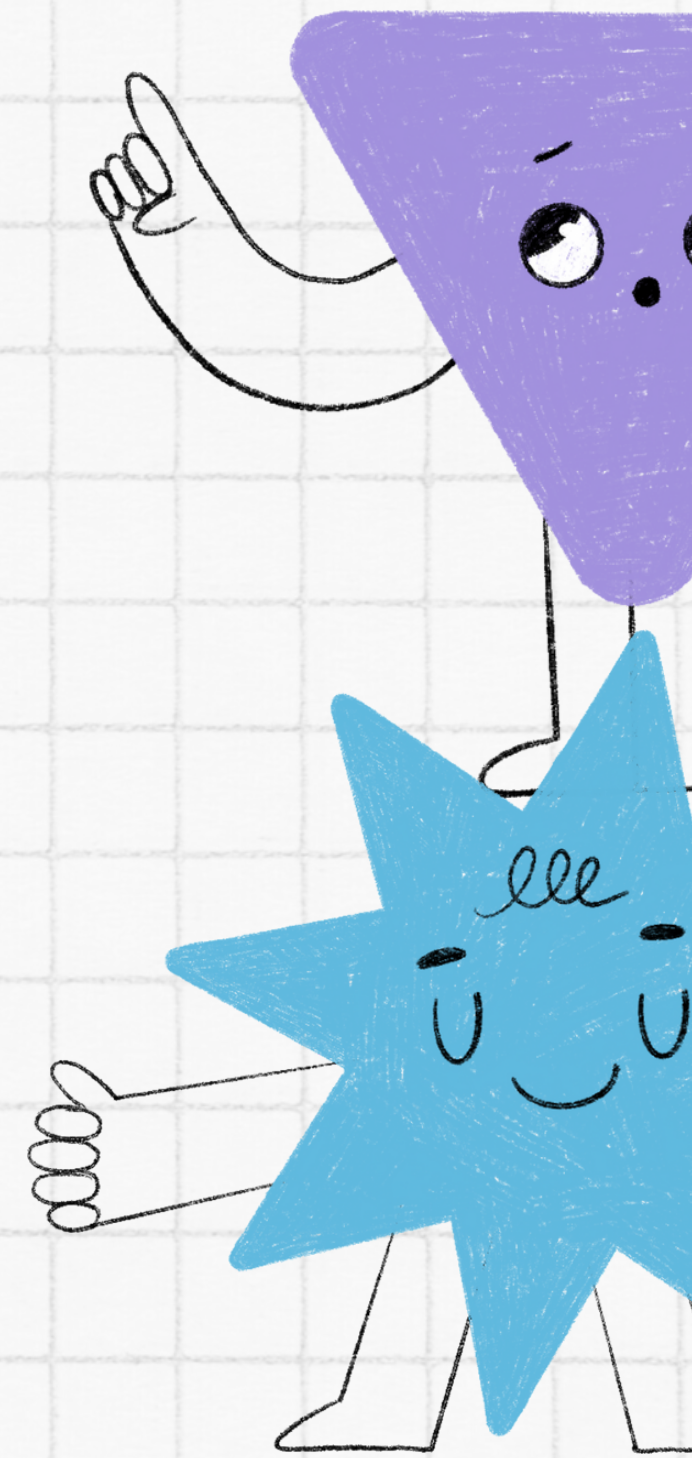


**FOLLOW ALONG!**





**NOW THAT WE FEEL CALM!  
LET'S PAINT HOW WE ARE  
FEELING TODAY.**





# HOW DO YOU FEEL?

WHEN WE MAKE ART WE CAN SHARE OUR FEELINGS THROUGH OUR WORK!



"SAD LITTLE TREE - THE DEVILS ART ." ARTPAL,  
[HTTPS://WWW.ARTPAL.COM/THEDEVILSART?I=217564-9.](https://www.artpal.com/theDevilsArt?i=217564-9)  
ACCESSED 13 JUNE 2023

THE MINDFULNESS TEACHER. "RAINBOW RELAXATION: MINDFULNESS FOR CHILDREN." YOUTUBE, YOUTUBE, 6 MAY 2020,  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=I1BBI-BT9C4](https://www.youtube.com/watch?v=i1BBI-BT9C4).IN-TEXT

WEGRZYN, TERESA. "HAPPY." FINE ART AMERICA, FINE ART AMERICA, 13 MAY 2017, [HTTPS://FINEARTAMERICA.COM/FEATURED/2-HAPPY-TERESA-WEGRZYN.HTML](https://fineartamerica.com/featured/2-happy-teresa-wegrzyn.html).