

Filling Up Your Cup: Emphasizing the Importance of Self-Care

Class/Grade Level

2nd Grade

Objectives

Students will be able to investigate what it means to participate in self-care, how one can “fill their own cup” in various ways, and how being kind to yourself plays an important role in being kind to others.

SWBAT explore how emphasis can be utilized in artmaking through various elements of art, including subject, color, space, and contrast.

SWBAT create a 3D paper mug that conveys the student’s favorite way to fill their cup both through illustration and descriptive text.

Big Idea

Self-Care

Key Vocabulary

Emphasis
Contrast

Self-Care

“Filling Your Cup”

Featured Artist(s)/Movement(s)

Emphasis

Rembrandt van Rijn, “The Night Watch”, 1642

Materials Needed:

Black paper

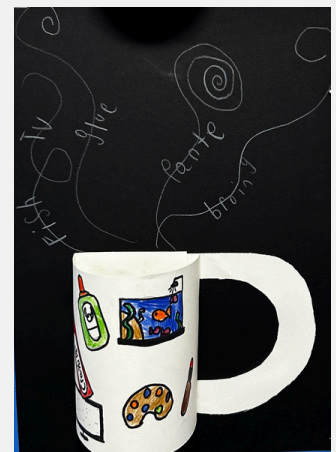
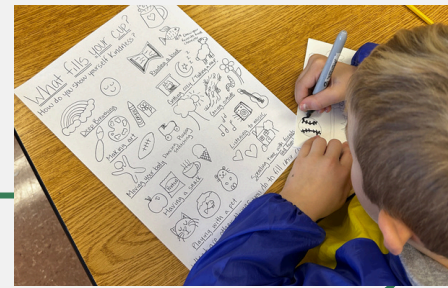
White mug paper

Pencil

Sharpie

Colored Pencil

Glue sticks



Lesson Summary

In this lesson, students will explore the concept of self-care and the importance of “filling your cup” as a foundation for kindness to others. They will create a 3D paper mug, illustrating their favorite self-care activity and incorporating descriptive text, while learning to use emphasis through elements like color, space, and contrast. Guided demonstrations and discussions will support their understanding of both the art-making process and the design principle of emphasis. The lesson concludes with a reflection on their artwork, emphasizing its personal and artistic meaning.

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Standards

1.5.2.Re7a 1.5.2.Cr2a
1.5.2.Re7b 1.5.2.Cn10a

Accommodations & Extensions

Based on individual students' IEP/504 and individual students' needs.

Finished Early Activity:

- Decorate your handle
- Add a background (space)

Assessment:

Pre Assessment

- Full-class discussion

Formative Assessment

- One-on-one check-ins
- In-progress work
- Thumbs Up Thumbs Down full class check-in

Summative Assessment

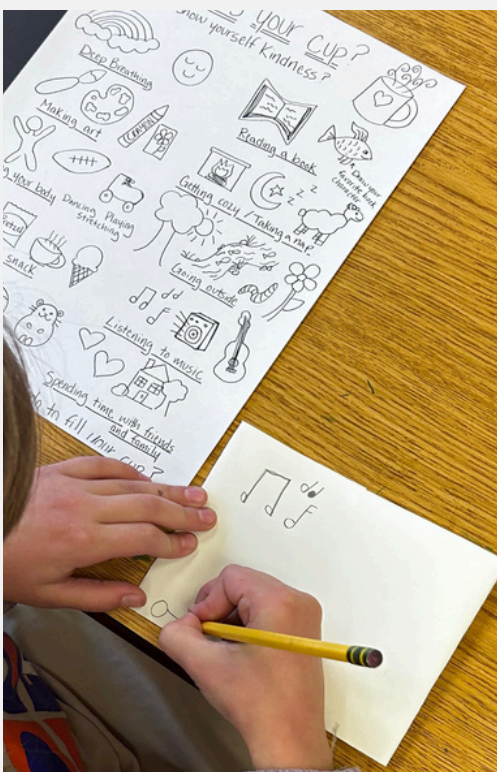
- Completed artwork

Learning Experience

One-Day Lesson

Students are welcomed and introduced to the concept of "filling your cup," connecting self-kindness to kindness toward others. After sharing in a turn-and-talk, students begin an art project depicting a favorite cup-filling activities. Instructions and demonstrations are chunked in to preparing black paper, folding cup templates, and illustrating with pencil, outlining with Sharpie, and coloring in with colored pencils, with all guided by timed reminders.

Students then observe a demonstration on mug construction, assembling cups and handles on black paper, and adding steam and descriptive words with a white colored pencil. Cleanup follows, and students discuss the concept of emphasis in art, identifying it in their work and optionally sharing their creations. As they line up, students participate in a gallery walk. The lesson emphasizes creativity, self-reflection, and technical skills in a structured, engaging format.



Lesson by Chloe Gilio