

## Social Emotion Learning and Drama

*A creative approach to building school and life skills*

HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

### EXPRESSIVE TREE

**DESCRIPTION:** Teaching artist Ms. Clara demonstrates how students can define and express feelings through drawing.

**GRADE LEVEL FOCUS:** 2-6

**SEL FOCUS:** Emotions (Self-Awareness)

NHES.7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

**ACTIVITY:** Drawing

#### TO PREPARE:

- Preview the video before sharing it with your students to best help you introduce the activity.
- Students will be drawing after the video. They will need paper and drawing utensils (colored pencils, crayons, markers)
- Ideally, you will play music (see suggested links below) as students draw to inspire their expressive drawing.

#### LINKS to suggested music

##### ANGRY

Heavy metal instrumental:

<https://www.youtube.com/watch?v=BxDiQhNO780>

Hip-hop instrumental

<https://www.youtube.com/watch?v=mE9CeoqnsqI&list=RD3LSSbBRnOC0&index=3>

Piano instrumental:

<https://www.youtube.com/watch?v=60LLKmpgzRM>

Cinematic build-up instrumental:

<https://www.youtube.com/watch?v=-qzO3aZmk6s>

Classic Rock Instrumental (Rush- YYZ):

[https://www.youtube.com/watch?v=LdpMpfp-J\\_I](https://www.youtube.com/watch?v=LdpMpfp-J_I)



##### SAD

Hauser- Adagio for Strings (Bardet)

<https://www.youtube.com/watch?v=Hc8gYoXkLZ4>

Piano instrumental:

[https://www.youtube.com/watch?v=zMvCfm\\_AjYo](https://www.youtube.com/watch?v=zMvCfm_AjYo)

Rap instrumental:

[https://www.youtube.com/watch?v=e4eAewSP\\_Z8](https://www.youtube.com/watch?v=e4eAewSP_Z8)

Reggae Instrumental

<https://www.youtube.com/watch?v=bUALBcCUvps>

Reggae Instrumental 2

[https://www.youtube.com/watch?v=QPeyMrRG\\_ag](https://www.youtube.com/watch?v=QPeyMrRG_ag)

Christina Perri- A Thousand Years (Piano/Cello Cover)

<https://www.youtube.com/watch?v=QgaTQ5-XfMM>

**SCARED**

Panic, suspense Instrumental

<https://www.youtube.com/watch?v=8IJOvVWnTfE>

Afraid (Instrumental)

[https://www.youtube.com/watch?v=E2VH4xX\\_YmA](https://www.youtube.com/watch?v=E2VH4xX_YmA)

**CONFUSED**

Awkward

<https://www.youtube.com/watch?v=BXeq713R444>

**HAPPY**

Happy Music YouTube Channel - hours of instrumental upbeat music

<https://www.youtube.com/watch?v=QyiTgBiFIYo&t=334s>

Hip hip Instrumental Beat

<https://www.youtube.com/watch?v=ovJSA-vJrYk>

Reggae Instrumental

<https://www.youtube.com/watch?v=yTnRdOqyic0>

**EXCITED**

Flo Rida- Good Feeling Instrumental

<https://www.youtube.com/watch?v=ODtVGJ1-4ps>

311 - I've got a good feeling Instrumental

<https://www.youtube.com/watch?v=q2umXBMQhUo>

(with lyrics:

<https://www.youtube.com/watch?v=ggMH9vpC60c> )

Panic at the Disco- High Hopes Instrumental

<https://www.youtube.com/watch?v=H4r2sdqFg>

Instrumental

<https://www.youtube.com/watch?v=TiQ7aug-GwI>

**PEACEFUL / CALM**

Relaxing Instrumental

<https://www.youtube.com/watch?v=YxfnUPqWV0k>

Hip hop Instrumental

<https://www.youtube.com/watch?v=1MEY2gWFFOI>