



## Art with Emotions

Educational activity for ages 3–5

■ 3–5 anos

*This activity uses art as emotional language, helping children name, express and understand their own feelings.*

### ■ Objectives

- Develop emotional vocabulary
- Use art as an expression of feelings
- Create safe space to talk about emotions

### ■ Materials

- Paints (gouache or watercolor)
- Large sheets of paper
- Thick brush and sponge
- Apron (the mess is part of the magic!)

### ■ How to do it — step by step

1. Before starting, ask: "How are you feeling today?"
2. Show that colors can have feelings: "red can be anger or love"
3. Ask them to paint how they feel right now — no rules!
4. While painting, ask about the colors they chose
5. When finished, ask them to tell the story of their painting
6. Keep the artwork — it's an emotional memory forever!

### ■ Fernanda's Tip

*Never correct or direct what the child paints. Free expression is the goal. A "messy" painting can be the most honest of all!*

*Paint with the colors your heart chooses!  
"Children are the color and light of our lives"*

— Fernanda Lucio | Pitanga Kids

