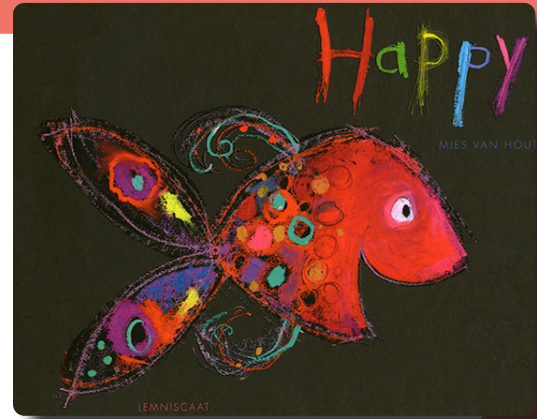


## Tips for 'Happy'

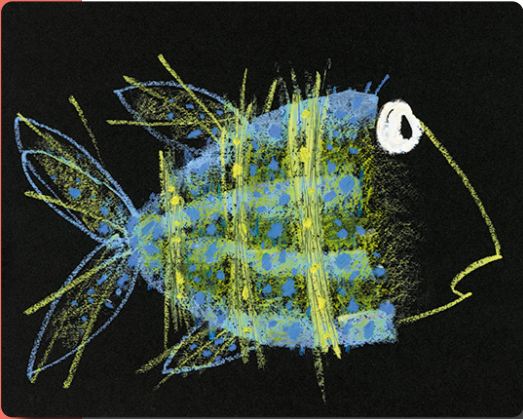
The picturebook Happy depicts 22 fishes which each portray a feeling. The book invites children to tell their own stories about their emotions.



### Talking with children about feelings

Talking about their feelings can be scary for children. The illustrations in this book can help them with this.

The conversation can be different every time. Let it be guided by the things the children talk about.



### What happened to this fish?

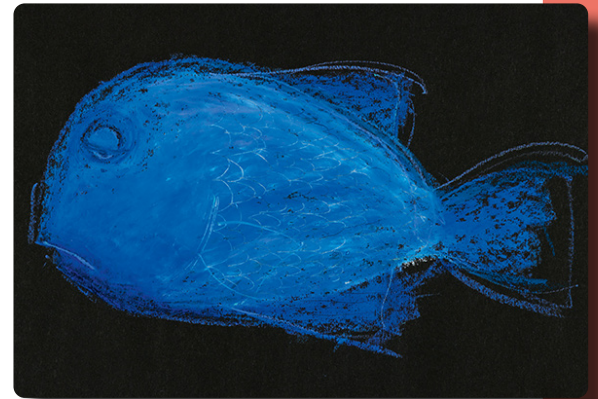
If you ask children what happened to the sad fish, they can give two different answers.

They can make up a story, like 'Perhaps his friend was eaten by a shark'.

Or they can talk about something that happened in their own life, like 'maybe the others won't let him play with him.'

#### Writing exercise

Write a story about what happened to the sad fish.



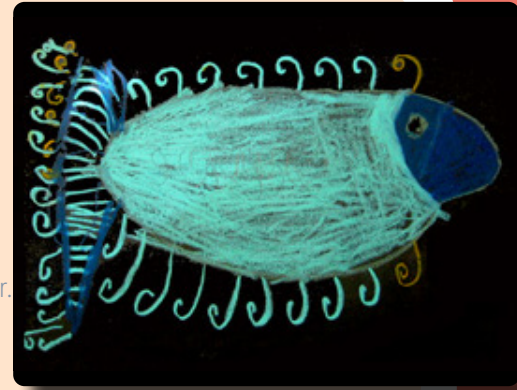
### Possible questions for children about 'Happy'

- Has one of you ever been angry (or happy, or...)
- What makes you angry? (or happy, or...)
- How do you feel when you're nervous?
- What does 'brave' mean?
- Who here has ever done something brave?
  
- Browse through the book and point out the feelings you've had today.
- Talk about what happened then.
  
- Can you look surprised?
- What is the difference between surprised and shocked?
- What is the difference between delighted and glad?

## Drawing workshop Happy

Draw a fish with a feeling  
with oil pastels on black (or white) paper

Note: I like to see children draw with oil pastels on black paper. The results are often very beautiful. But of course you can also draw on white paper with crayons you already have.



### Learn how to draw with emotion!

Use a pencil and sketching paper.

Draw a normal line



now draw a nervous line



and now a shy line that barely dares to lay on the paper



and now a happy line

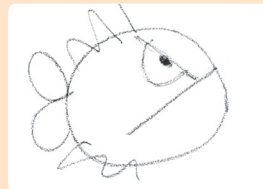


and an angry one



The lines are all different  
That's because of the  
emotion. You can use this  
when you draw a fish.

These two fish, for example, are both angry,  
but the left one is drawn with a soft line,  
and the right one with an angry line.  
You can see the fish drawn in angry lines is  
much angrier.



#### What you need!

- Black (or white) paper (A3)
- Oil pastels
- White sketchpaper
- Gray pencil

### Facial expressions

If you draw a fish from the side it's almost like a face with a tail.  
You draw the expression of the face with the eyes and the mouth.  
The clearer the expression, the better you can see how the fish feels.  
Take a look in the book Happy, and see how the mouths and eyes have been drawn.

### Sketching is practicing

Practice drawing different expressions with pencil on white paper.  
The sketches don't have to be big, and they don't have to look perfect  
right away. Sketching is practicing. It might take a few tries, and that's okay.  
You can choose any fish you want to draw, but don't just  
draw or trace one from the book. Make up a fish of your own.

I like to inspire people with my workshops. You can help me inspiring  
to place the drawings you make on Facebook or Instagram.

I'm very curious to  
see the result!  
#miesvanhout  
#happy #vrolijk



# Drawing with oil pastels

## Why oil pastels?

With oil pastels you can work very expressively. You can easily give the lines feeling. For children it's a great material to work with. They make very beautiful drawings with oil pastels. And they get less dirty than with paint for example.

## Which oil pastels?

You can buy boxes with oil pastels in 12 or 24 different colors. For example:

- The Expressionist oil pastels of Cray-pas
- Van Gogh oilpastels of Talens

Note: Not every crayon is suitable for drawing on black paper. When the crayon is transparent the colors don't become clear. With Wasco or Panda crayons you can draw on white paper, but they are not suitable for black paper.

In shops for artist supplies you can find more beautiful crayons. Sometimes you can buy them individually. That's nice, because you can try out what colors you want and what colors are the most beautiful on black paper.

## How to draw with oil pastels

Take a sheet of black (or white) paper, and try things out.

- You can blend colours by drawing over them with a different color.  
Try this and see which colours match well and which don't.
- You can also draw with the side of the crayon. This way you can also blend different colors with each other.
- Try pressing down very soft or really hard
- If you've drawn something you can rub it out with your fingers
- If the crayon is big enough, you can scratch in them with skewers.  
This will give you thin, black lines.

**Have fun!**



## Children's drawings

These drawings were made by children during this workshop

