

## **Arts Integration Lesson Plan**

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### **Name of Lesson: Color Me Unique ("Me" mandala)**

Unit/Topic: SEL, classroom management, getting acquainted (beginning of year orientation activity)

Grade: 7

Date: August 2016

#### **Core Content State Standards:**

1. Engage effectively in a range of collaborative discussions
  - a. Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text, or issue under discussion.
  - b. Acknowledge new information expressed by others and, when warranted, modify their own views.
2. Analyze the main ideas and supporting details presented in diverse visual media formats and explain how the ideas clarify a topic, text, or issue under study

#### **Social and Emotional Learning standards:**

Identify one's emotions

Maintain an accurate and positive self-concept

Recognize individual strengths

Experience a sense of self-efficacy

#### **National Core Arts Standards:**

Anchor standards:

Conceiving and developing new artistic ideas and work.

Interpreting and sharing artistic work.

VA: Cr1.1.7a

Apply methods to overcome creative blocks.

VA: Cr1.2.7a

Develop criteria to guide making a work of art or design to meet an identified goal.

VA: Cr2.1.7a

Demonstrate persistence in developing skills with various materials, methods, and approaches in creating works of art or design.

VA: Cr2.3.7a

Apply visual organizational strategies to design and produce a work of art, design, or media that clearly communicates information or ideas

**Objectives/Expectations:**

*Students will be able to:*

Create balanced symmetrical drawings using sensory imagination and relaxation techniques that require self-reflection and personal insight

**Materials and helpful resources:**

"What do you Stand For" image

[https://www.google.com/search?q=what+do+you+stand+for&safe=strict&espv=2&biw=1600&bih=795&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjF-6O3udrOAhUQ82MKHfWyBXcQ\\_AUIBigB#imgsrc=eoGny7bGDapnJM%3A](https://www.google.com/search?q=what+do+you+stand+for&safe=strict&espv=2&biw=1600&bih=795&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjF-6O3udrOAhUQ82MKHfWyBXcQ_AUIBigB#imgsrc=eoGny7bGDapnJM%3A)

Copy of image for students

Various paint sample cards or cut up pieces of colorful construction paper

Color Poem template

Color guided meditation <https://www.youtube.com/watch?v=IMfp1S1UbMs>

Examples of student mandalas

<https://www.pinterest.com/search/pins/?q=student%20mandalas&rs=typed&0=student%7Ctyped&1=mandalas%7Ctyped>

Copy or drawing paper

Various sizes of plates, cups, or circles in general

Smudge-free pencils, colored pencils, or markers

TED Ed on finding balance: <https://www.youtube.com/watch?v=WNI-L6QNfVQ> (for teacher and perhaps kids and it portrays pictures from the local Burning Man event)

**Time frame: Approximately 2 hours**

**Classroom setup:**

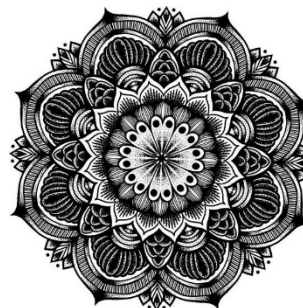
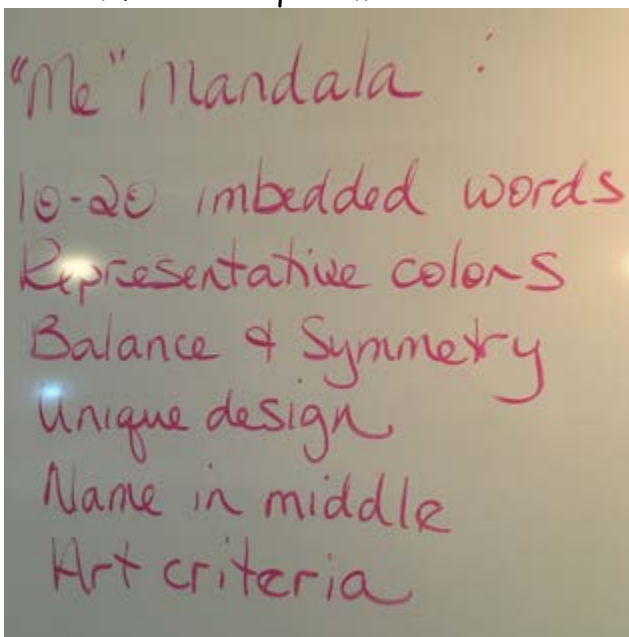
Small groups (4-6) for help and guidance. Floor lamps and string lights on to create a relaxing atmosphere.

**Hook/Anticipatory Set:** What do you stand for? What words best represent you and all that you are? List.

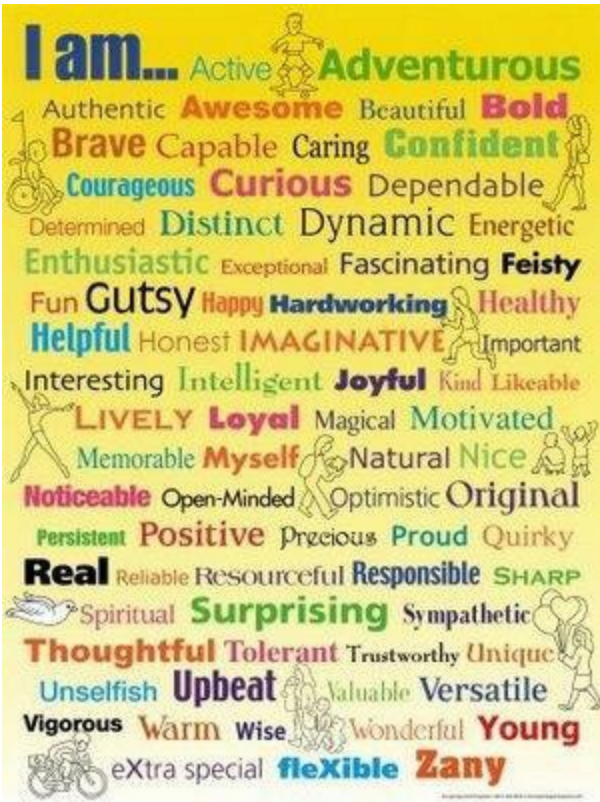
## Lesson Plan:

1. As the kids come in, hand them a copy of "What do you Stand for?" and have it projected on the board. Ask them to please review the words and think of a few words that BEST represent them and their values. Choose ONE and please select a paint sample color card that best represents that word.
2. Explain how color is such an important mood trigger or receptor. Discuss color in our lives. Complete the "Color Poem" and discuss how colors have emotional and experiential associations too.
3. To take the idea of color one step further, ask the kids to get comfortable in their seats or on the floor. Invite them to close their eyes and do the short color meditation.
4. Distribute drawing paper to each student. Show some examples of different mandalas and explain that mandalas are a form of art therapy to honor the concept of balance because of symmetry. The student will complete their own unique mandala that best represents in design, colors, patterns, and power words embedded within the mandala. In the center they will have their name.

### Mandala Requirements:



5. Offer the kids a few more word ideas. For example:



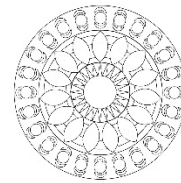
**Assessment/Checking for Understanding/ Evaluation:**

“Me” Mandala

Name/period:

Requirements:

- \_\_\_\_\_ 10-20 imbedded words
- \_\_\_\_\_ Representative colors (justified to group)
- \_\_\_\_\_ Balance and Symmetry
- \_\_\_\_\_ Unique design
- \_\_\_\_\_ Name in the middle
- \_\_\_\_\_ Art Criteria (neatness, good use of space, editing, details)



**Self-regulation Reflection:**

What did you learn about yourself by completing the mandala?

What relaxation and balancing tools from class served you best? Why?

Are there any habits that you will take from all this and perform regularly? What?

