

## POP THAT THOUGHT BUBBLE!

Making a Collage with Evie Mantone

**An exercise exploring how we think.** Create collage illustrations to show the impact positive and negative thoughts have on our feelings and actions.

*The following project was designed to complement Sanford Harmony's 4th grade SEL lesson, Pop That Thought Bubble!*

[online.sanfordharmony.org/lessons/sfwd-grades-Grade-4-Unit-2-Empathy-and-Critical-Thinking-21-Pop-That-Thought-Bubble/](https://online.sanfordharmony.org/lessons/sfwd-grades-Grade-4-Unit-2-Empathy-and-Critical-Thinking-21-Pop-That-Thought-Bubble/)

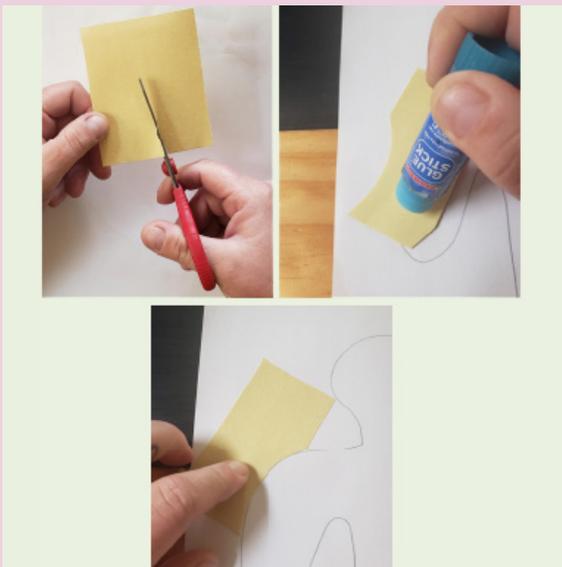
### WHAT YOU'LL NEED

- 2 sheets of paper
- colored paper
- pencil or pen
- scissors
- glue stick



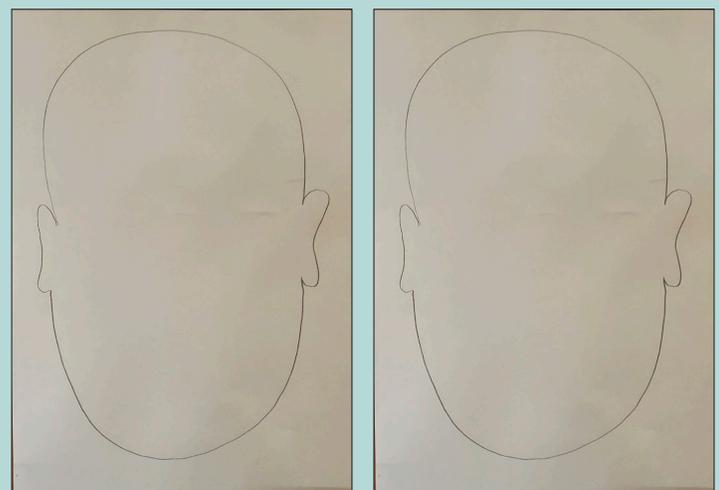
### What is Collage?

Collage is art made by cutting up or tearing materials such as colored paper, string, fabric, and newspaper and then gluing them together on another piece of paper to make a picture.



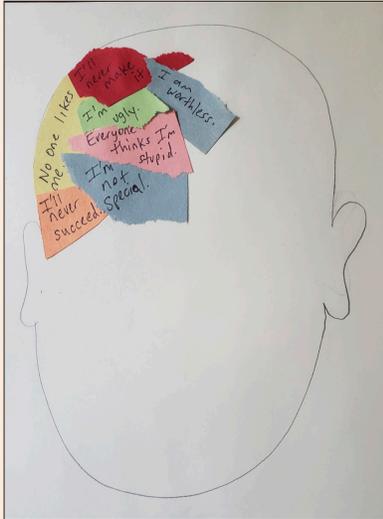
### Step 1: Draw the headspace

Using a pencil and two pieces of paper, draw the outline of a head on each piece of paper.



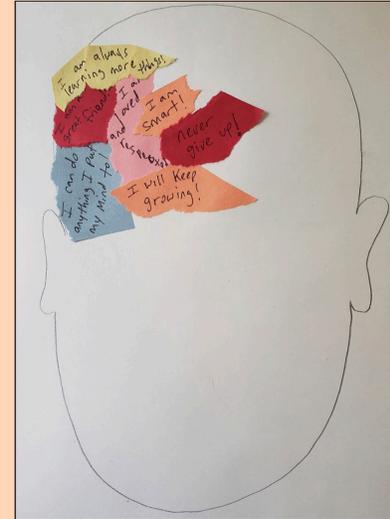
## Step 2: Negative headspace

Begin collaging the interior of one of the headspaces. On each piece of torn or cut paper you collage add a negative thought, feeling or action. Try and fill the entire space.



## Step 3: Positive headspace

Begin collaging the interior of the other headspace drawing. On each piece of torn or cut paper you collage add a positive thought, feeling or action. Try and fill the entire space.



## Reflection

When reflecting on your work, keep in mind the following:

- How did it make you feel to write the negative words?
- How did it make you feel to write the positive words?
- What can you do to change your thoughts from negative to positive?
- What can you do to be more aware of your thoughts?
- How would a negative thought day affect the rest of your day and those around you?
- How would a positive thought day affect the rest of your day and those around you?

