



CREATIVE CHALLENGE

Choose one of the options from the following two options to respond creatively to the SEL/Arts Crosswalk Essential Understanding:

“The recognition of one’s thoughts, feelings, and their impact on one’s behavior are integrated to synthesize, make, and interpret meaning in artistic works in an artistic way.”

Option 1:

Find an artwork, musical composition, dance piece, or theatrical performance that evokes emotion for you in a meaningful way.

Write a short response, considering the following questions:

1. Describe the emotions that are evoked in you through this artwork.
2. Identify what specific components in the work evoke this response. Be as specific as possible.
3. How does this artwork help you come to a deeper understanding of yourself?
4. How might sharing this artwork with others help you communicate your feelings, beliefs, or values?

Option 2:

Identify an emotion that you are feeling right now. Locate that emotion in your body. Express that emotion through a simple artwork/sketch/image, short musical composition, dance phrase, or monologue.

Write a short response, considering the following questions:

1. How did your experience of this emotion shift as you were creating your piece?
2. Where does the emotion show up in the finished piece? In what elements or components is it most present?
3. How has your physical experience of the emotion shifted since after creating the piece? How has your relationship to the emotion changed?
4. What can you identify in the relationship between creating and feeling that might help you connect with another person?

Note: If you would like some suggestions for visual art, go to the [Poster Project](#).