

Grade Level: Daisy

Feeling Drops

Medium: Water Color

Visual Art Standard:

Skills & Technique
Creation & Communication
Applications to Life

Vocabulary

Emotions, Pipette, Red, Orange, Yellow, Green, Blue, Purple

Art Element: Color

Objectives:

Discuss feelings, recognize them for what they are, express them and regulate them. Give girls the language to express how they feel. Associate colors with moods. Introduce the technique of Drip Painting.

Supplies: Washable Liquid Watercolors, Transparent Vinyl Placemats, Plastic Transfer Pipettes 3ML, 3 oz clear plastic cups, 8-1/2" x 11" watercolor paper, laminated color mood charts (print out attached)

Preparation:

Prepare each station with a vinyl placemat, pipette, piece of paper, and 7 cups (can be shared between 2 Daisies). Add a very small amount of liquid water color (red, orange, yellow, green, blue, purple) to 6 cups - the 3 oz cups should be less than a quarter of the way full. Add an ounce of clear water (for rinsing the pipettes) to the 7th cup.

Optional 1: If you have access to a white board or poster board and colored markers, create a visual aid. Draw an angry face and a heart in red, a sunshine and a smiley face in yellow, a peace sign in green, a tear drop and a sad face in blue.

Optional 2: accompany this activity with the background sound of water drops ([youtube.com Water Dripping in Cave 3 - Realizing Nature Sounds](https://www.youtube.com/watch?v=3-RealizingNatureSounds))

Procedure:

Part 1: Lesson about colors and feelings
Part 2: Drip Painting Activity
Part 3: Discussion

Part 1 (Read Aloud):

Has a field of sunflowers ever made you feel happy? Has a rainy gray day ever made you feel sad? Colors can influence our moods and our feelings.

As artists, we can use colors to express our emotions! That leads us to a very important question... What is an emotion? (Encourage girls to answer aloud.)

An **emotion** is a person's inner feeling. Some examples of emotions are anger, fear, joy and guilt. There are many ways to express our feelings and emotions appropriately. If you're happy, you smile. If you're joyful, you may dance. If you're sad, you sometimes cry. If you're afraid, you may ask someone for a comforting hug.

What emotions have you had today? There are no right or wrong answers!
(Encourage girls to answer the following questions aloud.)

How did you feel after you woke up?

Did everything in your morning go smoothly?

Were you excited to come to Girl Scouts?

Were you nervous?

Were you excited and nervous at the same time?

Everyone has different emotions. Sometimes, we can feel more than one emotion at the same time. Our emotions don't always feel good. There are no right or wrong feelings. But, there is a healthy way and an unhealthy way to express our emotions. In our activity today, we are going to learn a healthy way to express how we are feeling.

In art, colors represent moods.

We can be artists and use colors to express our moods, feelings, and emotions.

Listen closely to what the colors can mean:

Red can mean Anger, Red can also mean Love

Orange can mean Nervousness, and Orange can mean Excitement

Yellow can mean Surprised, Yellow can also mean Happy

Green can mean Jealousy, and Green can mean Peaceful

Blue can mean Sad, Blue can also mean Calm

Purple can mean Disgusted, and Purple can mean Proud

Our emotions don't always feel good. Anger or Sadness can make us feel yucky inside. But we can acknowledge our emotions and release them. We are going to practice letting our feelings drip out of us. Fun fact: some of the most famous artists in the world made some of their best artwork when they were feeling sad.

Part 2 (Read Aloud):

During this activity we will think about our feelings, add color to them, and make something beautiful out of them.

We are going to make a Drip Painting out of water colors and a pipette. Drip Painting can be a fun painting technique to explore different colors and moods simply through dripping paint onto paper. (Encourage the girls to pick up the pipette)

A **pipette** is a tube that scientists use to measure and move liquids. We are going to use the pipette to pick up water color and drop it on our papers. We are going to pinch the pipette lightly so we just get a few drops of water color at a time. We are going to pick colors that represent our emotions. Remember, we can feel many emotions at the same time. No emotions are right or wrong.

Here are the instructions:

Pick your colors slowly, and focus on decorating your paper with drops, one at a time. You can make a pattern. You can use as many colors as you feel like. You can notice what happens when the drops of water color mix with each other on the paper.

This paint is called “liquid water color”. Be careful so you don’t flood your paper with too much liquid. When paper gets too wet, it falls apart. So choose your colors thoughtfully, use the pipette slowly, and you won’t flood your paper.

When you’re done using a color, drip the rest of the water color from your pipette back into the cup and rinse it out with clean water.

Allow the girls several minutes to focus on their Drip Paintings. Encourage them to work slowly and think before they pick their colors. Remind them to pinch the pipette lightly and rinse their pipette between colors. Assure them that it is okay to leave some white paper showing.

The Drip Paintings are done after the majority of the paper is full of color.

Part 3: “My Feelings Have Colors”

Take turns sharing about each Drip Painting. Go around the room and let each girl explain which colors she chose and what kind of emotions her drip painting makes her feel.

Questions to ask:

What colors did you choose to use?

Did any colors represent your mood? Which ones?

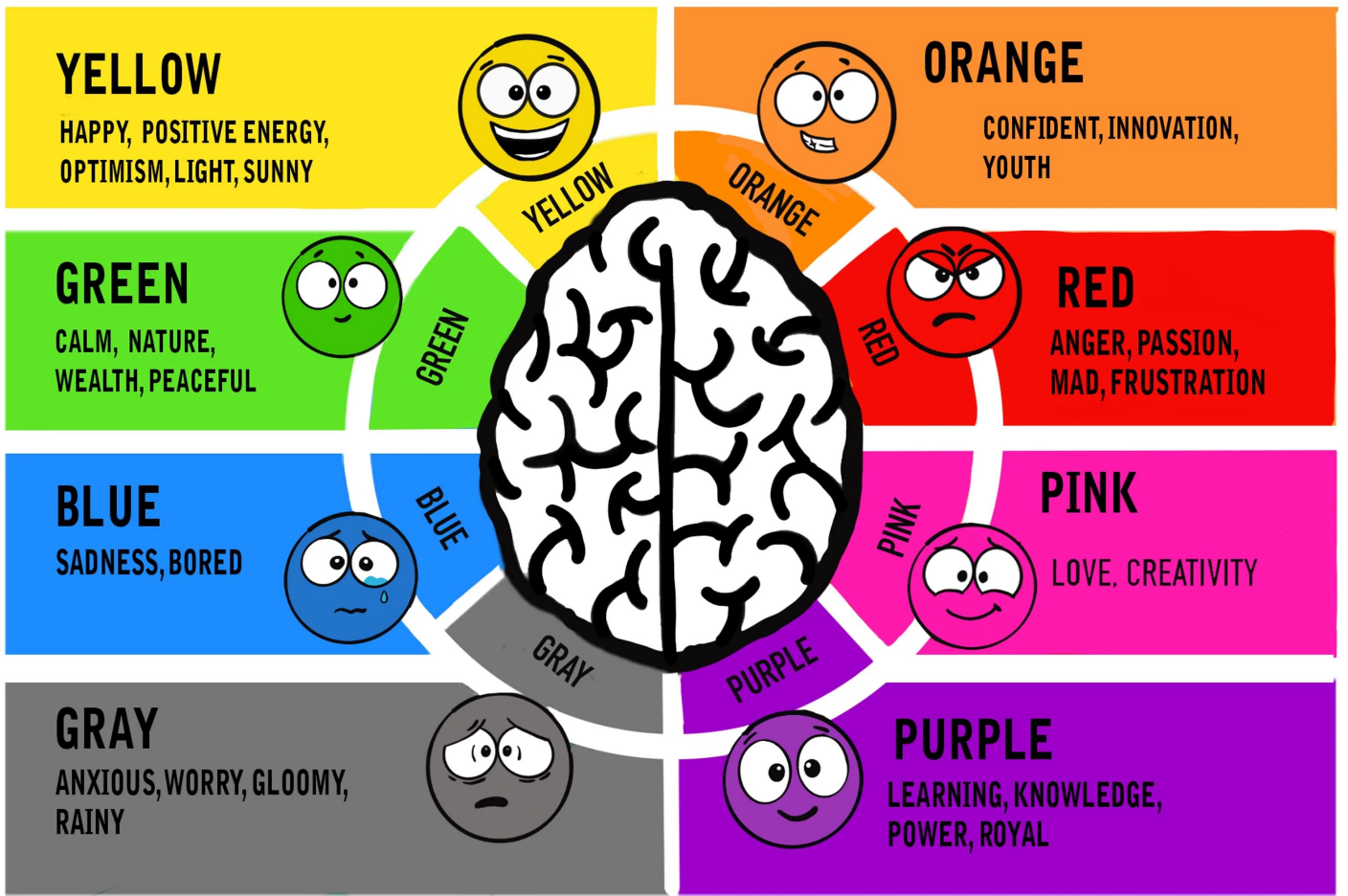
Place papers on drying rack or allow to dry in place for 15 - 20 minutes.

Real Life Reference

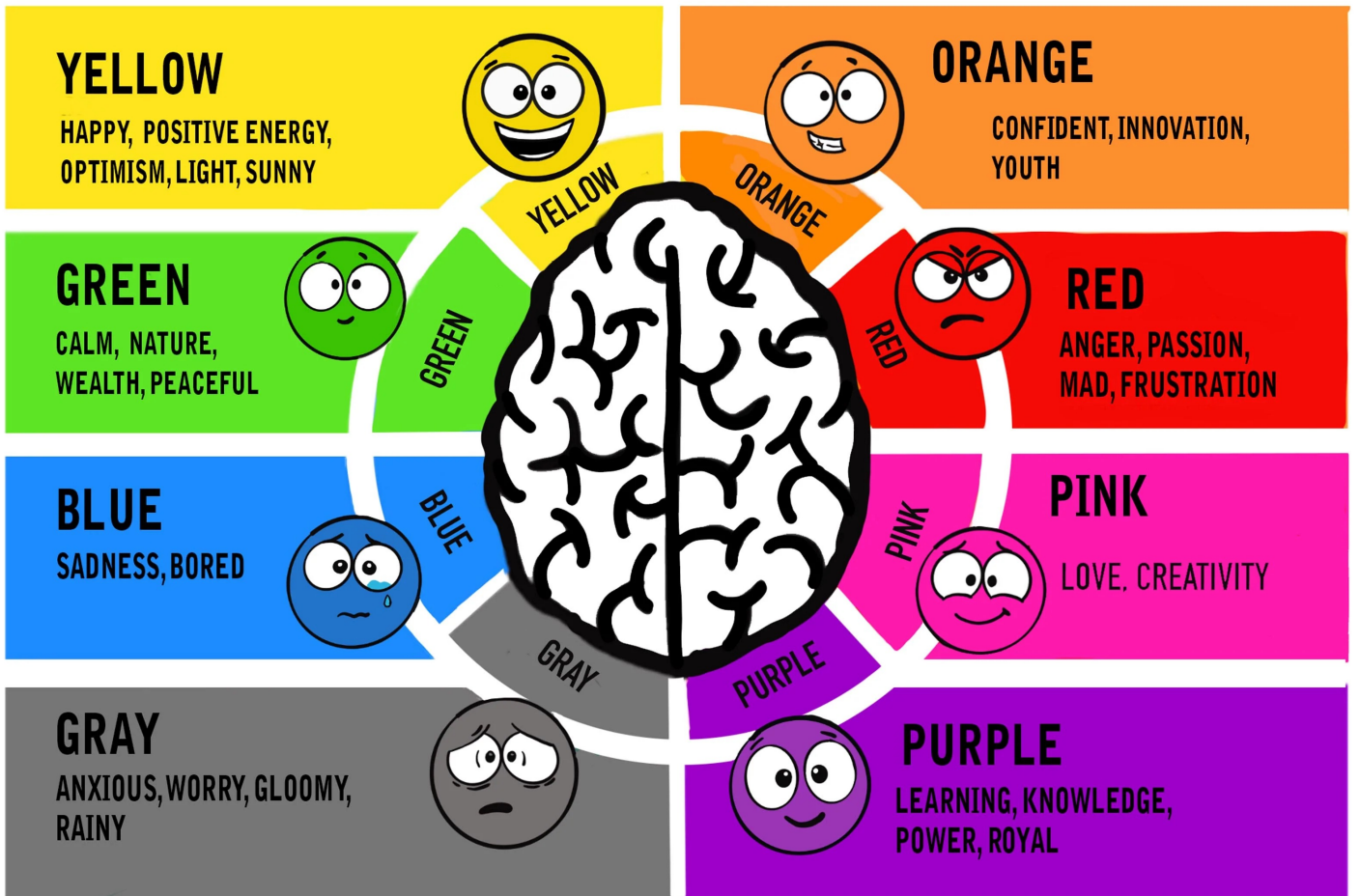
Female Abstract Expressionist: Janet Sobel (May 31, 1893 – November 11, 1968) was a Ukrainian-born American Abstract Expressionist painter whose career started mid-life, at age forty-five in 1938. Sobel pioneered the drip painting technique that directly influenced Jackson Pollock.

She began experimenting with drip painting long before the style was made famous by Jackson Pollock. Sobel was self-taught and made her paintings on scraps of paper and cardboard boxes, often blowing paint around the canvas or using glass pipettes in lieu of brushes. Her impact on Pollock and the Abstract Expressionist movement secured her place in art history.





Source: A Little Spot and Color Psychology Poster by Diane Alber



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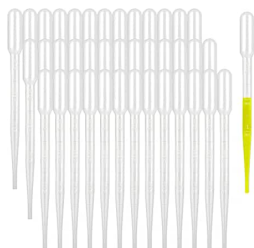
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