Over the past few years there has been a growing awareness in the community of the importance of the emotional life of children. We now understand the importance of the Visual Arts and how we develop our students with the skills, knowledge and understand of themselves and the world around them.

Emotional literacy may be defined as the capacity of a person to understand their emotional experiences. Children who possess emotional literacy are emotionally aware, alive and connected with themselves. They are better equipped to develop capacities to engage with and manage emotional difficulties they encounter. As a consequence they are more resilient in the face of emotional challenges.

At Hamlyn Banks, we continue the work from The Dax Centre and ELVA which aims to use visual arts as the medium to enhance the capacity for children to be emotionally aware, emotionally connected with themselves, others and with experiences as well as situations. It recognises the importance of creating time, space and place for the children to reflect on themselves, their interactions with their social setting and express this within a safe and supportive environment.
ELVA is an experience based approach and is therefore fundamentally different from most other emotional literacy programs that are based on skill training or behaviour modification. ELVA is a classroom based model to enhance the emotional literacy of primary school children through art. Originally funded through a private philanthropic trust, it began in 2010 involving a multi-disciplinary working party consisting of teachers and child psychotherapists, psychiatrists, analysts and psychologists.

**RAINFOREST OF FEELINGS**

Whole School Approach
PREP TO 6

*The aim of the “Rainbow of Feelings” unit* is for all students to experience 8 sessions of different emotions/feelings in Visual Arts. Each week we will discuss a different emotion/feeling represented through different artists’ artworks, role play and other visuals. Students will then have a variety of materials to choose from to respond to that feeling in any style or combination they like. This has helped students see how they are learning to identify their feelings. This program is about free artistic expression where appropriate. Each artwork is represented with a written response from your child.

**OUR FOCUS FOR THE VISUAL ARTS TERM 1**

Our aim is to help students to understand, manage and express their own emotions
****
Extend their range of feelings and vocabulary used
******
Encourage positive emotionally learnt behaviours and relationships.

Keep creativity alive!!!

*From the Visual Arts Teacher*
Mrs Amelia Jolly