

Materials	Paper, markers
Learning Outcome	Identify how creative arts can support self-management and utilize an art form to cope with a problem or strong emotion.

## Description

Explain to the child that being creative can support you with coping with problems and strong emotions. Examples of ways to be creative to cope with problems and strong emotions include music, art, dance/movement, writing, and drama. Ask the child to choose one of the ways to be creative and communicate their feelings using the chosen art. The child could dance or move to an uplifting song, write a story about a character that is having strong emotions, act out how they are feeling, or choose another way to express themselves.

Ask the child to create something that could either help them cope with a problem or strong emotion, or express how they are feeling. Invite the child to share what they created with you and ask them how they feel after being able to express themselves this way.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Why do you think being creative can help you to cope with problems and strong emotions?*
- *How did you feel after sharing what you created?*