SEL THROUGH THE ARTS
&
ARTS INTEGRATION

LUNA ARTS & ED, LLC

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Contents

Luna Arts & ED LLC

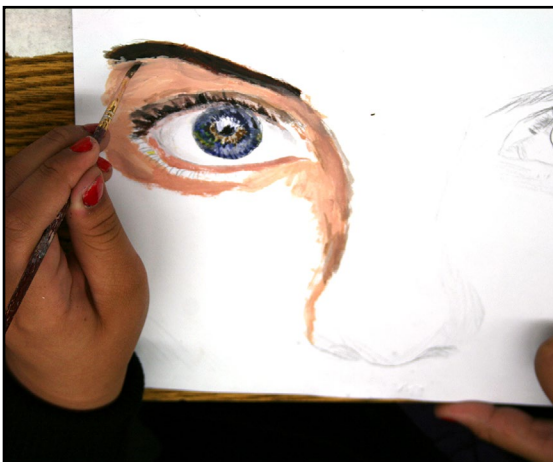website

INSTAGRAM

"Art is the language of the heart!"

"Transform your heart through art!"

VISION

Empowering the He**ART** of learning through arts and SEL integration.

MISSION

Provide engaging SEL through the arts and arts-integration virtual lessons.

Professional development with arts experiences and SEL strategies.

Community engagement arts for families.

Consulting services to assist district, school, grade level, and SEL teams with strategic arts planning and effective implementation of contracted services.

Luna Arts & Ed Services

Consulting Services
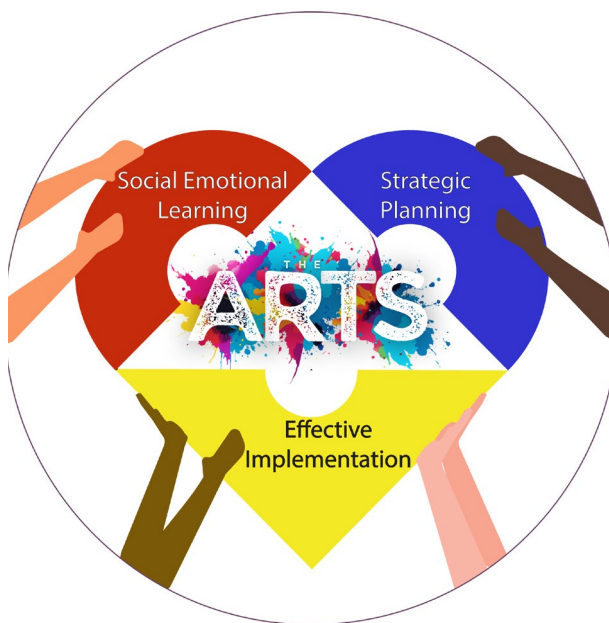
COLLABORATIVE PLANNING

Consulting services to assist district, school, grade level, and SEL teams with strategic arts planning and effective implementation of contracted services.

SEL THROUGH THE ARTS & ARTS INTEGRATON

Professional development for teachers interested in presenting SEL through the Arts or arts integrated lessons in their classrooms or for community events.

Customizable sessions available with links for presentation materials and resources.

Select lessons from the following SEL through the Arts focuses: Self-Awareness, Self-Management, Social Awareness, and Relationship Skills.

Additional lessons include arts integration with content areas.

Professional Development
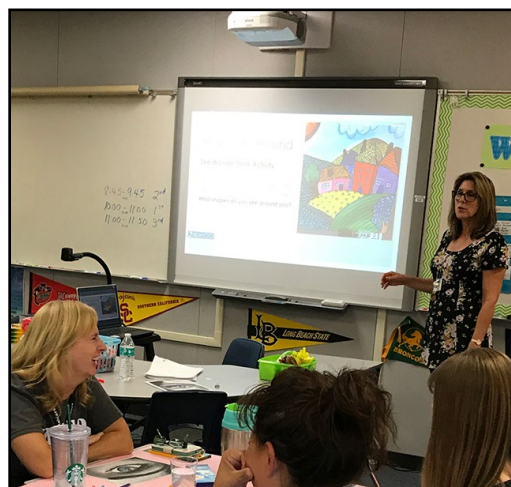
Art Sessions for Educators, After-School Programs, and Family Art Events

Step-by-step virtual art instruction for staff refreshment, after-school student programs, or family paint nights.

Select from this menu full of options.

*Requires in-person facilitator with materials purchased and distributed by district or school.

*Artist Gina Wilson

Community Arts Days

Community Engagement art activities for families.

Students create alongside their families.

Families rotate through Saturday art sessions.

Visual arts, theatre arts, dance and movement options available.

SEL through the Arts & Arts Integration

Jaguar Spirit

Students will create a bold jaguar portrait using image transfer and watercolor pencils. By blending vibrant colors and adding expressive details, students explore identity, strength, and emotional expression. This reflective art activity promotes confidence, creativity, and a deeper sense of self.

SEL Focus: Identity, Strength, Emotional Expression
Art Elements: Color Theory, Blending, Contrast
Grades: K-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

My Feelings Garden

Students will use watercolor pens and water brush pens to create flower art that reflects different emotions. They will explore how colors can represent feelings and write poems inspired by their artwork to express their emotions. This lesson integrates SEL and poetry standards, promoting self-expression, emotional awareness, and creativity. Students will also learn techniques like layering colors and leaving space for contrast to enhance their art.

SEL Focus: Mindfulness, Focus
Art Elements: Stippling, Depth, Texture, and Value
Academic Enrichment: Poetry
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Gerdy the Green Sea Turtle's Story – Blending Fact, Fiction & Art

In this lesson, students will use Pixar's Story Spine to write a well-structured story inspired by real facts about green sea turtles. They'll create a colorful underwater illustration using watercolor pens and blending techniques to bring their story to life. By combining writing with art, students will build confidence, creativity, and storytelling skills.
SEL Focus: Self-Management
Art Elements: Color, Shape, Form
Academic Enrichment: Reading, Writing, Science
Grade Levels: 3-8
Virtual Lesson Time: 60 min (just art) 60 min writing
*Suitable for In-person Staff PD Day
Elya Moline Creations

The Calm Tree
Exploring Emotion and Resilience Through Watercolor Pens

Students will create a vibrant tree using watercolor markers and water brush pens, exploring how color and movement can express emotion. This lesson blends art with Social-Emotional Learning, encouraging students to reflect on resilience, growth, and calm—just as the tree stands steady through changing skies.

SEL Focus: Emotional Expression, Resilence
Art Elements: Color Theory, Blending, Contrast
Grades: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Unleashing Creativity:
Exploring Figurative Language

Students use watercolor pencils and image transfer to create symbolic cougar art, exploring themes of strength, power, and grace. This lesson connects figurative language with visual expression to deepen emotional understanding.

SEL Focus: Strength, Personal Power, Grace
Art Elements: Color, Depth, Texture, and Value
Academic Enrichment: Figurative Language
Grade Levels: 3-8
Virtual Lesson Time: 90 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Adapted to Survive:
Highlighting Animal Adaptations

Students will explore how animals survive in their environments by illustrating a scorpion and its key adaptations using carbon transfer and watercolor pencil techniques. Students will build labeling skills while learning how physical traits help animals thrive.

Academic Focus: Science and Art
Art Elements: Color, Shape, Form
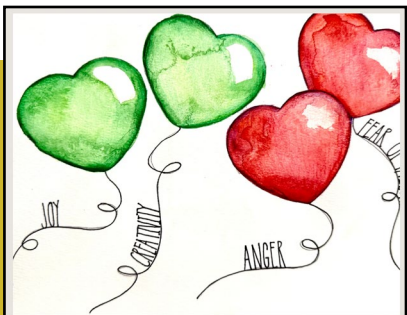**Grade Levels:** 2-8
Virtual Lesson Time: 75-90 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Holding On, Letting Go
Exploring Emotions and Self-Awareness Through Art

Use watercolor pencils and water brush pens to create a journal entry, "Holding On, Letting Go Hearts" to identify and process feelings.

SEL Focus: Self-Awareness
Art Elements: Color and Contrast
Grade Levels: 2-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD and Community Days
Elya Moline Creations

Path to the Peak: Painting Landscapes with Watercolor Pen Resist

Create a pen and ink portrait using the stippling technique to build depth, texture, and value through small dots. This project teaches line variation, contrast, and composition, allowing students to see how detailed patterns emerge from simple marks. Incorporating Social-Emotional Learning, the stippling process promotes patience, mindfulness, and focus, reinforcing how small, steady efforts can create a powerful final piece.

SEL Focus: Mindfulness, Focus
Art Elements: Stippling, Depth, Texture, and Value
Grade Levels: 3-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Mindful Turtles – Calming Turtle Silhouettes with Chalk Pastels

Create pastel-colored turtle silhouettes using chalk pastels, focusing on calming hues like soft blues. The process encourages mindfulness, helping students slow down and engage in the present moment. Through blending colors and shaping the turtle form, students will experience relaxation, patience, and self-expression.

SEL Focus: Mindfulness, Patience
Art Elements: Color, Shape, Texture
Grade Levels: 1-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Wild Garden
Exploring Expression with Ink and Watercolor

Students will create a watercolor background using blending and blotting techniques with watercolor pens, then add bold black ink flowers to explore contrast and composition. This calming activity supports creative expression, fine motor skills, and emotional awareness through nature-inspired design.
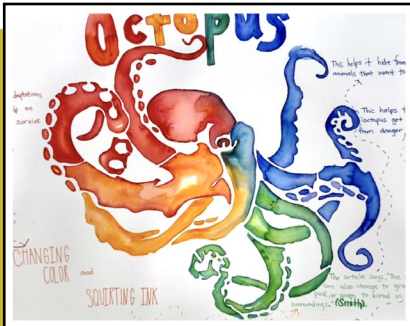
SEL Focus: Emotional Awareness
Art Elements: Color Theory, Blending, Contrast
Grades: 2-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Ink & Illusion: Exploring Animal Adaptations and Social Awareness Through Watercolor Pens.

Students will explore octopus adaptations by painting a vibrant octopus using watercolor pen blending techniques. They'll identify and label two key survival traits—color change and ink release—while learning to cite text evidence from informational articles. This cross-curricular lesson builds comprehension, creativity, and understanding of how animals adapt to survive.

SEL Focus: Strength, Personal Power, Grace
Art Elements: Color, Depth, Texture, and Value
Academic Enrichment: Science
Grade Levels: 3-8
Virtual Lesson Time: 90 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Bloom Bright
Exploring Color and Growth Through Watercolor

Students will create a vibrant flower using watercolor brush pens, exploring color blending and contrast. As they paint, they'll reflect on what helps them grow—building confidence, self-awareness, and creative expression through nature-inspired art.

SEL Focus: Self-Awareness
Art Elements: Color, Shape, Form
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Fruitful Forms: Observing Nature and Practicing Detail Through Watercolor Pens

Students observe fruit shapes and details, then illustrate them with watercolor pens. This lesson strengthens observation skills, highlights patterns in nature, and encourages attention to detail through vibrant color and form.

SEL Focus: Observation
Art Elements: Shape, Color, Pattern
Grades: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Sunrise Radiance: Exploring Warm Colors and Emotional Expression Through Watercolor Pens

Students explore warm colors (reds, oranges, yellows) to paint a radiant sunrise. Through guided reflection, they connect colors with emotions, practicing self-expression and awareness while experimenting with contrast in their artwork.

SEL Focus: Self-Awareness
Art Elements: Color, Contrast, Movement
Grade Levels: 2-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Waves of Light: Discovering Primary Colors and Visual Harmony With Watercolor Pens

Students learn how primary colors create balance and harmony by painting flowing wave patterns. They practice using line and color to achieve visual rhythm, building foundational skills in both art and design.

SEL Focus: Self-Awareness
Art Elements: Color, Line, Balance
Grade Levels: 1-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Butterflies in Flight

Explore emotions using the Zones of Regulation framework. Use chalk pastels, watercolor pencils, or watercolor pens and sharpies to represent emotions. This hands-on activity deepens emotional understanding.

SEL Focus: Zones of Regulation
Art Elements: Line, Shape, Color, Value
Grade Levels: 1-8
Virtual Lesson Time: 75 Minutes
*Suitable for In-person Staff PD
Elya Moline Creations

Metamorphosis: Examining Growth and Change through Art

Increase your belief that you can create art through this simple, step-by-step oil pastel silhouette art lesson.

SEL Focus: Self-efficacy
Art Elements: Color, Value, Line
Academic Enrichment: Science
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD and Community Day
Elya Moline Creations

Anger Volcano

Dive deep into emotions and self-expression! Using chalk pastels, black brush pens, and creative lettering techniques, students will create an Anger Volcano to explore and identify primary and secondary emotions in a powerful and artistic way.

SEL Connection: Colors and Emotions
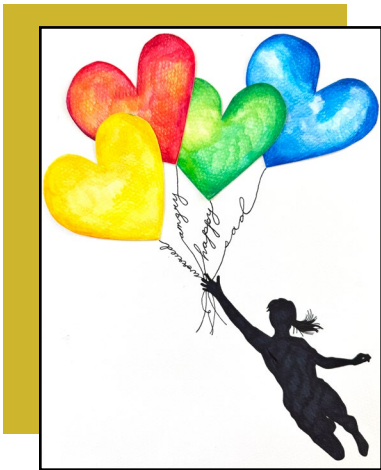**Art Elements:** Line, Shape, Color
Grade Levels: 3-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD and Community Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Emotions in Color

Explore emotions using the Zones of Regulation framework. Use watercolor pencils and sharpies to represent emotions. This hands-on activity deepens emotional understanding.

SEL Focus: Zones of Regulation
Art Elements: Line, Shape, Color, Value
Grade Levels: 1-8
Virtual Lesson Time: 75 Minutes
*Suitable for In-person Staff PD
Elya Moline Creations

Self-Efficacy Silhouette

Increase your belief that you can create art through this simple, step-by-step oil pastel silhouette art lesson.

SEL Focus: Self-Efficacy
Art Elements: Color, Value, Line
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD and Community Day
Elya Moline Creations

Desert Silhouette

Use watercolor chalk pastel to craft a desert landscape, employing blending techniques, silhouette effects, and watercolor brush strokes. Explore warm and cool colors while learning technical skills.

SEL Connection: Self-Management
Art Elements: Line, Shape, Color, Value
Grade Levels: K-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD and Community Day
Elya Moline Creations

Growth Mindset Tree Oil Pastels

Explore growth mindset qualities artists must practice, such as perseverance, focus on progress not perfection, and positive self-talk. Create a Growth Mindset Tree using oil pastels and sharpie brush pens.

SEL Focus: Growth Mindset
Art Elements: Line, Shape, Color, Value
Grade Levels: 1-8
Virtual Lesson Time: 75 Minutes
*Suitable for In-person Staff PD
Elya Moline Creations

Growth Mindset Tree in Acrylics

Explore growth mindset qualities artists must practice, such as perseverance, focus on progress not perfection, and positive self-talk. Create a "Just Breathe" Growth Mindset Tree using acrylics.

SEL Focus: Growth Mindset
Art Elements: Line, Shape, Color, Value
Grade Levels: 3-8
Virtual Lesson Time: 2, 1-Hour Lessons
*Suitable for In-person Staff PD
Elya Moline Creations

Let It Go:
Watercolor Chalk Pastels

Use watercolor chalk and a Sharpie brush to create a silhouette of a child surrounded by dandelions. Through art, explore the process of releasing emotions, finding beauty in letting go.

SEL Focus: Self-Awareness, Identifying One's Emotions
Art Elements: Line, Shape, Color, Value
Grade Levels: 3-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD
Elya Moline Creations

SEL through the Arts & Arts Integration

Two Birds Chalk Pastel Silhouette

Use chalk pastels to create a silhouette of two birds, exploring friendship and loneliness. Convey emotions using colors and blending techniques, layering colors for depth and mood. This process encourages reflection on a friend's importance in combating loneliness.
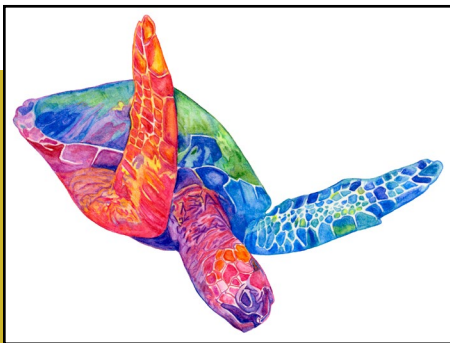
SEL Focus: Social Awareness
Art Elements: Color, Value, Emphasis
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
Elya Moline Creations

Watercolor Animal: Developing Self-Discipline through Art

Increase your ability to focus, stay on task, and complete a project by creating a watercolor animal using watercolor pencils or watercolor pens.

SEL Focus: Self-Management
Art Elements: Line, Color, Value
Grade Levels: 1-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD
Elya Moline Creations

Lions of Inner Strength Art and Self-Awareness

Create a lion image on black paper using image transfer, chalk pastels, and white gel pens. The project integrates art techniques with a focus on self-awareness and inner strength. Students will reflect on their inner strength and resilience, using the lion as a metaphor.

SEL Focus: Self-Awareness
Art Elements: Color and Contrast
Grade Levels: 2-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD
Elya Moline Creations

SEL through the Arts & Arts Integration

Zones of Regulation Self-Portrait

Create a self-portrait using chalk pastels and a Sharpie brush to explore and express the emotions associated with the Zones of Regulation. Through art, students will identify and depict what makes them feel each emotion.

SEL Focus: Self-Awareness
Art Elements: Space, Color, Harmony
Grade Levels: K-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD and Community Day
Elya Moline Creations

The Calm Whale: Chalk Pastel Whale with Blue Ocean & Pink Sky

Students will create a calming chalk pastel scene of a whale swimming in blue waters beneath a pink sky. This lesson combines art skills, like pastel blending, with Social-Emotional Learning, inviting students to reflect on how colors convey emotions like peace and resilience, just as the whale finds calm in the vast ocean.

SEL Focus: Relationship Skills
Art Elements: Line, Color, Value
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD and Community Day
Elya Moline Creations

The Green Bee: Exploring Nature, Color, and Calm Through Watercolor Pencils

Created with watercolor pencils and brush pens, this piece explores the quiet power of nature's smallest heroes. Layered greens, soft blending, and bold ink details bring this little bee to life—vibrant, curious, and full of energy.

SEL Focus: Nature Connection, Observation, Resilience
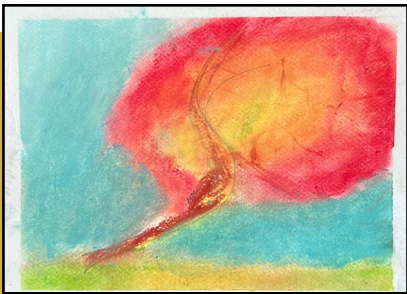**Art Elements:** Color, Shape, Texture
Grade Levels: 1-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Chalk Pastel Fire Tree with Blue Background

Use chalk pastels to create a vibrant "fire tree," focusing on color theory (warm vs. cool tones), blending techniques, and contrast. The warm reds, oranges, and yellows of the tree contrast against the calming blue background, teaching visual balance and depth. Beyond technique, students will explore how colors represent emotions—reflecting on the tree's "fiery" strength and resilience in contrast to the peaceful blue, encouraging personal expression and a sense of balance between energy and calm in their own lives.

SEL Focus: Emotions
Art Elements: Color Theory, Blending, Contrast
Grade Levels: K-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Pen and Ink Portrait with Stippling

Create a pen and ink portrait using the stippling technique to build depth, texture, and value through small dots. This project teaches line variation, contrast, and composition, allowing students to see how detailed patterns emerge from simple marks. Incorporating Social-Emotional Learning, the stippling process promotes patience, mindfulness, and focus, reinforcing how small, steady efforts can create a powerful final piece.

SEL Focus: Mindfulness, Focus
Art Elements: Stippling, Depth, Texture, and Value
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Hope in Color: Creating Rainbows with Crayon Resist and Watercolor Pens

Students use crayon resist to draw rainbows and rain, then paint over with watercolor pens. The rainbow becomes a symbol of resilience, teaching students to see beauty and hope through the contrast of light and storm.

SEL Focus: Resilience
Art Elements: Color, Texture, Contrast
Grade Levels: K-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

Roots of Leadership Tree Journal Cover

Design a personalized journal cover that visually represents self-care practices and leadership qualities. Using image transfer techniques and acrylic paint pens, explore how personal growth is rooted in balance and self-awareness. Through reflection, consider how self-care and leadership are interconnected, strengthening both creativity and decision-making.

SEL Focus: Self-Awareness, Self-Management, Social Awareness
Art Elements: Shape, Color, and Texture
Grade Levels: 3-8, Adult
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

The Leadership Tree: Balancing Self-Care and Growth

Participants will create a symbolic tree using image transfer, acrylic paint pens, and Sharpies—roots for self-care, branches for leadership traits, and fruit for leadership benefits. This reflective art activity promotes self-awareness and highlights how wellbeing shapes strong leadership.

SEL Focus: Self-Awareness and Self-Management
Art Elements: Color, Shape, Texture
Grade Levels: 3-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Elya Moline Creations

SEL through the Arts & Arts Integration

Riding the Wave Journal Cover

Use acrylic paint pens and wave stencils to design layered ocean artwork. This art lesson builds emotional awareness and literacy skills by helping connect feelings to language. With a focus on color, movement, and expression, this lesson reminds that like waves, our feelings rise and fall—and writing about them helps us stay balanced.
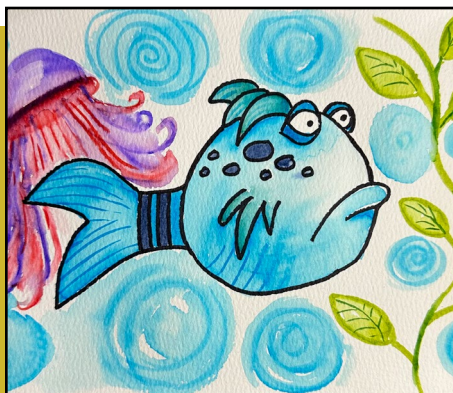
SEL Focus: Self-Awareness and Self-Management
Art Elements: Color, Movement
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day and Community Day
Elya Moline Creations

From Frown to Friend: Painting "Pout-Pout Fish"

Inspired by "The Pout Pout Fish" by Deborah Diesen, students will create a watercolor painting of the story's lovable fish character. We'll use a simple image transfer method for the main shapes, then explore watercolor techniques to bring him to life with bright colors. Along the way, students connect with the book's themes of feelings, friendship and the power of shifting from a negative to a positive outlook.

SEL Focus: Feelings, Friendship & Self-talk
Art Elements: Composition, Color Harmony, Light & Dark Values
Academic Enrichment: Reading
Grade Levels: 1-8
Virtual Lesson Time: 60-75 min
*Suitable for In-person Staff PD Day
Gina Wilson Art

SEL through the Arts & Arts Integration

Dreamscape in Color: Focus and Flow in the Style of Robin Mead

Use graphite paper to transfer an image, then create a colorful landscape inspired by Robin Mead's vibrant style. Bold outlines and fine ink details add structure and movement, while watercolor brings sun rays, waves, and mountains to life. The focus is on warm vs. cool colors, blending analogous hues, and smooth transitions. Throughout, students practice focus, creative risk-taking, and self-expression, building mindfulness and confidence.

SEL Focus: Mindfulness & Creative Risk-taking
Art Elements: Line, Color Relationships, Expression, Emphasis
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Gina Wilson Art

Hummingbird in Flight: Joy and Peace through Art

Students will paint a hummingbird in flight using watercolor pens, exploring line, color, texture, and movement to capture its energy and grace. They will practice fluid, expressive techniques that highlight the freedom of watercolor pens while focusing on creativity over perfection. Through this process, students will cultivate self-awareness and confidence, finding joy in their own unique artistic voice.

SEL Focus: Self-Awareness; Mindfulness
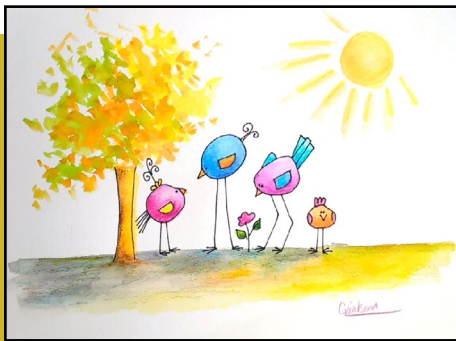**Art Elements:** Color, Texture, Movement
Grade Levels: 3-8 (modified for primary grades)
Virtual Lesson Time: 75 min
*Suitable for Virtual or In-person Staff PD Day
Gina Wilson Art

SEL through the Arts & Arts Integration

Watercolor Pencil Birds Whimsical Art

Use watercolor pencils to create whimsical, playful artwork. We'll build skills by working with shading, layering, and blending with water. Whimsical art encourages creativity, bright colors, and carefree expression. The focus is on learning and enjoying the process rather than aiming for perfection. Along the way, students will also practice communication skills, using their words to share feelings, needs, and ideas as they create together.

SEL Focus: Relationship Skills
Art Elements: Line, Shape, Color
Academic Enrichment: Speaking and Listening
Grade Levels: K-8
Virtual Lesson Time: 60-75 in
*Suitable for In-person Staff PD and Community Day
Gina Wilson Art

Colorful Companions: Clownfish

Students will create clownfish nestled in the flowing tentacles of sea anemone. We'll begin by defining shapes and composition with permanent ink, then build depth through blending and layering using watercolor pens and water. Throughout, the SEL focus highlights resilience - how, like clownfish finding safety in their anemone, we can draw strength from supportive spaces to feel secure and grow with confidence.

SEL Focus: Self-Awareness; Resilience
Art Elements: Line, Shape, Contrast, Color relationships
Grade Levels: 2-8
Virtual Lesson Time: 60-90 min virtual (modified based on time block selected
*Suitable for Virtual or In-person Staff PD Day
Gina Wilson Art

Flying Free: A Celebration of Color and Confidence inspired by Robin Mead

Design a whimsical landscape of swirling skies, colorful hills, stylized trees, and a soaring bird, inspired by Robin Mead's joyful style. Students will explore how line and shape create rhythm and structure, and bring their work to life with watercolor pens, blended colors, and expressive patterns. The SEL focus emphasizes resilience and self-expression, inviting students to take creative risks, embrace the flow of watercolor, and find joy in the artistic process.

SEL Focus: Resilience and Self-Expression
Art Elements: Line, Shape, Rhythm, Pattern, Color
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Gina Wilson Art

Color & Confidence: Watercolor Bookmarks Inspired by Giraffes Can't Dance

Read Giraffes Can't Dance and talk about being confident, expressing ourselves, and showing empathy to others! Then, you'll learn how to draw your own giraffe with step-by-step instructions. After that, you'll color it using watercolor pencils and a water brush or watercolor pens to make a one-of-a-kind bookmark that shows your personality, just like Gerald the giraffe!

SEL Focus: Empathy, Self-confidence, Perseverence, Self-expression
Art Elements: Line, Shape, Color & Emphasis
Academic Enrichment: Reading
Grade Levels: 2-8 (modified for primary grades)
Virtual Lesson Time: 75 min
*Suitable for Virtual or In-person Staff PD Day
Gina Wilson Art

SEL through the Arts & Arts Integration

Oil Pastel Pear

Create a realistic pear drawing using oil pastels. Explore key art concepts such as shape, form, complementary colors, shading, and highlighting. "Self-Management," helps students work through the steps, track their own progress, and reflect on their learning journey.

SEL Focus: Self management
Art Elements & Tecniques: Shape, Form, Complementary Colors, Shading, Highlighting
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for Staff PD
Gina Wilson Art

Sun-Kissed Lemons
Create Form with Value & Color

Paint a cluster of sun-kissed lemons on a branch using pan watercolors. Learn a DIY method to transfer the image and then practice color blending and layering to capture light, mid, and dark values. Explore how contrast and shading bring form and realism, the SEL focus encourages patience and resilience - learning to trust the process, adjust when challenges arise, and find confidence in gradual growth.

SEL Focus: Social Awareness
Art Elements: Value and Color
Grade Levels: 3-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD
Gina Wilson Art

Red Apple: Creating Form
with Light & Shadow

Create a realistic red apple with watercolor pencils and a water brush. We'll focus on using value (light, medium, dark) to show depth. As we practice observing light and shadow we'll reflect on self-awareness, considering how both bright and dark moments in life shape our character and add richness to who we are.

SEL Focus: Self-awareness
Art Elements: Shape, Form, Value, Depth
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for In-person staff PD
Gina Wilson Art

Oil Pastel Landscape
Value and Color

Learn how to use value and color temperature to create depth and perspective in an oil pastel painting. Consider how color temperature can be used to symbolize emotions and reactions.

SEL Focus: Social Awareness
Art Elements: Value and Color
Grade Levels: 3-8
Virtual Lesson Time: 60 min.
*Suitable for In-Person staff PD
Gina Wilson Art

Soft Pastel Poppies
with Warm and Cool Colors

Create a floral scene using soft pastels, incorporating elements of art such as color, texture, and composition. Reflect on how color temperature can symbolize our emotions or those of others.

SEL Focus: Social Awareness
Art Elements: Color, Texture, Composition
Grade Levels: 3-8 **Virtual Lesson Time:** 60 min
*Suitable for In-Person staff PD
Gina Wilson Art

SEL through the Arts & Arts Integration

Watercolor Trees with Ink

Draw branches with ink and then use pan watercolors to apply simple washes of color. Explore how color, shape, and line work together to create interest and balance, while practicing self-management skills such as patience, focus, and self-control through the layering process.

SEL Focus: Self-Management
Art Elements: Color, Shape, Line
Grade Levels: Grade Levels: 2-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD and Community Day
Gina Wilson Art

Dandelion Silhouette

Create a background of warm colors (yellow, orange and red), then add silhouettes of delicate dandelions. Reflect on how warm colors can represent emotions.

SEL Focus: Self-Awareness & Social Awareness
Art Elements: Color, Value, Line
Grade Levels: 2-8
Virtual Lesson Time: 60 min
*Suitable for In-Person staff PD and Community Day
Gina Wilson Art

Watercolor Meadow Landscape with Clouds

Students will use pan watercolors to paint a meadow landscape with clouds, practicing how to select colors that enhance perspective and use value to add depth. They'll refine their work with simple details while exploring decision-making skills—choosing colors, shapes, and techniques that bring their scene to life.

SEL Focus: Decision Making
Art Elements: Color, Value, Perspective
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD
Gina Wilson Art

SEL through the Arts & Arts Integration

Through the Glass: Painting Transparency with Watercolor

Use watercolor pens to paint a glass vase filled with greenery. We'll practice using value, color, and space to suggest transparency and depth. Alongside watercolor technique, we'll reflect on how transparency in art can symbolize honesty and integrity, building self-awareness as we explore both visual and personal clarity.
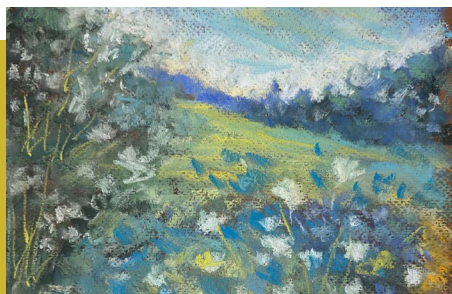
SEL Focus: Self-awareness
Art Elements: Value, Color, Space
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for In-Person Staff PD
Gina Wilson Art

Harmony with Soft Pastels

Utilize soft pastels to craft a harmonious landscape using analogous colors, which are adjacent on the color wheel.

SEL Focus: Social-Awareness
Art Elements: Color, Perspective, Balance
Grade Levels: 3-8
Virtual Lesson Time: 60 min
*Suitable for In-Person Staff PD
Gina Wilson Art

Floral Watercolor Expressions

Learn to paint an array of beautiful free-form flowers using simple yet effective techniques with pan watercolor.

SEL Focus: Relationship Skills
Art Elements: Color, Value, Emphasis
Grade Levels: K-8
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD and Community Day
Gina Wilson Art

SEL through the Arts & Arts Integration

Simple Watercolor Landscape with Perspective

Learn how to use elements of art to create perspective when painting a simple landscape. This beginning level landscape will incorporate a tracing guide or directed drawing with pan watercolors as the art medium.

SEL Focus: Self-management
Art Elements: Color, Value, Perspective
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD
Gina Wilson Art

Watercolor Landscape with Perspective

Use color temperature and position on the picture plane to paint a landscape with perspective. This lesson will incorporate a tracing guide or directed drawing with pan watercolors as the art medium.

SEL Focus: Growth Mindset
Art Elements: Color, Value, Balance
Grade Levels: 3-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff
*Suitable for In-person Staff PD
Gina Wilson Art

Acrylic Landscape with Perspective

Learn how to use a limited palette of acrylic paints to create a more advanced landscape. This lesson includes color mixing and realistic details that make the scene stand out.

SEL Focus: Growth Mindset
Art Elements: Color, Value, Perspective
Grade Levels: 5-8
Virtual Lesson Time: 3, 60 min lessons
*Suitable for In-Person Staff PD
Gina Wilson Art

SEL through the Arts & Arts Integration

Landscape in Line: Patterns of the Farm

Learn how artists use various types of lines to create images and themes in artwork. Create a quick sketch of a farm landscape, then fill in the sections with various types of lines, and add watercolor.

SEL Focus: Self-Management - Using planning and organizational skills
Art Elements: Line, Texture, Pattern, Rhythm
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD
Gina Wilson Art

Watercolor Flowers in a Terracotta Pot

Use pan watercolors to paint flowers in a pot, exploring shape, form, value, and color blending. Practice layering washes, adding detail, and balancing light and dark areas to create depth. Alongside the art, we'll reflect on how encouragement and appreciation for others' unique styles can strengthen a creative community. By the end, each student will have a vibrant floral painting that showcases both technical skill and personal expression.

SEL Focus: Relationship Skills
Art Elements: Color, Value, Balance
Grade Levels: K-8 (modified for primary grades)
*Suitable for In-person PD
Gina Wilson Art

Watercolor Poppies: Painting with Mindfulness

Use a simple image transfer technique, then paint poppies using watercolor pencils and water. We'll explore line, shape, color harmony, and value while practicing patience, focus, and self-control, connecting the calming process of artmaking with self-management skills that support growth in both art and life.

SEL Focus: Social Awareness
Art Elements: Color, Value, Line
Grade Levels: 2-8
Virtual Lesson Time: 75 min
*Modifications for K-1 available
*Suitable for In-person Staff PD
Gina Wilson Art

SEL through the Arts & Arts Integration

Sunset Sail

Paint a serene silhouette of a sailboat and water reeds set against a vivid twilight sky using acrylics on a canvas panel. Students will learn to use "Color Temperature" to convey emotions and master brush techniques for smooth color blending. We'll explore the art element of "Line" to create bold, impactful silhouettes. Throughout the session, we'll focus on the painting process as a calming practice to ease anxiety and frustration, encouraging a sense of tranquility.

SEL Focus: Anxiety & Frustration Management
Art Elements: Color Temperature: Brushwork; blending
Grade Levels: 3-8
Virtual Lesson Time: 90 min
*Suitable for In-person Staff PD Day
Gina Wilson Art
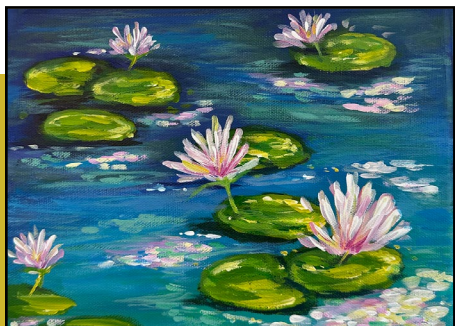
Water Lilies on Pond

Paint a tranquil water lily pond in the impressionist style of Monet, with vibrant colors and luminous light. Students will learn how to use a paintbrush to blend acrylic colors, and how to emphasize certain objects with lights and shadows. We'll use the artistic process as a non-verbal way to reflect on the positive aspects of life. The completed paintings will act as visual reminders of the things we are grateful for.

SEL Focus: Mindfulness & Gratitude
Art Elements: Color temperature; Brushwork; Blending
Grade Levels: 3-8 (modified for primary grades)
Virtual Lesson Time: 90 min
*Suitable for In-person Staff PD Day
Gina Wilson Art

Artistic Model of Earth's Systems Journal Cover

Create an artistic model that illustrates the four Earth systems—geosphere, hydrosphere, atmosphere, and biosphere—and how they interact. Using drawing and mixed media, represent these systems with symbols, colors, and textures, reinforcing an understanding of scientific concepts through visual art. This project integrates science and art, helping students connect creativity with academic learning.

SEL Focus: Social Awareness, Responsible Decision-Making
Art Elements: Color, Movement
Academic Enrichment: Science
Grade Levels: 2-8
Virtual Lesson Time: 90 min
*Suitable for In-person Staff PD Day
JoDee Luna, Luna Arts & ED LLC

Dream Eye: A Mixed Media Exploration

Create a symbolic "dream eye" using mixed media techniques. Layer collage, paint, and drawing to combine realistic eye details with expressive elements like dripping colors, music notes, and textured backgrounds. Students will explore how the eye can become a window into imagination, expressing dreams, emotions, and creativity through color, texture, and symbolism.

SEL Focus: Self-Awareness, Mindfulness
Art Elements: Color Texture, Symbolism
Grade Levels: 3-8
Virtual Lesson Time: 2, 60 min
*Suitable for In-person Staff PD Day
JoDee Luna, Luna Arts & ED LLC

SEL through the Arts & Arts Integration

Dare to Soar Watercolor Pen Balloon Art

Use watercolor pens to create vibrant balloon art, incorporating a personal artistic affirmation. This expressive project blends creativity with positive self-reflection.

SEL Focus: Self-Awareness
Art Elements: Line, Tints, Shades, Color, Value
Grade Levels: 3-8
Virtual Lesson Time: 3, 60 Min Lessons
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

Heart MIxed Media

Learn how to make a love mixed media heart using acrylic paint, gel medium, lace, stamps, ink, bubble wrap, and embellishments. Discuss how acts of kindness help to develop positive relationships.

SEL Focus: Relationship Skills
Art Elements: Color, Texture, Harmony
Grade Levels: 3-8
Virtual Lesson Time: 2, 60 min lessons
*Suitable for In-person Staff
JoDee Luna, Luna Arts & ED LLC

A Mermaid's Tail Mixed Media
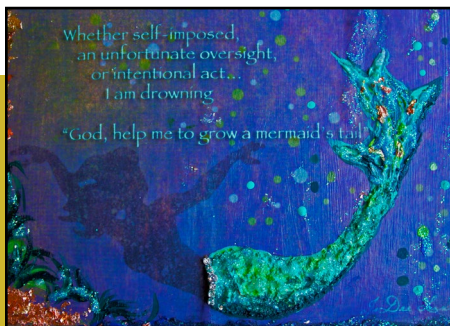
Learn how to create a mixed media mermaid's tail on a mixed media background using pumice gel medium, gold leafing, acrylic paint, and glitter paint to create a mermaid tail on a mixed media background. Add a poem for self-expression. Poetry can be added depending upon grade level ability.

SEL Focus: Self-Awareness
Art Elements: Color, Texture
Grade Levels: 3-8
Virtual Lesson Time: 2, 60 min lessons
*Suitable for In-Person Staff PD
JoDee Luna, Luna Arts & ED LLC

Mask Making

Decorate paper mache masks and create masks from everyday objects to transform into different characters. Learn how to set personal and collective goals and use planning and organizational skills.

SEL Focus: Self Management
Art Elements: Color, Texture
Grade Levels: K-8
*Suitable for In-person Staff PD and Community Day
Andy Bradley, Two Trees Production LLC

Mardi Gras Mixed Media Mask

Explore the cultural traditions of Mardi Gras in New Orleans and design a vibrant masquerade masks. Using mixed media materials such as paper, acrylic paint, and Mod Podge, experiment with color, texture, and shape to create expressive designs. Alongside the art-making process, reflect on how their mask choices represent both the history of Mardi Gras and their own identity.

SEL Focus: Social Awareness
Art Elements: Color, Texture
Academic Enrichment: Social Studies, Writing
Grade Levels: 2-8
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

Mixed Media Masks

Explore ways to express or hide your identity through decorating masks using mixed media. Then enjoy the pageantry of a masquerade ball.

SEL Focus: Self-Awareness
Art Elements: Color, Texture, Emphasis
Grade Levels: 2-8
Virtual Lesson Time: 75 Min
*Suitable for Staff PD
JoDee Luna, Luna Arts & ED LLC

SEL through the Arts & Arts Integration

Día de los Muertos Masks

Learn about the cultural traditions of Día de los Muertos (Day of the Dead) and how masks and skull imagery honor loved ones who have passed away. Using paint, markers, and embellishments such as sequins or gems, design and decorate your own mask inspired by sugar skulls and Mexican folk art. Explore the **elements of art—color, line, and pattern—**to create bold and symbolic designs that reflect both cultural traditions and personal meaning. Reflect on the importance of remembrance, family, and cultural heritage in their artwork.

SEL Focus: Social Awareness
Art Elements: Color, Texture
Academic Enrichment: Social Studies
Grade Levels: K-8
*Suitable for In-person Staff PD and Community Day
Andy Bradley, Two Trees Production LLC

Puppets, Low-Risk Theatre Games, and Language Development

Learn the art of character development while practicing teamwork and problem-solving through low-risk theatre games. Props provided by instructor. Create a puppet and collaborate with a partner, to create dialogue for a mini performance.

SEL Focus: Self-Management explored, identifying and using stress management strategies.
Art Elements: Color, Line, Pattern
Grade Levels: K-8
*Suitable for In-person Staff PD and Community Day
Andy Bradley, Two Trees Production LLC

Take Time to Become Mixed Media

Art journaling is a wonderful way to process feelings, explore creative ideas, and plan artistic projects. Create artwork for your art journal using stencils, modeling paste, ink, and stamps.

SEL Focus: Self-Awareness
Art Elements: Color, Texture, Emphasis
Grade Levels: 2-8
Virtual Lesson Time: 60 Min
*Suitable for Staff PD
JoDee Luna, Luna Arts & ED

SEL through Art Journaling

Learn how to use art journaling as a stress management strategy. See how artists process thoughts and feelings in journals, and then create works of art from their sketches and writings.

SEL Focus: Self-Awareness, Self-Management
Art Elements: Color, Texture, Emphasis
Academic Enrichment: Writing
Grade Levels: 2-8
Virtual Lesson Time: 2, 1-Hour
*Suitable for Staff PD
JoDee Luna, Luna Arts & ED LLC

Mixed Media Art Journal Covers

Create a mixed media journal cover with affirmations using scrapbooking paper, Mod Podge, a sponge brush, and assorted embellishments. This cover will serve as a positive affirmation as you journal.

SEL Focus: Self-Awareness
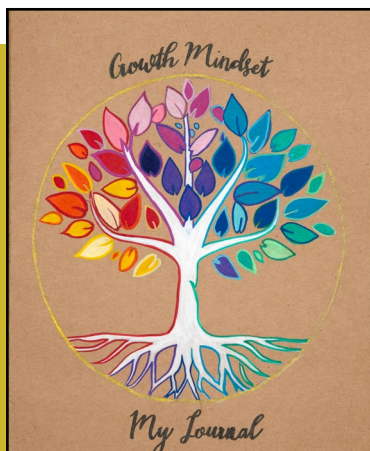**Art Elements:** Color, Texture, Emphasis
Academic Enrichment: Writing
Grade Levels: 2-8
Virtual Lesson Time: 60 Min
*Suitable for Staff PD
JoDee Luna, Luna Arts & ED LLC

SEL through the Arts & Arts Integration

Growth Mindset Journal Cover

Use acrylic paint pens to create a colorful growth mindset tree. This lesson encourages emotional awareness and regulation through creative expression and reflection.

SEL Focus: Self-Awareness, Self-Management
Art Elements: Lines and Color Progression
Academic Enrichment: Writing
Grade Levels: 2-8
Virtual Lesson Time: 90 Min
*Suitable for In-person Staff PD and Community Days with Tree Printed on Card Stock
JoDee Luna, Luna Arts & Ed LLC

ASB Leadership Tree

Students will create a vibrant ASB Leadership Tree with acrylic paint markers, illustrating ASB roles and leadership qualities in a meaningful, artistic way.

SEL Focus:
Self-Awareness: Reflect on leadership strengths and growth areas. **Social Awareness:** Recognize leadership's impact on school culture. **Relationship Skills:** Communicate and collaborate through art. **Responsible Decision-Making:** Identify traits of positive leadership.
Art Elements: Color, Texture
Grade Levels: 6-8
Virtual Lesson Time: 90 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

Self-Care Tree Journal Cover

Design a colorful Self-Care Tree to show how you take care of yourself. Use drawings, symbols, and colors to represent your personal self-care practices like rest, creativity, mindfulness, or exercise. As you create, you'll learn about the elements of art—line, shape, color, and texture—to express your ideas visually. Then, reflect on your well-being by journaling and sharing how these self-care practices help you grow.

SEL Focus: Self-Awareness
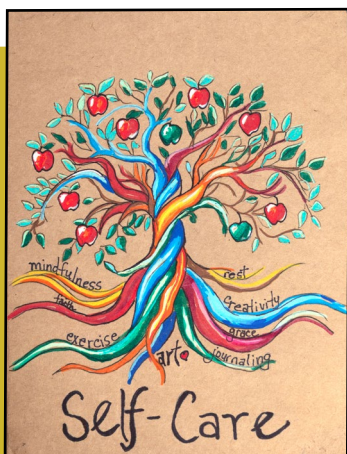**Art Elements:** Line, Tints, Shades, Color, Value
Academic Enrichment: Writing
Grade Levels: 3-8
Virtual Lesson Time: 90 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

Bee-lieve: Watercolor Confidence Builders

In this uplifting watercolor mini-lesson, students will select from a variety of stencils to paint their own artwork while exploring themes of self-belief and encouragement. With easy-to-follow steps and vibrant color blending, learners will build painting skills and a positive mindset. This cheerful project is perfect for all ages and works beautifully as a confidence-building activity, gratitude gift, or SEL integration that reminds us to "bee-lieve" in ourselves and others.

SEL Focus: Self-Awareness; Growth Mindset
Art Elements: Color, Tints, Shades, Contrast
Grade Levels: 2-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD and Community Days
JoDee Luna, Luna Arts & ED LLC

"How do I feel Today?" Self-Drying Clay

Explore color theory by learning how to mix primary colors into secondary colors. Learn what positive and negative emotions various colors represent. Use self-drying clay to create a sculpture to express your feelings.

SEL Focus: Self-Awareness
Art Elements: Color, Texture
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

Portrait Empowerment

Use image transfer to create and paint a portrait with character traits you would like to possess, using acrylics. Set a personal goal to practice this postive character trait. Sample portraits provided or bring a copy of a photo to use.

SEL Focus: Self-Awareness
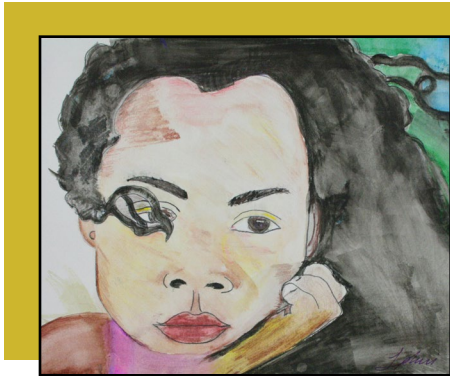**Art Elements:** Line, Tints, Shades, Color, Value
Grade Levels: 4-8
Virtual Lesson Time: 3, 60 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

SEL through the Arts & Arts Integration

SEL & Black History through Art

Leaders of Tomorrow
Watercolor Self-Portrait

Explore ways you can advocate for civil rights while creating a watercolor self-portrait.

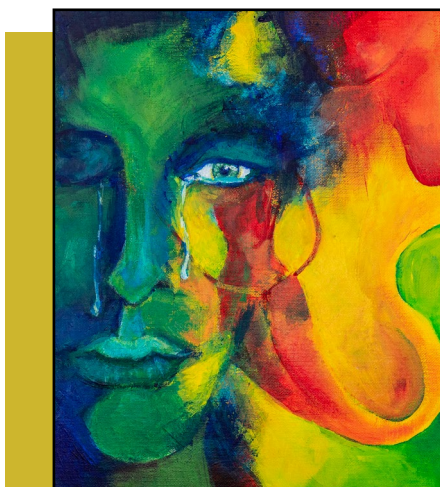**SEL Focus:** Social Awareness
Art Elements: Color, Value
Academic Enrichment: Social Studies
Grade Levels: 3-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD

JoDee Luna, Luna Arts & Ed LLC

Civil Rights Leaders
Mixed Media

Learn about civil rights advocates while creating a mixed media portrait. This is a two-part project: mixed media background with an acrylic portrait overlay.

SEL Focus: Social Awareness
Art Elements: Color, Value, Texture
Academic Enrichment: Social Studies
Grade Levels: 3-8
Virtual Lesson Time: 2, 60 Min
*Suitable for In-person Staff PD

JoDee Luna, Luna Arts & Ed LLC

Emotions in Color

Imagine the emotions of Civil rights leaders as they fought for freedom. Color theory explored through this acrylic painting project.

SEL Focus: Social Awareness
Art Elements: Color, Value
Grade Levels: 3-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD

JoDee Luna, Luna Arts & Ed LLC

SEL & Black History through Art

Celebrating the Harlem Renaissance

Taking our inspiration from influential black artists, we'll use oil pastels to express the influence of black Jazz music during the Harlem Renaissance of the early 1900s. Learn how to choose complementary colors to create the contrast, energy and life that are essential to the works of Alma Thomas, Romare Bearden, Joseph Holston, and many others.
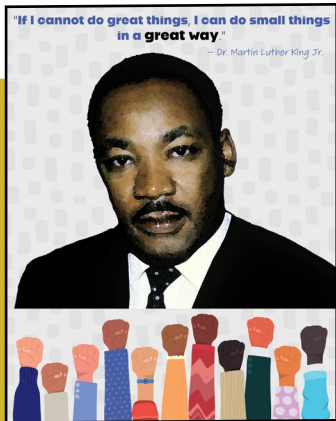
SEL Focus: Social Awareness
Art Elements: Color, Value
Academic Enrichment: Social Studies
Grade Levels: 2-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD and Community Day
Gina Wilson Art

Civil Rights Leaders

Create an inspirational portrait of an important civil rights movement leader using an image transfer technique, watercolor paper, and watercolor pencils.

SEL Competency: Social Awareness
SEL Focus: Social Awareness
Academic Enrichment: Social Studies
Art Elements: Color, Value
Grade Levels: 3-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & Ed LLC

I Have a Dream Montage

Create an accurate eye using a circle template and ruler, and paint with watercolor pencils and a water brush pen. Add your own elements for self-expression.

SEL Competency: Social Awareness
SEL Focus: Social Awareness
Art Elements: Color, Value
Grade Levels: 2-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & ED LLC

SEL through the Arts & Arts Integration

Hispanic Culture through Art

Folklorico

Use watercolor pencils to depict Mexican folk dance.Participants will employ visual thinking strategies to explore layering and blending, creating vibrant colors. Through Artist's Statement Sentence Frames, they'll reflect on thier work, gaining technical skills and a deeper appreciation for Mexican folk dance as a cultural expression.

SEL Focus: Social Awareness
Art Elements: Color, Value, Emphasis
Academic Enrichment: Writing
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
Elya Moline Creations

Poetry Made Visible

Use oil pastels and watercolors to create an artwork that expresses the scenes and culture of the Southwest as seen through the eyes of a Mexican-American girl in the artistic style of Enrique O. Sanchez, inspired in the children's book Confetti: Poems for Children, written by Pat Mora and illustrated by Enrique O. Sanchez. Students will learn techniques for using watercolor paints (color mixing, shading, etc), and oil pastels (blending, etc).This lesson embeds art techniques, Visual Thinking Strategies (VTS), and language development through Artist's Statement Sentence Frames.

SEL Focus: Self Awareness: identify personal, cultural and linguinstic assets
Art Elements: Shape, Space, Value, Color, Balance, Harmony
Academic Enrichment: Poetry
Grade Levels: 3-8
Virtual Lesson Time: 90 Min
*Suitable for Staff PD
Gina Wilson Art

SEL through the Arts & Arts Integration

Hispanic Culture through Art

Sun and Moon Folk Art:

Students will use oil pastels to depict the sun and moon, beginning by using horizontal, vertical, diagonal and curved lines to create their unique design. They will then explore how warm and cool colors can convey different emotions, combining techniques for coloring and blending with oil pastels. The artistic process will support emotional awareness, helping to identify and express feelings in a positive, creative way.

SEL Focus: Identifying emotions
Grade levels: K-8 (modified for lower grades)
Virtual Lesson time: 75 minutes
*Suitable Staff PD
Gina Wilson Art

Maraca Art

Transform simple percussion instruments into vibrant, expressive pieces. Often inspired by Latin American culture, these designs feature bold colors and rhythmic patterns, from intricate geometric motifs to tropical themes. Create playful designs like spirals and polka dots. The maraca's shape adds a dynamic effect, making these colorful creations visually engaging and festive.

SEL Focus: Social Awareness: Identifying diverse social norms
Art Elements: Shape, Space, Color
Grade Levels: TK-8
Virtual Lesson Time: 60 Min
*Suitable for Community Day and Staff PD
JoDee Luna, Luna Arts & ED LLC

SEL through the Arts & Arts Integration

Drawing Light and Shadow: Learning to Shade a Sphere with Graphite Pencils

Learn to shade a sphere with graphite pencils, starting with a value scale to practice highlights, midtones, core shadows, reflected light, and cast shadows. With a mix of demonstration and independent practice, we'll turn a flat circle into a 3D form. Along the way, discover how effort and persistence help us grow as artists.

SEL Focus: Effort and Persistence
Art Elements: Line, Shape, Blending, Value
Grade Levels: 1-8
Virtual Lesson Time: 75 Minutes
*Suitable for In-person Staff PD
Rick Wilson

Frog in Focus: Shading with Value

Transfer a frog image using a simple traceable outline, then bring it to life with graphite shading. By layering light, medium, and dark values, we'll transform flat shapes into realistic form. Along the way, practice patience and focus, learning how steady effort, just like a frog's small leaps forward, leads to growth in both art and life.
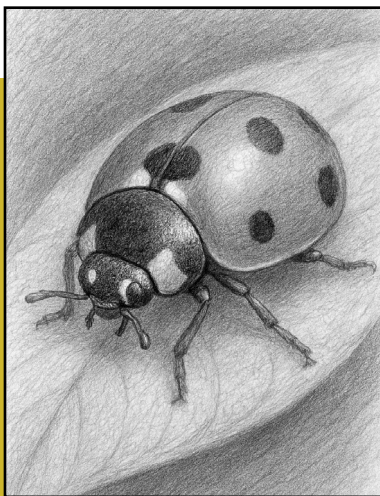
SEL Focus: patience, focus and growth
Art Elements: Value, Line, Shape, Form, Texture
Grade Levels: K-8
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
Rick Wilson

The Art of the Ladybug: Drawing with Light and Shadow

Transfer a simple ladybug outline and bring it to life with graphite pencils. Create the illusion of roundness and shine on the ladybug's shell by layering light, medium, and dark values. As we practice shading, we'll also reflect on the SEL theme of resilience. Just like the small but mighty ladybug, our careful effort and persistence can make a big impact in both art and life.

SEL Connection: Colors and Emotions
Art Elements: Line, Value, Shape, Form
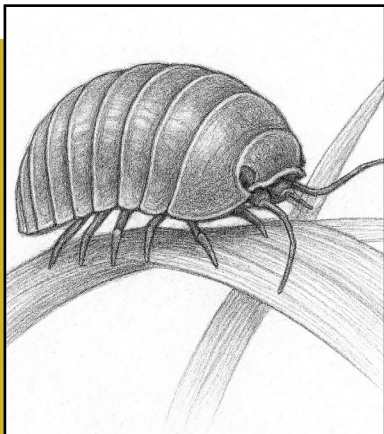**Grade Levels:** 3-8
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD, Community Day
Rick Wilson

The Art of the Roly-Poly: Drawing with Light and Shadow

Trace a simple outline of a roly-poly insect and bring it to life with graphite shading. By layering light, medium, and dark values, we'll turn the shell's segments into a realistic, rounded form. Along the way we'll reflect on the SEL theme of adaptability. Just like roly-polies curl up for protection and then keep moving forward, we'll reflect on how flexibility and persistence help us grow as artists and individuals.

SEL Focus: Adaptability
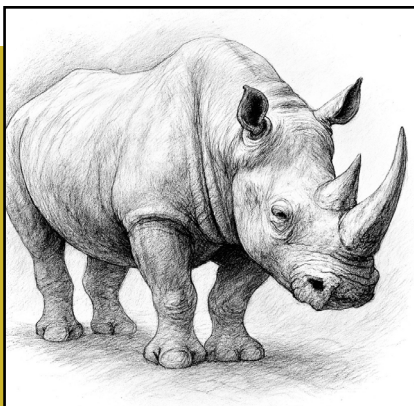**Art Elements:** Value, Line, Shape, Form, Texture
Grades: 3-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Rick Wilson

Mighty Rhino: Drawing with Depth

Transfer the outline of a rhinoceros and use shading techniques to show its powerful form. By blending light, medium, and dark values, we'll transform a flat image into a realistic drawing full of depth. The SEL focus is resilience. Just as the rhino stands strong with both tough skin and quiet presence, we'll reflect on our own ability to face challenges with steady strength and balance.

SEL Focus: Self-Awareness
Art Elements: Color, Contrast, Movement
Grade Levels: 3-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day
Rick Wilson

Wings in Pencil: Drawing & Shading a Butterfly

Trace the outline of a butterfly and use graphite shading to capture the delicate patterns of its wings. By layering light, medium, and dark values, we'll create depth and bring realism to a flat surface. The SEL focus is growth and transformation. Just as a butterfly changes and emerges stronger through its journey, we'll reflect on our own ability to grow through challenges and embrace new possibilities.

SEL Focus: Self-Awareness
Art Elements: Color, Line, Balance
Grade Levels: 1-8
Virtual Lesson Time: 75 min
*Suitable for In-person Staff PD Day, Community Day
Rick Wilson

SEL through the Arts & Arts Integration

Pencil Panda: Creating Depth Through Shading

Trace the outline of a panda and use graphite shading to capture its soft yet strong form. By layering light, medium, and dark values, we'll learn how contrast brings depth and realism to a flat surface. The SEL focus is balance. Just as the panda lives in harmony between black and white, we'll reflect on finding balance in our own lives, noticing how both rest and effort, calm and challenge, are needed to grow.
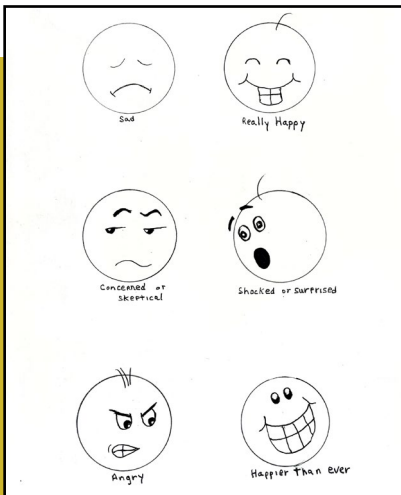
SEL Focus: Effort and Persistence
Art Elements: Line, Shape, Blending, Value
Grade Levels: 1-8
Virtual Lesson Time: 75 Minutes
*Suitable for In-person Staff PD, Community Day
Rick Wilson

Faces of Feeling: Recognizing Emotions Through Art

Students will trace circle templates and use simple lines to create facial expressions. We'll explore the meaning behind each emotion and discuss how our faces communicate what we feel. The SEL focus is self-awareness and empathy, as students build awareness of their own emotions and strengthen their ability to recognize and understand the feelings of others. At the end, they'll have the chance to invent new expressions, adding creativity to their emotional toolkit.
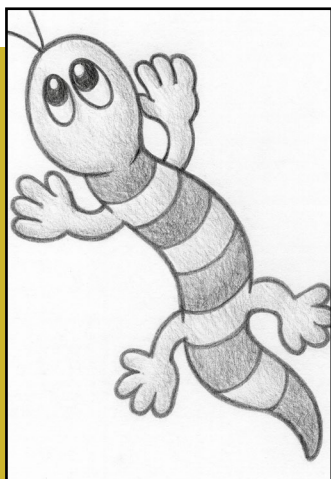
SEL Focus: patience, focus and growth
Art Elements: Value, Line, Shape, Form, Texture
Grade Levels: 1-5
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
Rick Wilson

Drawing a Gecko: Lines, Shapes, and Adaptation

In this step-by-step pencil drawing, students will create a whimsical gecko and use shading to add depth. While practicing line, shape, and value, they'll also reflect on how geckos adapt to their environment, and how they, too, can stay flexible and resilient when facing new challenges. mighty ladybug, our careful effort and persistence can make a big impact in both art and life.

SEL Connection: Adaptability
Art Elements: Line, Value, Shape
Academic Enrichment: Science
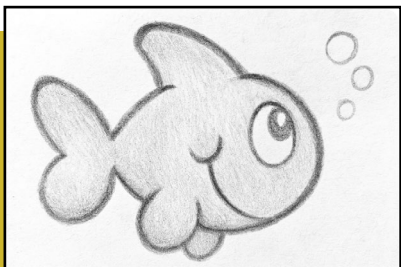**Grade Levels:** K-5
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD
Rick Wilson

SEL through the Arts & Arts Integration

Bubbly Fish Directed Drawing

Students draw a playful fish step-by-step from simple shapes, using contour lines, proportion, pencil pressure, and gentle blending. Along the way they'll focus on staying calm and confident by taking "bubble breaths" when they feel fustrated or challenged.

SEL Focus: Calmness and Conficence
Art Elements: Line, Value, Line
Grades: K-5
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Rick Wilson

Happy Puppy: Drawing with Shapes & Lines

Students draw and color a cheerful puppy step by step using simple shapes. After drawing the basic basic form, they'll trace over their pencil drawing with a fine point permanent marker before coloring. Along the way we'll focus on joy and connection. Just like a puppy brings happiness, students will practice finding joy in the process, celebrating effort, and sharing positive energy with others.

SEL Focus: Positivity
Art Elements: Line, Shape, Value, Color
Grade Levels: K-5
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day
Rick Wilson

Wings in Pencil: Drawing & Shading a Butterfly

Trace the outline of a butterfly and use graphite shading to capture the delicate patterns of its wings. By layering light, medium, and dark values, we'll create depth and bring realism to a flat surface. The SEL focus is growth and transformation. Just as a butterfly changes and emerges stronger through its journey, we'll reflect on our own ability to grow through challenges and embrace new possibilities.

SEL Focus: Self-Awareness
Art Elements: Color, Line, Balance
Grade Levels:
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day, Community Day
Rick Wilson

SEL through the Arts & Arts Integration

TK-2 SEL Connection

Alphabet Tree Caterpillar: Words that Grow

After reading The Alphabet Tree by Leo Lionni, students will explore how small voices gain power when they come together. Using pan watercolors, they'll paint a leafy branch with a bold purple caterpillar, then add one or two meaningful words to their artwork. The lesson combines simple watercolor techniques (leaf washes, layered textures, and vibrant color) with an SEL focus on the power of words to share meaning and kindness.

SEL Focus: Social Awareness & Kindness
Art Elements: Color, Contrast, Texture
Academic Enrichment: Early Literacy
Grade Levels: K-2
Virtual Lesson Time: 60 min
*Suitable for In-person Staff PD Day, Community Day
Gina Wilson Art

Emotional Lion

Create an oil pastel lion with lines and shapes. Use image transfer or print the lion black line on construction paper. Students will consider which emotion the lion might be expressing (anger, frustration, surprise) and discuss how to better understand others' thoughts and feelings.

SEL Focus: Self Awareness
Art Elements: Color, Value, Emphasis
Grade Levels: K-2
Virtual Lesson Time: 75 Min
*Suitable for In-person Staff PD
Gina Wilson Art

Line Adventure with Watercolor: Linking Lines, Colors and Emotion

Explore different types of lines and bring them to life in an abstract painting with pan watercolors. Divide the paper into sections, then draw different types of lines in the sections, such as straight, wavy, and curvy. Paint each section with a color that matches the feeling of the line—for example, red for a zigzag and blue for a wavy line. Through this process, students will see how lines can express energy, calmness, and rhythm, while practicing patience and focus as they add and blend color.

SEL Focus: Self Awareness, Patience, Focus
Art Elements: Line, color, pattern
Grade Levels: K-2
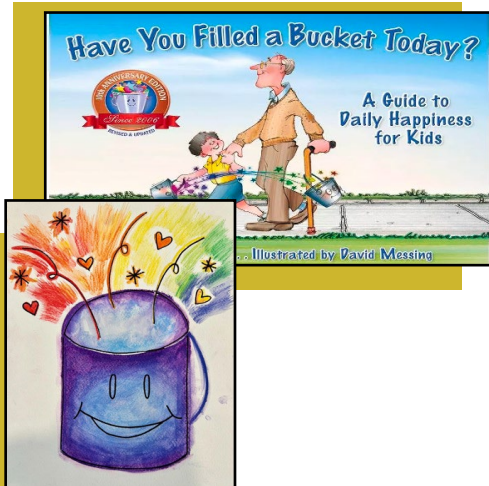**Virtual Lesson Time:** 60 Min
*Suitable for In-person Staff PD and Community Day
Gina Wilson Art

SEL through the Arts & Arts Integration

TK-2 SEL Connection

Bucket Fillers

Students will listen to a read aloud, Have you Filled a Bucket Today?: A Guide to Daily Happiness for Kids, by Carol McCloud. The instructor will lead a discussion about what makes us a "bucket filler" and list ways we can all be "bucket fillers." Students will then create their own bucket through crayon resist pan watercolor painting and may include a quote about what makes them a "bucket filler."

SEL Focus: Self-Awareness, Self-Management and Relationship Skills
Art Elements: Color, Value, Emphasis
Academic Enrichment: Early Literacy
Grade Levels: K-2
Virtual Lesson Time: 60 Min
Liz White, My Primary Prep

Pop Art inspired by Romero Britto

Students will create their own Pop Art using bold patterns and vibrant colors to express themselves. Students will use planning and organizational skills to create their design and colors. They will improve their focus and discipline through this detail oriented art piece using sharpies and oil pastels.

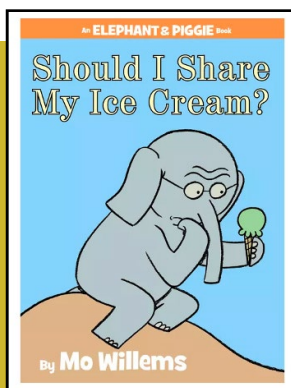**SEL Focus:** Self-Management
Art Elements: Color, Pattern
Grade Levels: K-1
Virtual Lesson Time: 60 Min
Liz White, My Primary Prep

SEL through the Arts & Arts Integration

TK-2 SEL Connection

Directed Art Elephant

Students will listen to a read aloud, Should I Share My Ice Cream? by Mo Willems and discuss the importance of sharing with others. They will then practice listening and following directions with a directed art project learning how to draw the beloved Elephant, Gerald, using sharpies, watercolor pencils, waterbrush pens, or crayons. Students will add their own speech bubble including what they can share with family and/or peers.

SEL Focus: Self-Awareness, Self-Management and Relationship Skills
Art Elements: Color, Value, Emphasis
Academic Enrichment: Early Literacy
Grade Levels: TK-2
Virtual Lesson Time: 60 Min
Liz White, My Primary Prep

Puppet Show

Students practice digraphs by creating a narrative story. An interactive puppet lesson prepares them to work collaboratively using the Pixar's Rules of Storytelling template to create their own story.

SEL Focus: Social Awareness
Art Elements: Theatre Arts
Academic Enrichment: Early Literacy, Writing
Grade Levels: K-2
Virtual Lesson Time: 60 Min
*Suitable for In-person Staff PD
JoDee Luna, Luna Arts & Ed

The Very Hungry Caterpillar Watercolor Butterfly

Participants will learn about the lifecycle of a butterfly through viewing a video and a read aloud of "The Very Hungry Caterpillar by Eric Carle." Finger movements, a watercolor project, and acting out the stages through dramatic play will engage and enhance learning.

SEL Focus: Self Awareness, Sensory-Motor Integration
Art Elements: Color, Value, Emphasis
Academic Enrichment: Early Literacy
Grade Levels: K-8
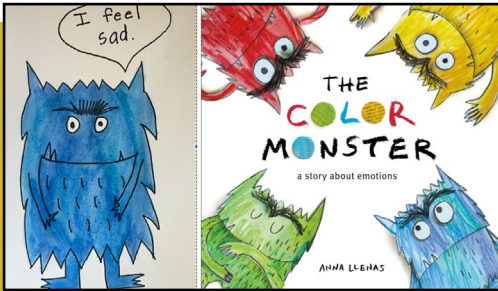*Suitable for Community Day
Amy Jensen Education Services

SEL through the Arts & Arts Integration

TK-2 SEL Connection

My Color Monster

Students will listen to read aloud, The Color Monster: A Short Story About Emotions, By Anna Llenas and discuss different feelings, why we feel them and validate that all feelings are okay. They will then practice listening and following directions with a directed art project learning how to draw their own Color Monster, using sharpies and watercolors. Students will paint their monster depending on how they are feeling and add their own speech bubble including how they are feeling today.

SEL Focus: Self-Awareness, Self-Management, and Relationship Skills
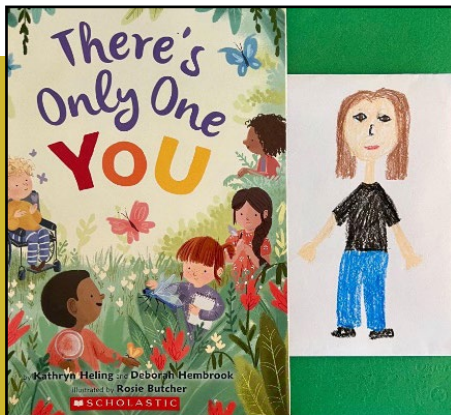**Art Elements:** Color, Value, Emphasis
Academic Enrichment: Early Literacy
Grade Levels: K-1
Virtual Lesson Time: 60 Min
Liz White, My Primary Prep

Unique Self-Portraits

Students will listen to read aloud, There's Only One You, by Kathryn Heling and Deborah Hembrook. The teacher will lead a discussion about what makes us all special and different both on the inside and the outside. Using crayons or colored pencils, students will practice drawing a self portrait making sure to include the features that make them unique.

SEL Focus: Self-Awareness
Art Elements: Color, Value, Emphasis
Academic Enrichment: Early Literacy
Grade Levels: K-1
Virtual Lesson Time: 60 Min
Liz White, My Primary Prep