

Free Draw



Lesson developed by Crayon Collection

Objective

Students express their emotions and feelings by drawing freely. The lesson will begin with a mindfulness warm up.

Age Kindergarten and up

Time 35-45 mins

Focus Social Emotional Learning (SEL), Mindfulness, Healing, Self-Discovery, Visual Arts (Color, Line, Form, Shape, Space)

Material

- Crayons
- 2-3 pieces of paper

Core Standards

- Social Emotional: Self Management - Attention control (maintain optimal work performance)
- Visual Arts: Creating - Engage in exploration and imaginative play with various arts materials

(See below for a full list of standards.)

Opening (10 mins)

Distribute crayons and paper to each student. Explain the free draw activity.

- *Today we will be doing a free draw. The only rule is that you have to draw-draw-draw for the entire time! You can draw scribbles, lines, circles, or a masterpiece, but your crayon has to be moving on the paper the whole time. That is the only rule!*
- *Strange right? Usually, in school, teachers ask you to follow specific directions very closely and to do everything they say. Today, we will have one rule: draw what you want for the entire class.*

Before we get started, let's begin with a mindfulness activity.

- *Close your eyes and sit quietly*
- *With your eyes closed let's take a few big breaths together. Ready?*
- *Inhale (for 5 counts) and exhale (for 5 counts) – exhale everything out. Good, let's do it again, Inhale, Exhale. Inhale, Exhale. Inhale, Exhale. Good. Let your mind settle.*

- Now, with your eyes closed, on your next inhale, tighten your fists—tighten, tighten, tighten them—then on the exhale, let them go.
- Now, let's do the same thing but this time with your whole body. Inhale, tighten everything, arms, legs, tummy, hands, fingers, and toes. Exhale, release everything.
- Let's do one more final big breath together: Inhale and exhale, let everything out. Good!
- You may open your eyes.

Instruction and Guided Practice (5 mins)

Launch into the free draw. The lesson is intentionally open ended to allow students to explore.

Step 1: With your crayon on the paper, begin drawing – draw anything! It can be a doodle, scribble, or design, you can use one crayon or many different colors. Just don't stop drawing!

Step 2: If students are stuck, you can show them examples from the resource page or ask them the following questions:

- *If you were to draw happiness what would that look like?*
- *What about excitement? Frustration? Sadness? Anger?*
- *What color would those feelings be?*

Work Time (15-25 mins)

Circulate the room and help students as needed. Encourage students to keep going, even if they are just drawing dots. If they are getting stuck, suggest they draw something abstract. Use questions above.

Countdown the remaining time so they know how much time is left in the activity. When time is up, ask students to stop where they are even if they are not finished and put their crayons down.

Closing (5 mins)

Ask students to share their drawings with a partner and to reflect on the activity.

- *Was it fun?*
- *Would you want to do it again?*
- *What kinds of things were you thinking about when you were drawing?*

Extension

2nd-5th Grade: Free drawing is an appropriate challenge for all ages. To expand the activity, have students write about the experience of free drawing. Feel free to use the reflection questions from the closing to help students get started.

Philosophy

Art is an essential tool for early childhood development. Studies have shown that art education helps to increase comprehension of STEM and literacy concepts as well as offering students an outlet to process trauma, develop self-discipline and self-management, and interpersonal relationship skills. Active engagement in the arts can yield positive benefits in social and emotional growth. The art lessons developed by Crayon Collection are meant to support this growth.

Standards

Social Emotional Competency

Self Management

- Monitor progress toward personal and academic short- and long-term goals
- Manage personal and interpersonal stress
- Attention control (maintain optimal work performance)

Relationship Management

- Communicate effectively

Visual Arts Standards

Creating

- Engage in exploration and imaginative play with various arts materials.

Connecting

- Create art that tells a story about a life experience.

CRAYON COLLECTION

COLLECT -> CONTRIBUTE -> CREATE

Additional Resource

