

SEN THEATRE IN LEARNING & TEACHING EXPO (LTE) 2021

ART CURRICULUM DESIGN  
TO PROMOTE WELL-BEING  
AND SOCIAL EMOTIONAL LEARNING

藝術課程設計促進身心靈健康  
和社交情緒學習

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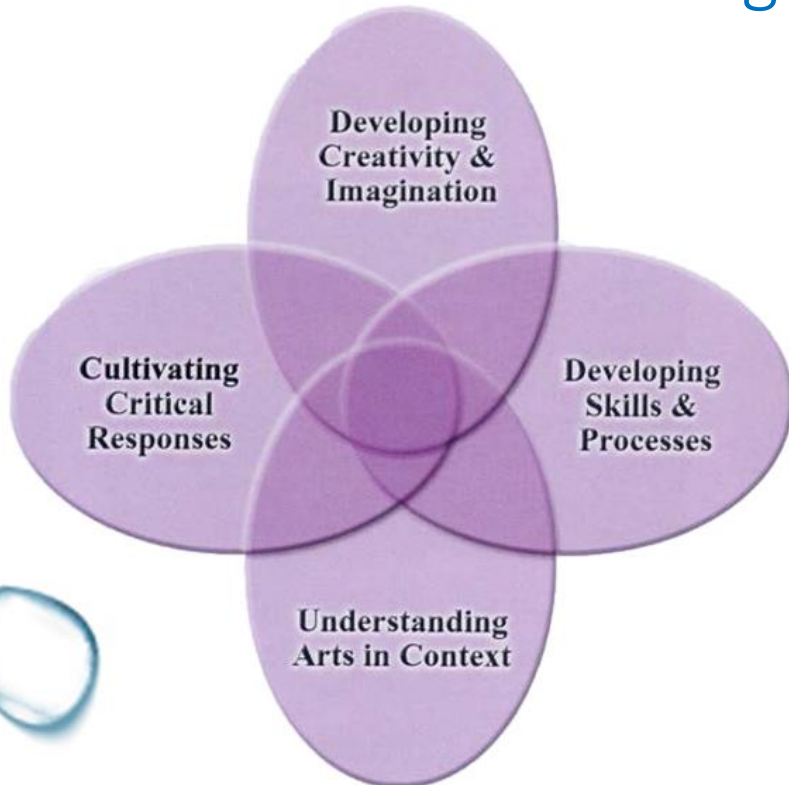
## About our school-based visual arts curriculum:

Echo with the Curriculum Aims of the Arts Education  
KLA,

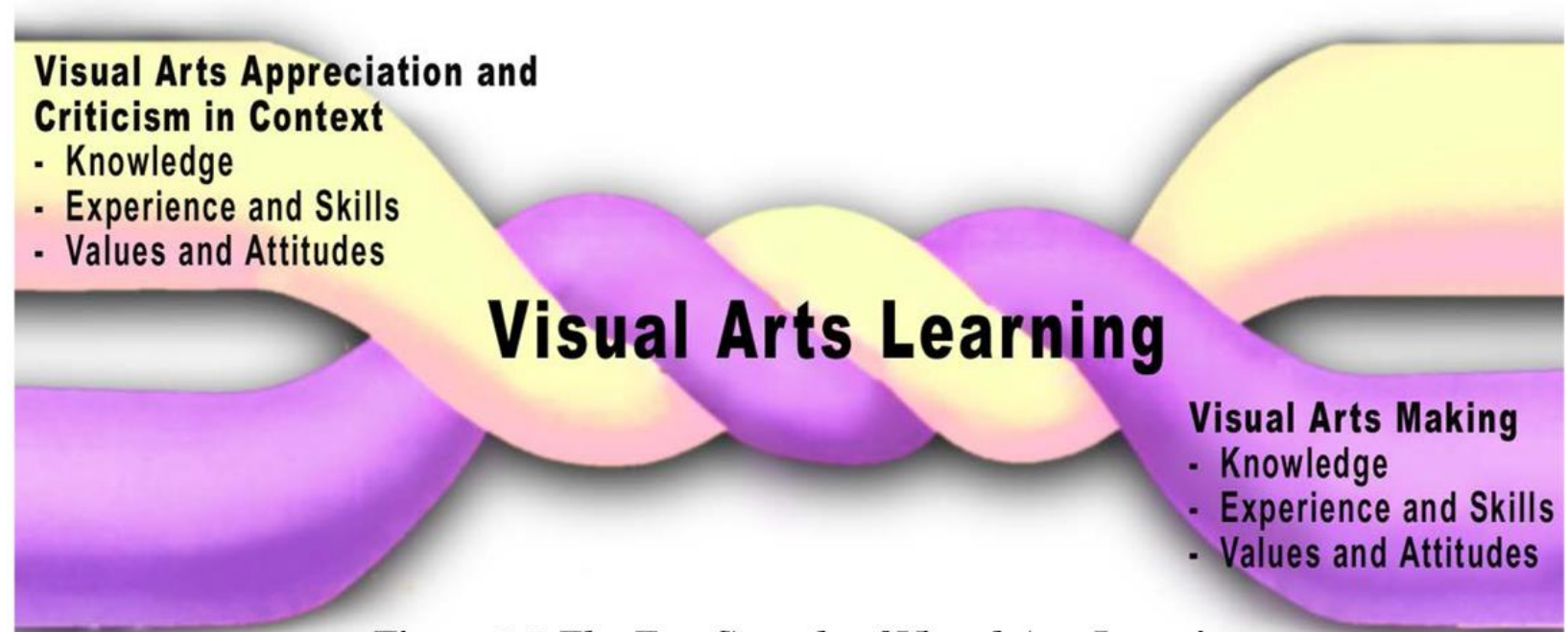
*“...to help students: develop creativity, critical thinking and communication skills, ... and cultivate positive values and attitudes; gain delight, enjoyment and satisfaction through participating in arts activities...”*

The Curriculum Development Council. (2017). *Arts Education, Key Learning Area Curriculum Guide, Primary 1 – Secondary 6*. Retrieved from [https://www.edb.gov.hk/attachment/en/curriculum-development/kla/arts-edu/curriculum-docs/AE\\_KLACG\\_Eng\\_2017.pdf](https://www.edb.gov.hk/attachment/en/curriculum-development/kla/arts-edu/curriculum-docs/AE_KLACG_Eng_2017.pdf)

To facilitate the achievement of the curriculum aims, art learning activities should be designed according to the four key Learning Targets set out in Figure 2.1 together with the two strands of Visual Arts learning in Figure 2.2.



**Figure 2.1 The Four Key Learning Targets**



**Figure 2.2 The Two Strands of Visual Arts Learning**

# 「學童身心靈健康評估計劃」

## Health Behaviour in School-aged Children (HBSC)

### 研究簡介

- 在2020年，[香港中文大學「香港亞太研究所青年研究中心](#)及「[香港學生能力國際評估中心](#)」合作成立研究小組，邀請香港中小學進行「學童身心靈健康評估計劃」(Health Behaviour in School-aged Children, HBSC) 主測試
- 「學童身心靈健康評估計劃」(HBSC) 是由[世界衛生組織\(WHO\)](#)歐洲區域辦事處統籌的跨國研究，由1982年開始進行，現時有四十多個國家和地區參加，能幫助我們從國際視域了解香港青少年不同階段的身心健康狀況，並提供重要的參考
- 評估對象為[11歲、13歲及15歲學生](#)的健康狀況、生活滿意度、以及家庭與社會環境等因素

# 自評健康狀態

- ▷ 香港學生自評健康狀態為「極好」的只有 16%，遠低於HBSC的 36%；自評健康狀態為「一般」及「差」的分別約有 32%及 4%，均高於 HBSC的12%及 2%

圖表2. 香港學生與HBSC平均的自評健康狀態

自評健康狀態	香港	HBSC平均值
極好	15.5%	36.3%
好	49.3%	50.2%
一般	31.5%	11.8%
差	3.7%	1.6%

\* 總百分比的微小差異是由於四捨五入之故。

## 情緒及身體症狀

圖表3. 香港學生與HBSC平均過去6個月出現情緒症狀每星期一次或以上的百分比

	心情低落	易怒或 脾氣暴躁	感到緊張	難以入睡
香港	39.8%	41.9%	39.3%	34.1%
HBSC平均值	29.3%	40.5%	38.3%	32.3%

圖表4. 香港學生與HBSC平均過去6個月出現身體症狀每星期一次或以上的百分比

	頭痛	胃痛	背痛	感到頭暈 眼花
香港	17.7%	13.9%	14.4%	16.5%
HBSC平均值	29.9%	20.3%	22.1%	17.4%

## 情緒及身體症狀

- ▷ 香港學生出現情緒症狀的情況比出現身體症狀的情況較為嚴重
- ▷ 與HBSC相比，香港學生出現身體症狀的情況較少，但出現情緒症狀的情況較多，尤其在心情低落方面較為嚴重

# 香港學童健康的不均等 性別差異

- ▷ 身體及情緒症狀方面，香港女生在兩者的平均值亦顯著高於男生，反映女生的情況較男生嚴重

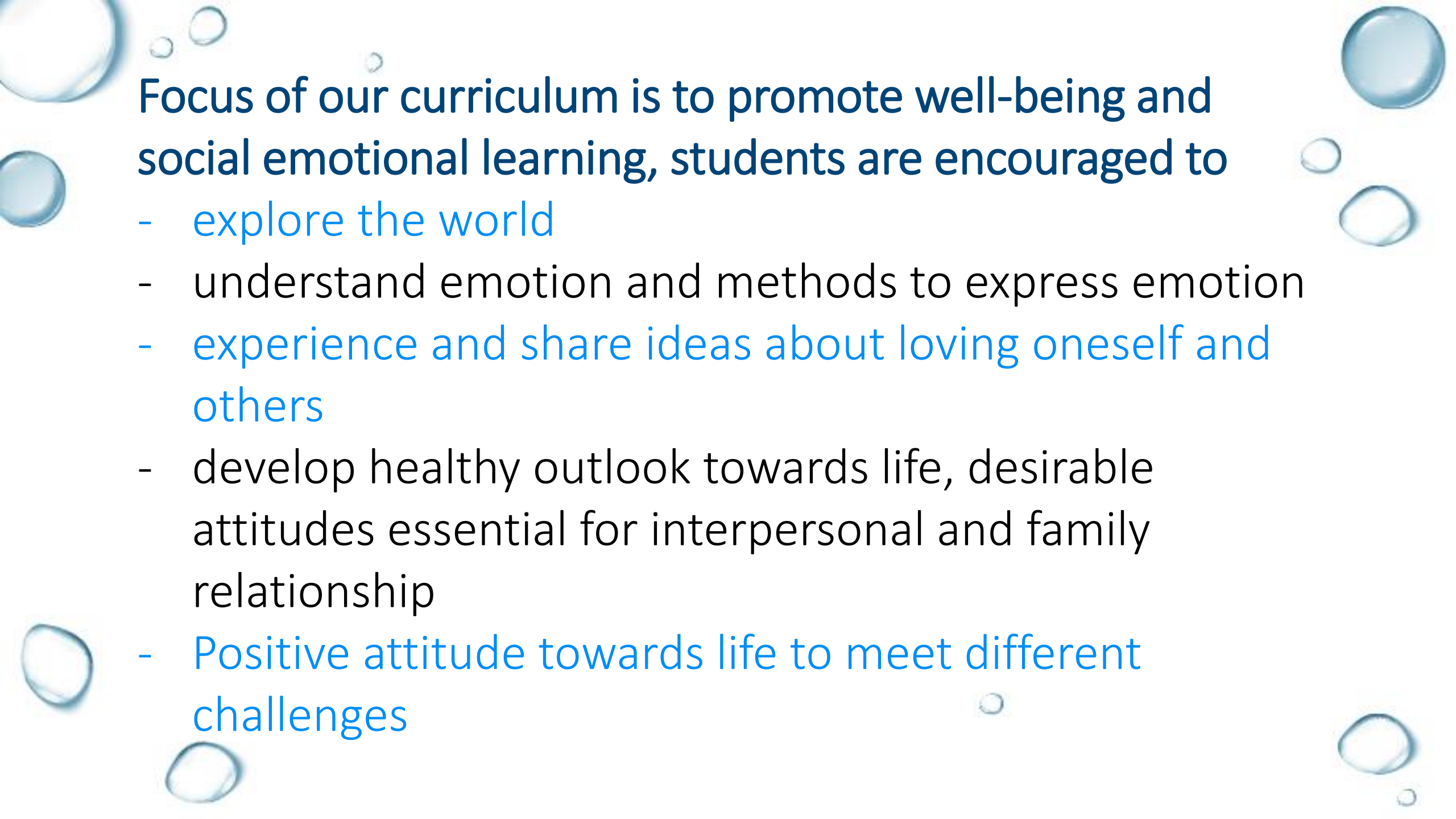
圖表7. 不同性別的香港學生的健康與幸福感指標

健康與幸福感指標	男生		女生	
	平均值	標準差	平均值	標準差
生活滿意度	7.00	1.88	6.95	1.83
自評健康狀態	2.81 ***	0.77	2.72	0.73
身體症狀	6.09	2.97	6.68 ***	3.28
情緒症狀	9.01	4.23	9.85 ***	4.36

\*\*\*  $p < 0.001$

# 總結

- 1) 香港學生的生活滿意度及自評健康狀態普遍低於國際水平，情緒症狀亦較身體症狀嚴重；身體症狀及情緒症狀則隨年齡上升而增加
- 2) 香港學童健康的不均等性別差異：香港女生的自評健康狀態顯著低於男生，女生的身體及情緒症狀顯著高於男生



Focus of our curriculum is to promote well-being and social emotional learning, students are encouraged to

- explore the world
- understand emotion and methods to express emotion
- experience and share ideas about loving oneself and others
- develop healthy outlook towards life, desirable attitudes essential for interpersonal and family relationship
- Positive attitude towards life to meet different challenges

Example One is about how our S1 students to reflect on feeling of well-being and explore the natural world by computer graphics under the theme of Natural Beauty:

### Title of Project: My Beautiful World

- This project requires students to work in groups, to collaborate and present their artwork/ progress in front of the class during sharing session;
- Their communication skills, ability to cooperate, and their self-confidence have been promoted;
- Students are encouraged to show concern for human and natural environment is noted.



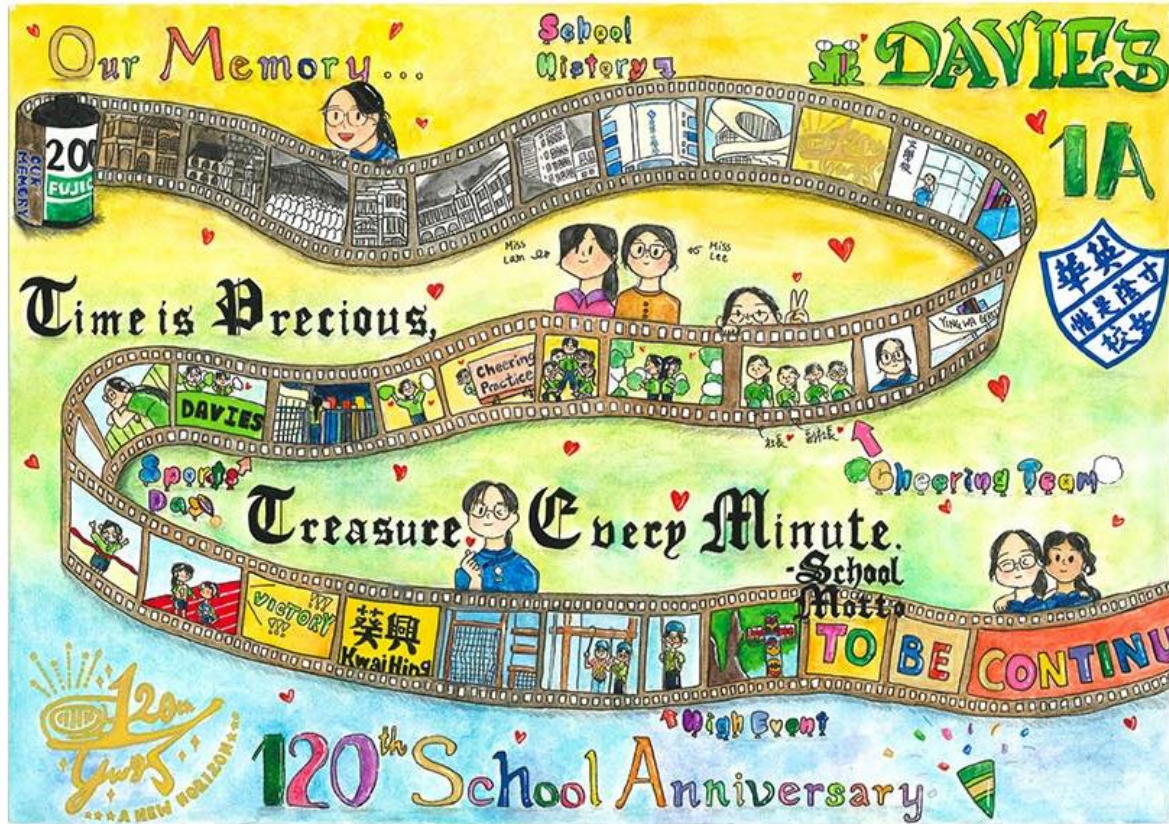
Note: "[What a Wonderful World](#)" was first recorded by Louis Armstrong and released in 1968 as a single. It was written during the time of the Vietnam War. It would try to bring hope to the millions of victims suffering the effects of the war. After listening to the song, students are encouraged to [portray the scene](#) described in the song and then go together with their friends [beyond this wonderful world with love](#). We would like to treasure and appreciate what we have at the moment.

Example two is about how S-S6 students to collaborate with one another in proper communication and social skills to build close relationship and team spirit in class:

Title of Project: Class page design of school magazine for 120th school anniversary issue

- This project requires students to work in groups in generating design plan and target;
- Their communication skills, ability to cooperate, and their self-confidence have been promoted;
- Desirable attitudes essential for interpersonal and family relationship is concerned.

# About our school life...



志在四方

甲冠天下

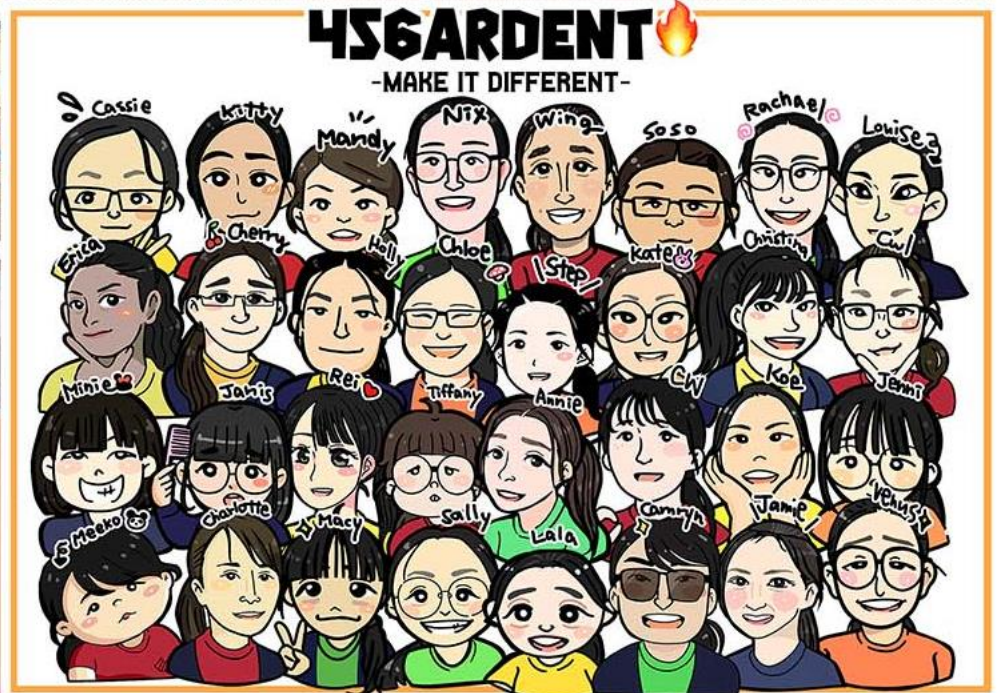


肆伍陸甲

arcadium



#ywgsl20th  
#456elpis



Example three is about how our S3 students to identify emotion under the theme of Understanding People around Us:

### Title of Project: My Cubist Portrait

- This project requires students to observe oneself or one another from multiple perspectives;
- address emotion and express it properly by use of collage;
- steps by steps to build up the 3D paper sculpture with layers and texture in specific choice of colours to reveal a certain mood/ atmosphere



How busy we are...

About our strong emotion...



Here are three examples of how our art students from senior forms to develop positive attitudes towards life, encounter challenges and share ideas about loving oneself and others under own selective theme for Portfolio of School-based Assessment:

Example Four is about how to express insecurity and fear under the theme about “Comfort Zone”. It is to induce breakthrough for oneself. Title of the artwork is “Mellow” with inspiration from an artwork by Davide Bonazzi, observation from daily life about the little flower or plant nearby and moneyless life from Mark Boyle.



Title of Artwork One: Mellow

Medium: Mixed Media (Acrylic on canvas board and collage of foam)

Size: 50.8 x 76.2 cm

This artwork represents the last stage of stepping out of the comfort zone, in which is the scene where the character is leaving her comfort bubble. She wears casual set of pyjamas and well equipped with an armoured metal arm. She grasps the curtain with a tight grip as to show determination and strength, the earthen tone with the mass amount of plants is to reveal solace of the comfort zone. In this artwork, the interior of a greenhouse is depicted with various kinds of flowers, with the protea flower as the main foci. Protea flowers symbolizes transformation, echoing the theme of maturity in leaving the comfort zone. Greenhouse often has an image of being protected, and shutting out reality. There's a Chinese saying - " 温室里的花朵长不大" which refer to people that are incubated (like a flower) in a green house. To me, being trapped in a greenhouse is a metaphor of being trapped in your own comfort zone, unable to grow and learn. Would you follow the girl in the artwork and step out of your comfort zone with confidence and determination?

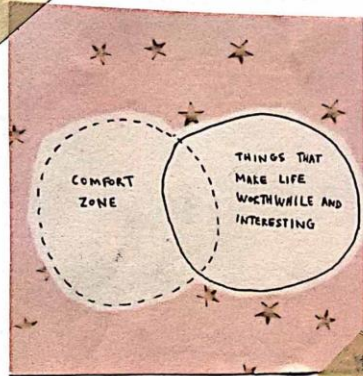


# Inspiration from...

## Artwork 1. Mellow

AFRYLIL ON CANVAS BOARD

### Idea development:



### Introduction:

#### ➤ Theme:

The theme of the following artworks are surrounding the topic of —

### Comfort zone:

The definition of comfort zone is a psychological state in which a person feel safe and at ease, though staying inside the comfort zone result in consistent, steady performance, holding yourself

back too much makes you unmotivated to try and discover new things, hence keeping you away from growth.

#### ➤ Reason for choosing this theme:

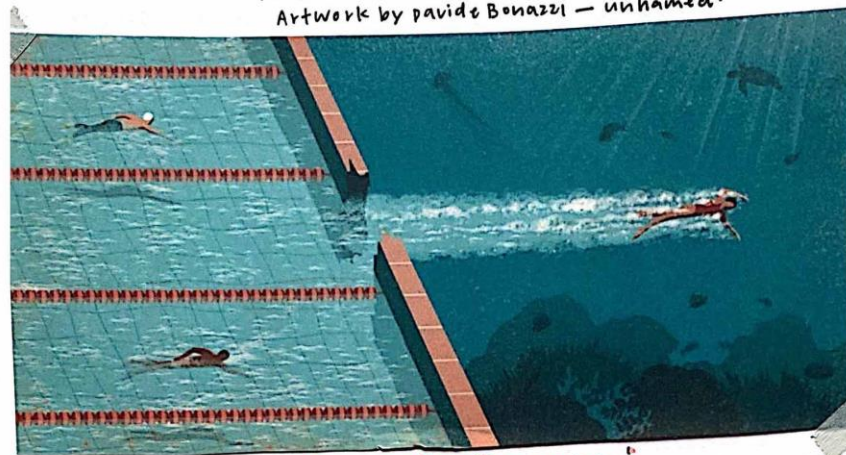
My inspiration is from my struggle dealing with stepping out of my own comfort zone. As ironic as it is, facing my insecurities and fears are things I find hard to cope. I decide to create artworks as a self-reflection,

a mirror even, in hopes people would understand or relate and to motivate and push myself out of my comfort zone during the process of creating the artworks.

OLD WAYS  
WON'T  
OPEN NEW  
DOORS

### SOURCE:

Inspiration from regular setting of even animals in a swimming pool from left towards right with the breaking hole towards the organic and natural underwater in wonder.  
Artwork by Davide Bonazzi — unnamed.



### Artwork from Davide Bonazzi

In this illustration from David Bonazzi, I see a swimmer breaking through the swimming pool, into the ocean, while others stayed inside the swimming pool. They fear that anywhere outside the swimming pool would be unsafe. Consequently, they took on a habit of only staying where they are familiar with, sacrificing their chances of ever exploring more. Contradictorily, the swimmer in red decided to break through the pool walls, risking his life to seek more. Subsequently, the swimmer found out that the unknown is not as scary as one thinks, while everyone thought the ocean would be filled with dangerous creatures, the only thing to be found are the depth and beauty of the ocean, new creatures that have never been discovered, such and such.

### Thoughts...

To me, the swimming pool refers to the comfort zone, it is often assumed that things outside the comfort zone is unsafe or dangerous, but you'll never know until you breakthrough your own.

Learning from Davide Bonazzi: Contrast is achieved properly in this artwork. The diagonal in the middle has separated the left, safer zone with the right, uncertain zone obviously. Lighter tone and calmer water is on the left while darker tone and more objects are found on the right. Movement of the swimmer with strong waterflow is emphasized. Mysterious atmosphere in complexity is achieved successfully on the right in comparison with the static composition on the left.

## SOURCE:

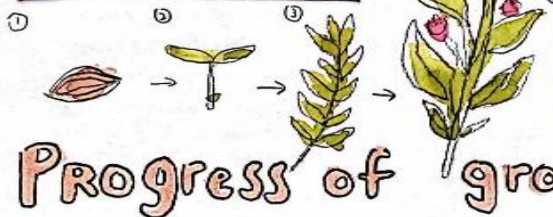
### Inspiration From Daily Life

These are some photos of the plants planted near my building. Each day, I pass them by before reaching the bus stop and everyday these plants are slightly different from the day before. That's because of growth, plants grow each and every day. It's a life cycle right before your eyes. It's pretty fascinating to watch these plants grow from seeds to blossoming flowers and greenish leaves. To me, these little lives are a symbol of life and growth. It reminds us that life is short and one should treasure it, living it to the fullest without regrets.

Flowers from the sidewalk ↴



plants can survive in harsh conditions no matter rain or storm. We also can learn from their determination.



## Progress of growth

### Interpretation + Relate to the Comfort Zone

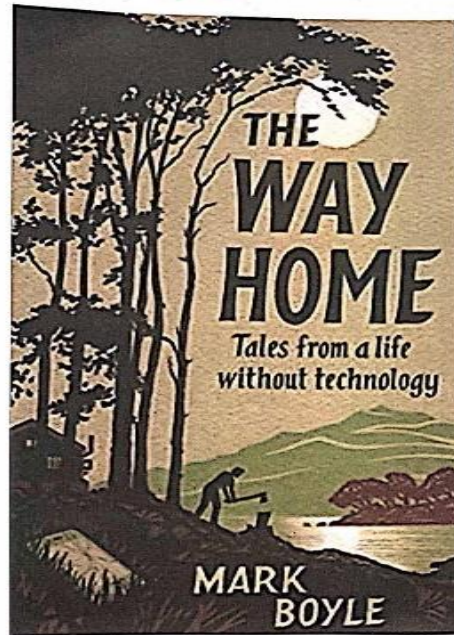
plants are a symbol of growth. They are a shorter version of our lives. To that we must live our life to the fullest and experience as much as possible.

The comfort zone is something that prevents us from experiencing more, from learning and seeking the unknown.

Hence plants are involved in the artwork, it symbolize a reminder, for people in the comfort zone to be reminded that life is too short to be trap inside your own comfort zone.

CYCLE OF LIFE ↴

## SOURCE:



### Real-life story: Moneyless life Mark Boyle

Mark Boyle, also called the moneyless man started his no money journey in 2009, he originally planned on going moneyless for only a year, but afterwards, he realized that the moneyless lifestyle is going to be with him forever.

Mark believe the key reason for so many problems in the world today is the fact we no longer have to see directly the repercussions of our actions. If people grow their own food, made their own tables and chairs, and had to clean our own drinking water, people would treasure what they own more, and stop taking things for granted.

This mindset Mark had led him to start his moneyless lifestyle, being moneyless and living such a simple lifestyle is very unusual in modern day life. This decision is a form of one breaking through his/her comfort zone, despite other's savings and doubt, his determination led him to happiness and finally find his very own lifestyle.

### Compare:

The illustration from Davide and the real life moneyless story from Mark both stated and proved that stepping out of the comfort zone can not only introduce one to new creatures and experiences but also lead the person to happiness. (Like mark boyle) Breaking through the comfort zone is not easy as people are often clinging onto things they are familiar with, for example the pool from Davide's work or the "normal" lifestyle from Mark's story. There's are distractions and temptations luring a person back to its comfort zone, breaking through them isn't easy at all.

Example Five is about escape from reality with death under the theme about “Pressure”. It is to induce ideas of calling for help. Title of artwork is “Grim Heaper gives a Helping Hands”.



**Artwork 3:**  
**“Grim Reaper gives a helping hands”**

Mixed media, ceramic sculpture and book sculpture,  
30 x 30 x 73cm

I am a girl who always wants to escape from reality. In Greek mythology, Charon is the God who carries souls to the underworld. Hades is known as the Grim Reaper. However, in my mind, both of them are the “Savior” of my world as Charon is holding a coin to me for the admission to this mysterious journey to the underworld for reincarnation.

My portrait in old age is to reveal my tiredness and aging with lots of wrinkles, pimples, scars and burnt wound on my face and body due to the packed schedules of academic studies. Even the schedule book has already blind my eye. Another thick book is on the top of my head, it represents that I am overwhelmed by learning. I am afraid that I would be crushed to death by tons of knowledge from textbook in the future. I hope that the hiding Hades in the darkest part of my heart would rescue me with his exaggerated helping hands. Lily flower is beside him to symbolize my death for its purity in funeral services. Skull and lily flower is combined at the back of my portrait is to emphasize death calling is around me.

Example Six is about [attitude towards life](#). It is to induce ideas of [seizing the day](#). Title of artwork is “Carpe Diem”.



Artwork Four: *Carpe Diem*, 2018, Mixed media (acrylic on wooden panels and mirror), 120cm x121cm.  
Many of us have heard of “Carpe Diem”(活在當下) but few of us could really understand the importance of seizing the day. We tend to waste our time in something that does not exist, regretting for things that had already happened like the kneeling down me in greyish blue tone with depression; or the sad me who is praying for things that haven’t happened on the right. Even when we are standing in front of a mirror, we still don’t see the present moment and blind ourself by covering our eyes. We may always feel desperate when we put too much focus on these things. Therefore, I hope everyone to be brave and stand in front of my artwork to confront ourself. Let’s seize our day with an optimistic attitude towards life.

Example Seven is about real success in life. It is to induce dreams and simple goals. Title of artwork is “Successful Life”.

Artwork One: Successful life, Acrylic on Canvas, 50.8cm x 76.2cm. \*\*

What is a successful life? No matter how old you are or where you come from, we all share a desire to be successful. People always strive for their very best to pursue own dreams with visions and goals. I believe ‘Satisfied with what one has’ is always the best attitude to bring happiness to our own life. Even a girl from the Third World has her own dream as shown in my artwork. I believe that learning to stay happy and positive is a key to lead a successful life. I depict the four important life events of this girl to tell her story. By overlapping scene in a densed composition, her dreams in life is juxtaposed in an aerial view. Growth of flowers symbolizes the different life stages, indicating rise and fall, in a spiral path. This narrative work with delicate and fine brushwork illustrates that a SUCCESSFUL life can be simple and ordinary...it is to choose the job you like which is to paint artwork for living, to get married with your beloved one, to raise your offspring and have your own family...then approaching death with dignity...and my belief is to lead simple life with happiness.





Thank you