Express Your Feelings with Colour and Shape

🧰 **You Will Need:**

- Soft pastels (bright and dark colours)
- A4 pastel paper or thick drawing paper
- Tissue or blending stick (optional)
- Pencil (for a light sketch)
- Fixative spray (with adult help)

👣 **Step-by-Step Instructions**

✏️ **Step 1: Light Sketch of a Face or Figure**

Draw a simple face or figure. Don't worry about making it perfect—Expressionism is about showing *feelings*, not realism! Use big shapes and give your person a strong emotion like sadness, joy, fear, or anger.

🖍️ **Step 2: Choose Your Colours Based on Mood**

Pick colours that *match the feeling* you want to show. For example:

- Angry: Red, black, orange
- Sad: Blue, purple
- Happy: Yellow, pink
- Afraid: Green, grey, blue

You can mix colours to add drama!

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🌀 **Step 3: Colour with Emotion**

Begin filling in your sketch with bold pastel strokes. Don't stay inside the lines if you don't want to! Press harder for dark areas and use light strokes for softer spots. Use swirls, jagged lines, or rough shading to match the emotion.

✋ **Step 4: Add Background with Energy**

Create a background that adds to the mood—use curved, spiky, or messy lines to surround the figure. You can smudge or blend colours with your fingers to make the mood stronger.

🎉 **Final Step: Add Finishing Details and Fix**

Use black or dark pastel to add outlines or exaggerate features (like big eyes or raised eyebrows). Check that your colours and marks show emotion clearly.
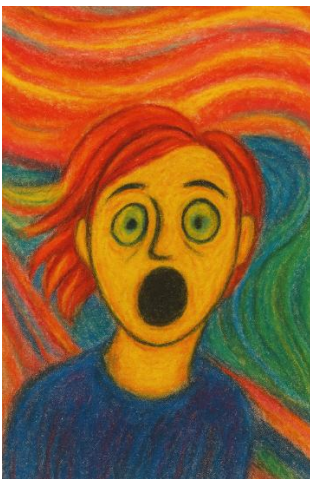
Tip: Once you've finished your picture you can 'fix' it so that the pastel won't rub off all over, you can use a professional fixer, or you can try hairspray