

BASKING IN SUNLIGHT

Did you know that soaking up some sunlight can affect your brain? Bright and sunny days stimulate your brain to make **serotonin**. Serotonin is a chemical that puts you in a happy mood. It helps you feel calm and more focused. No wonder we feel so happy when the sun is shining!



CREATE a picture of a bright and happy sun. Use warm colours – reds, oranges and yellows to bring your sun to life. Display all the sun pictures together to remind people that the long, dark days of winter will soon be over.



PRESENT your sun picture to a partner. Take turns commenting on the use of colours and shapes. Explain what you like best about the picture and why. Does the use of colour create the sense of happiness and warmth? How has the design conveyed energy? Offer suggestions.



RESPOND to your classmates' ideas. View all the drawings displayed close together as a body of work. How do they make you feel? What do you see that makes you say that? Compare the pictures. How are they different? How are they the same?



CONNECT the way the pictures make you feel when displayed and viewed close together. How does the number of pictures affect the energy and happiness they convey? Why? Imagine each sun has a personality of its own. How would they sound if they were talking to each other? Explain how artists are able to communicate ideas by using the elements of art such as colours and shapes and their own imaginations.