**Lesson 1 Worksheet**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anxiety is a common human emotion. Expressing our emotions can help us to better understand them and how we react to them. Answer the following questions to help you think through the process of what you will include in your portrait drawing.

1.What is a social situation that made me feel anxious?

2.How did I react to that situation?

3.How can I use form (Line, color, material, etc.) to describe that experience in a portrait?

4.How can I describe the content (subject matter) of the work?

5.How can I relate to the experience being described?

Using your partner as a model, act out your reaction to an experience that caused you anxiety. Create

3-5 thumbnail sketches that express a sense of anxiety.

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