

Social & Emotional Learning

CARING FOR OURSELVES & OTHERS



George Segal, Blue Woman in Black Chair, 1981

Painted plaster and metal, 52 x 26 x 44 in., Blanton Museum of Art, The University of Texas at Austin, Archer M. Huntington Museum Fund, 1983, © George and Helen Segal Foundation / Artists Rights Society (ARS), New York

vulnerable	<i>Unprotected; at risk</i>
evoke	<i>Bring to mind</i>
perspective	<i>Point of view</i>

QUESTIONS TO THINK ABOUT: Make some notes for yourself.

How can you tell when somebody else feels lonely?

What are some of the causes of loneliness?

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What can you do to help somebody who is lonely?

When you feel lonely or vulnerable, what can you do to take care of yourself?

THINK LIKE AN ARTIST

For this activity, you'll need a partner. If you're at home, this could be someone in your household or a classmate on video in your virtual class. Or if you're in school, you can do this activity with a classmate while maintaining an appropriate distance.

You will "sculpt" your partner by telling them how to use their body language to communicate the feelings below. Feel free to use a chair as a prop if you decide to vary the poses between sitting and standing.



What did you notice?
