

“Where Does Your Stress Reside?”

Anatomy, Physiology and Art

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Outline for lesson:

1. Group: cite stressors in life
2. Name your personal stressors
3. How does stress affect your behavior and emotions?
4. The physiology of stress – The Science of stress and its effects on our bodies.
5. How can we positively manage stress? Listen to your body.
6. Where do you personally hold your stress?
7. Sketch the organ and symbolically show how it feels.
8. Include a source of possible relief within the artwork.
9. Provide a wide variety of supplies for the artmaking process.
10. Title the piece. Write artists' statements and/or free-flow poetry.
11. Hold a gallery walk and reflection time.