

Emotions must be felt to be understood and often they are fully felt when we see and express them, literally getting them out on the page.

These coloring and drawing prompts are for your children (and you if you wish) to get their emotions out. This exercise works best when you are sitting together and taking the time to FEEL first. It starts with negative emotions and builds to the positive, so when the activity is finished your child is left in a positive space, but these can be mixed up in order as long as you end on a positive space., therefore, if you sense boredom at anytime, skip through to a positive emotion rather than leaving off half way. You can offer this activity anytime and more than once, as you will find the answers at the end will change as a child grows.

Take a moment to focus on the feeling you are about to draw, thinking of an experience that creates that and then, using whatever color symbolizes the feeling for you, draw it. If you are stressed use that pressure within your strokes, if blissful, it is more light and airy.

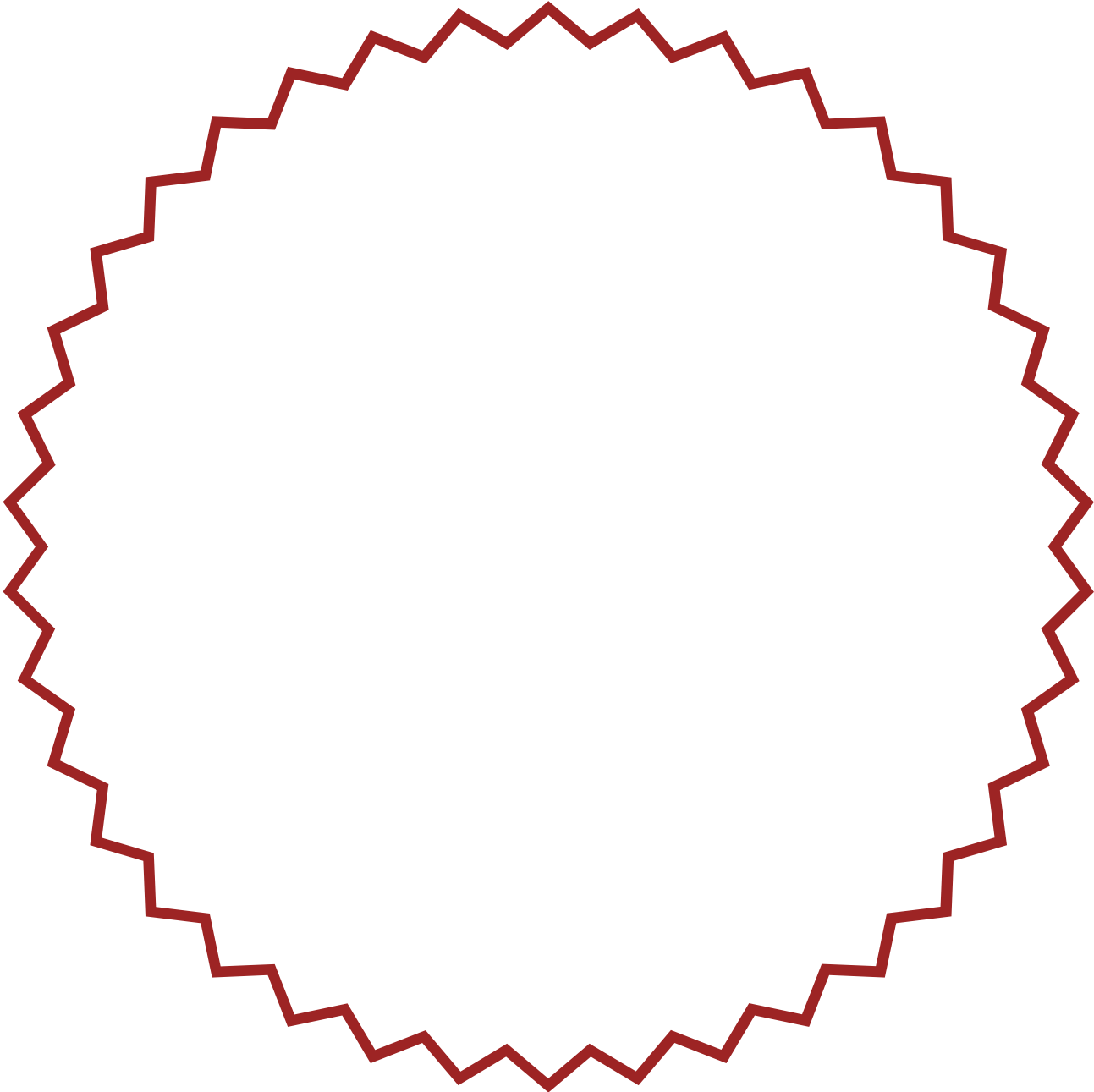
Let your hands show you what the emotion evokes for you.

Enjoy and Release!

Think about Feeling Sad and then draw what you feel.

Remember to use colors that feel sad as well as sad shapes.

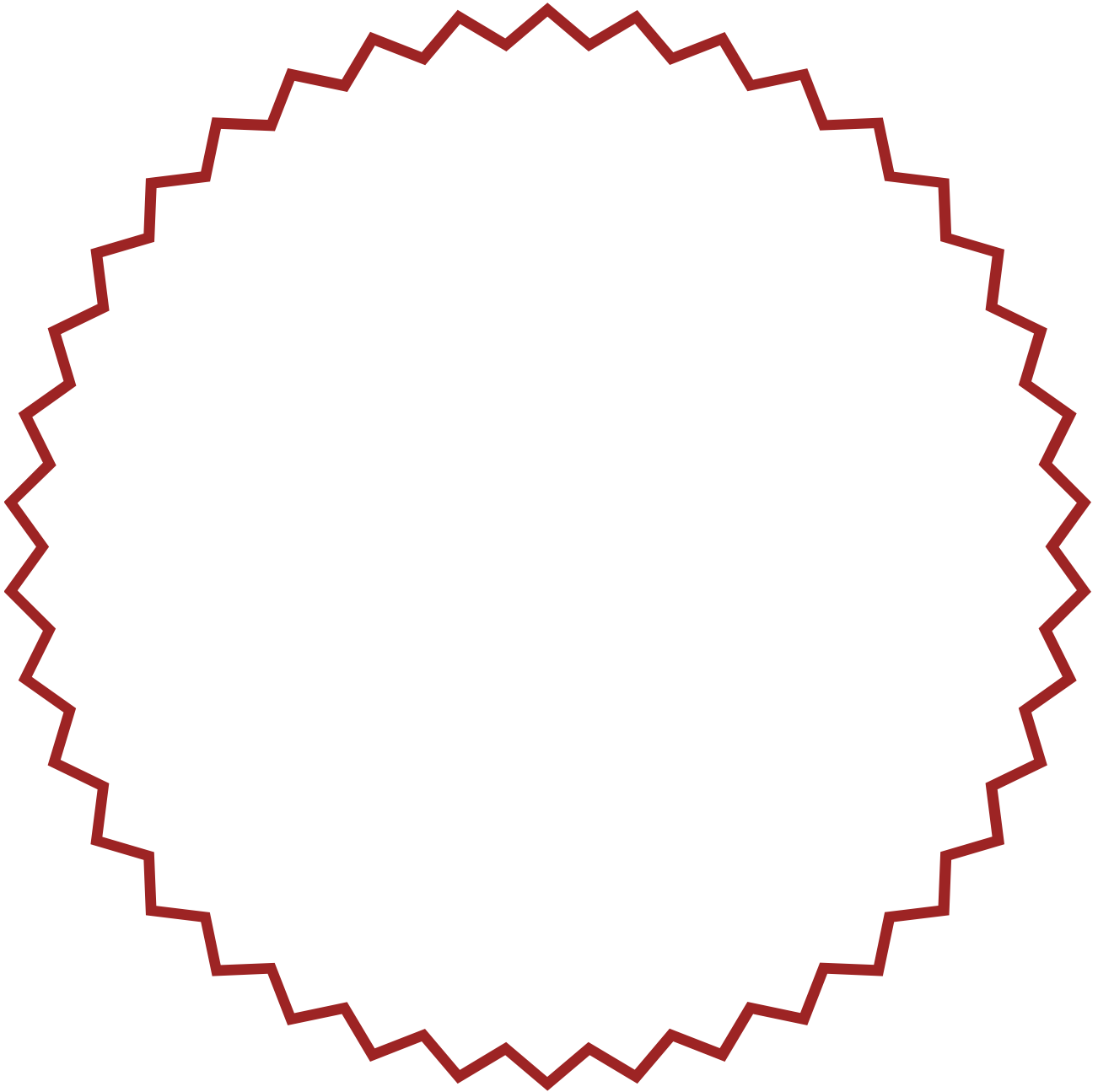
*Draw how it **feels** not what it looks like to feel sad.*



Think about Feeling Mad and then draw what you feel.

Remember to use colors that feel mad as well as mad shapes.

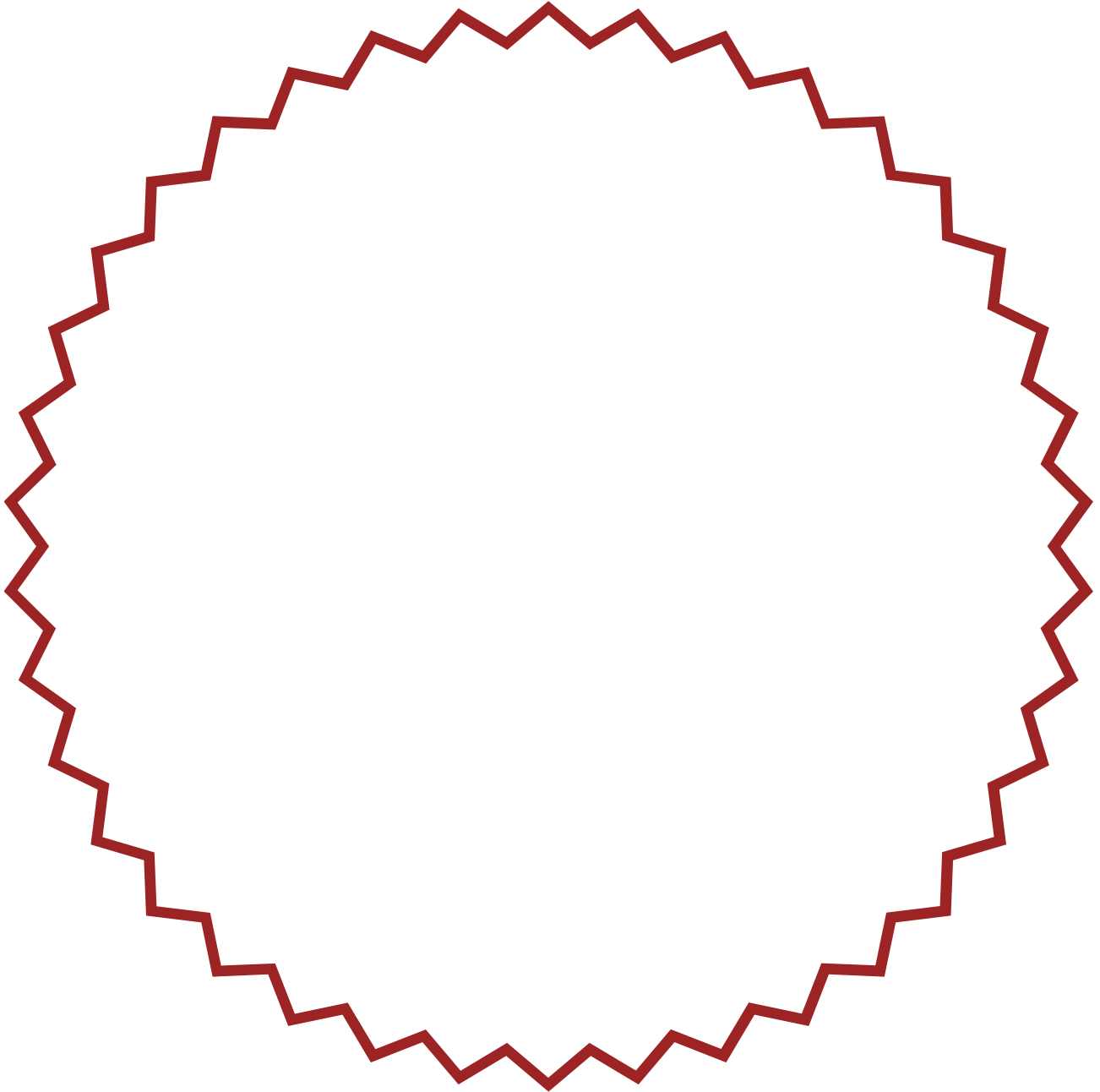
*Draw how it **feels** not what it looks like to feel mad.*



Think about Feeling Stressed and then draw what you feel.

*Remember to use colors that feel stressed as well as stressed shapes.
Stress feels tight and trapped. Stress is when you want to break free. When do
you feel like that?*

*Draw how it **feels** not what it looks like to feel stressed.*



Think about Feeling Frustrated and then draw what you feel.

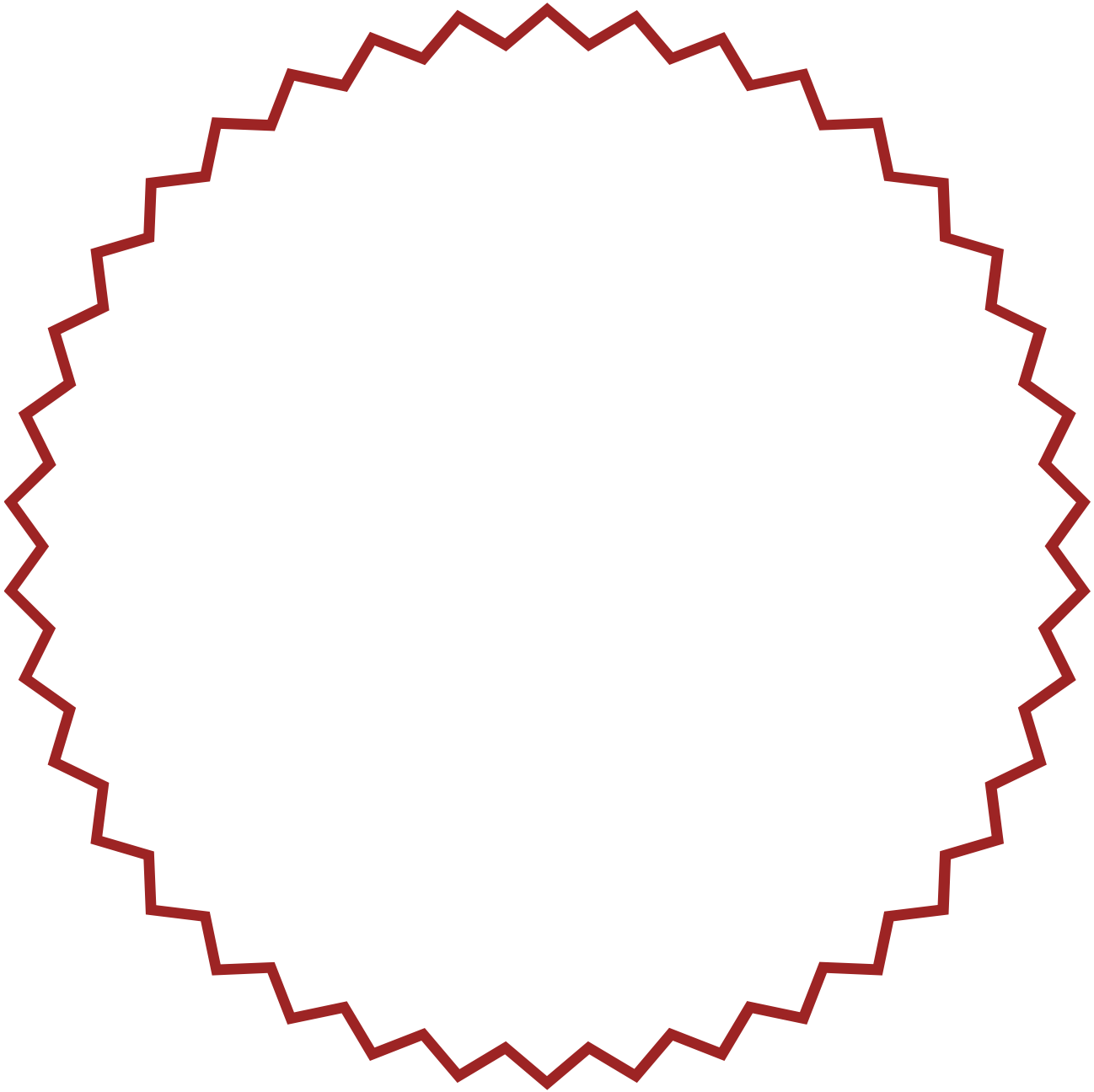
Remember to use colors that feel frustrated.

Frustration comes when you want to do something, but can't.

When you are stopped or don't know how to do something. We all feel frustrated sometimes

What makes you frustrated?

*Draw how it **feels** not what it looks like to feel frustrated*

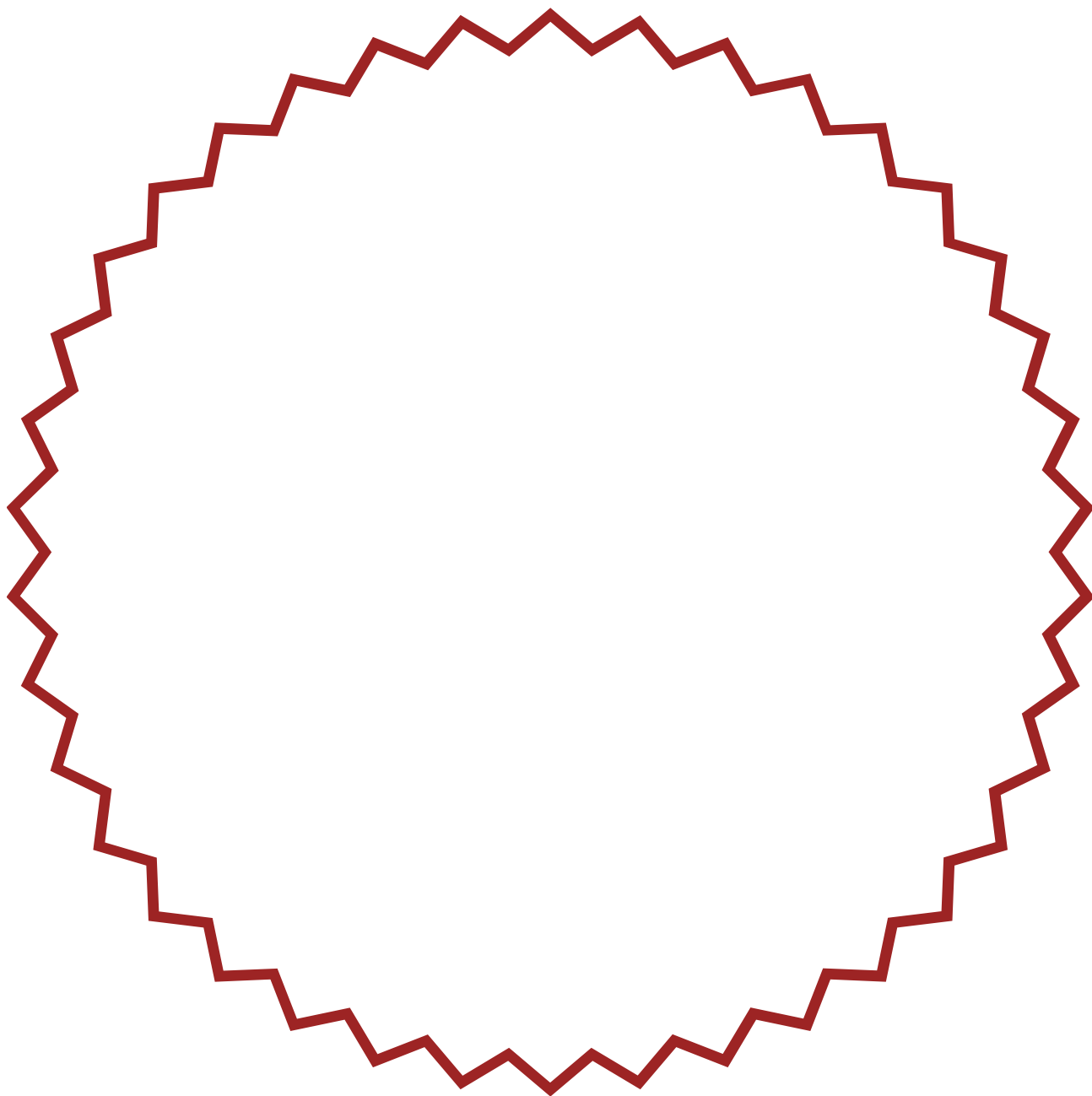


Think about Feeling Embarrassed and then draw what you feel.

*Remember to use colors that feel embarrassed
Embarrassment comes when you feel silly in front of people
or don't like what you think people are thinking about you.*

*We all feel embarrassed sometimes, even though its important to remember to just be
yourself and what other people think really doesn't matter.*

*Can you think of a time you were embarrassed?
Draw how it **feels** not what it looks like to feel frustrated*

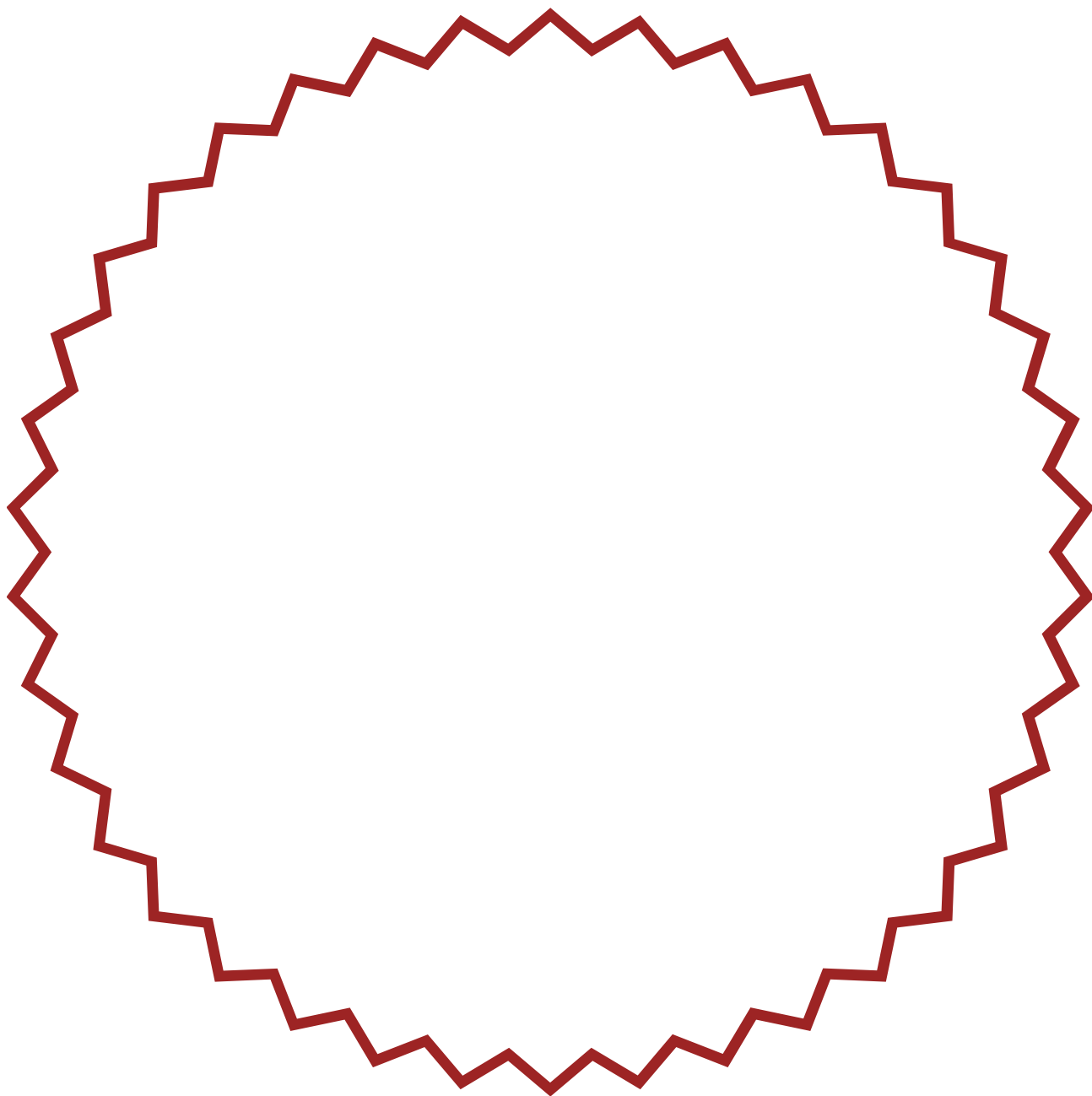


Think about Feeling Jealous and then draw what you feel.

Remember to use colors that feel jealous.

Can you think of a time you were jealous of someone else?

*Draw how it **feels** not what it looks like to feel jealous.*

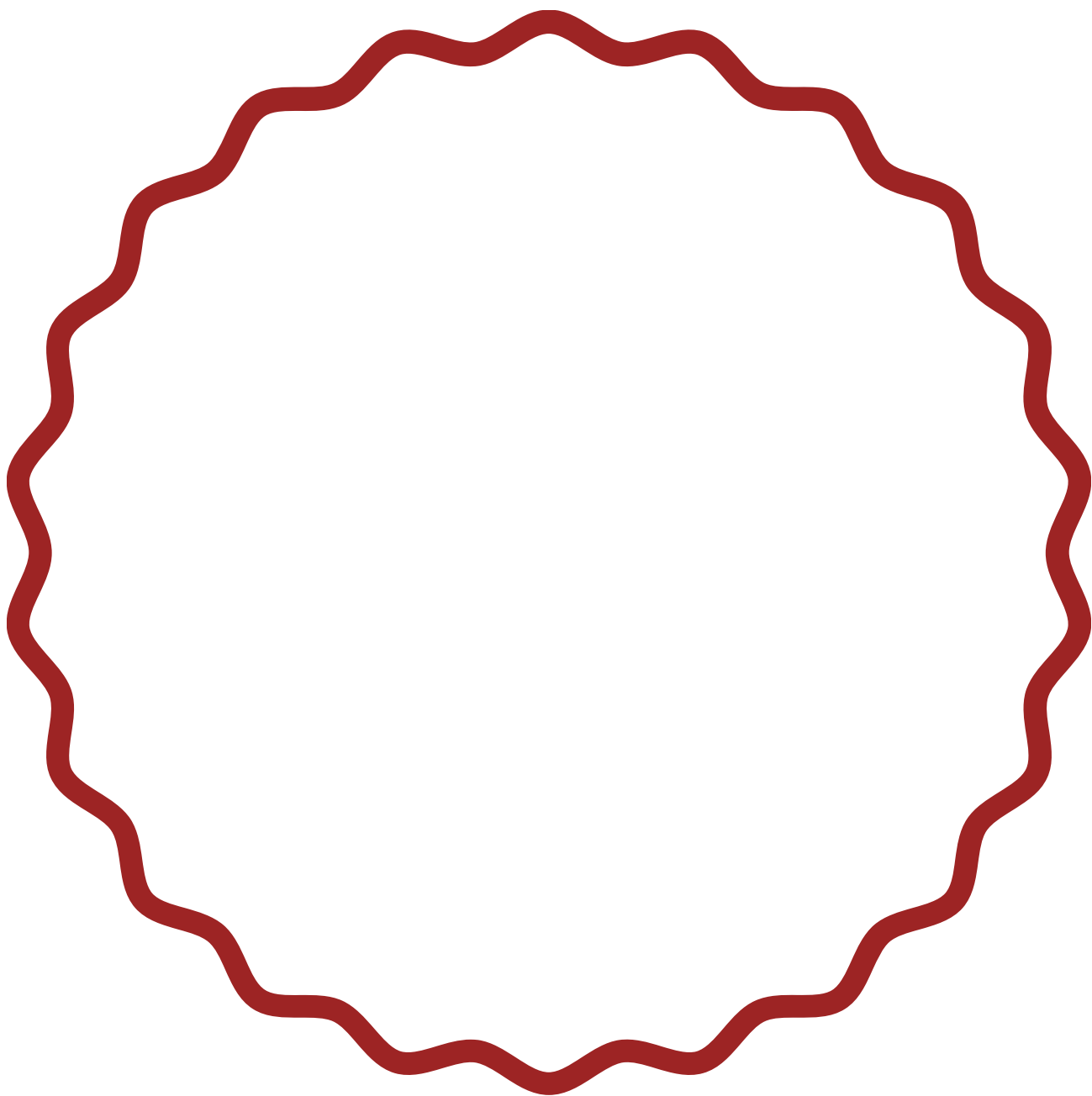


Think about Feeling Hope and then draw what you feel.

Remember to use colors that feel hopeful

What do you hope for?

*Draw how it **feels** not what it looks like to feel hope.*

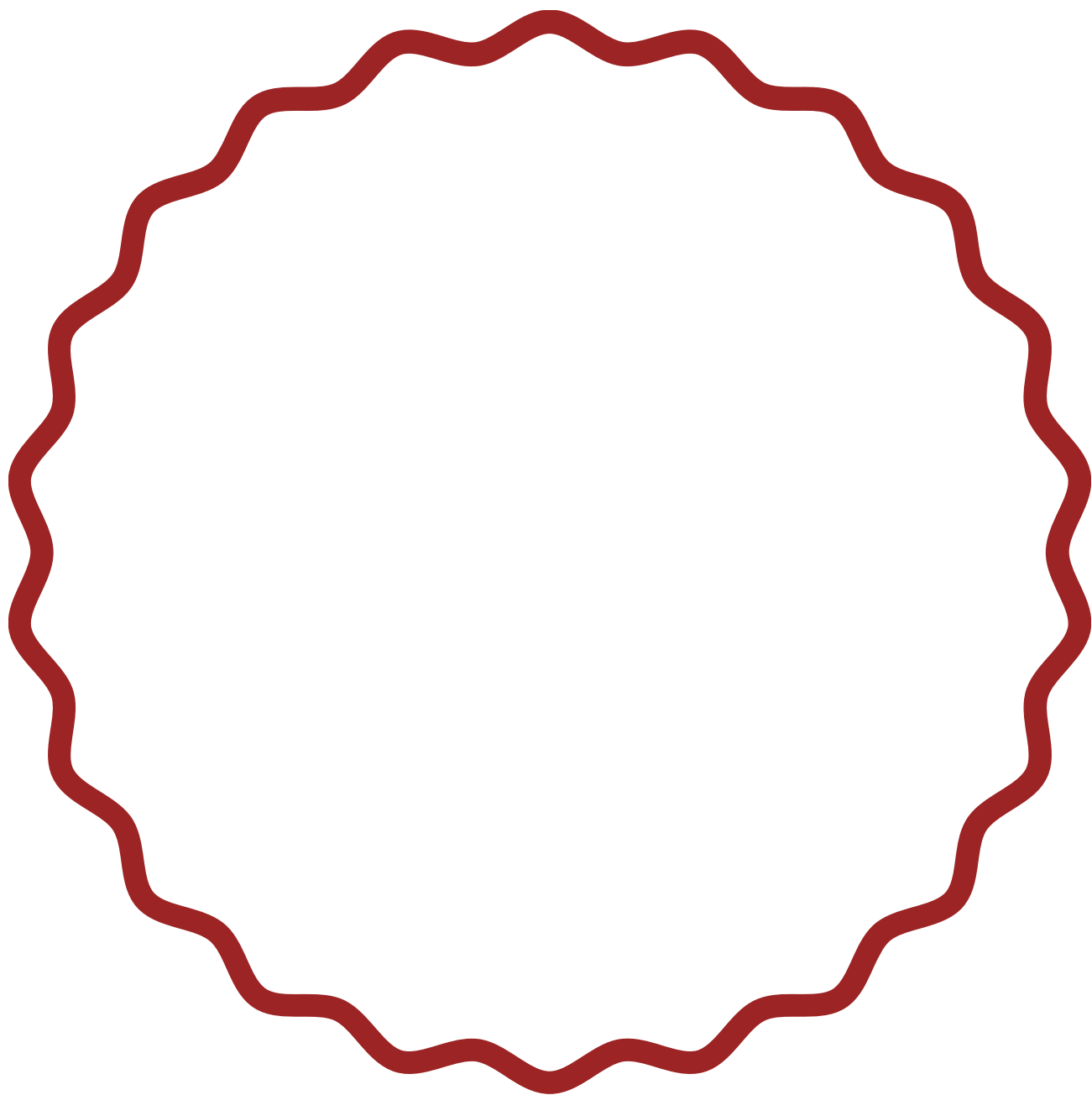


Think about Feeling Proud and then draw what you feel.

Remember to use colors that feel proud.

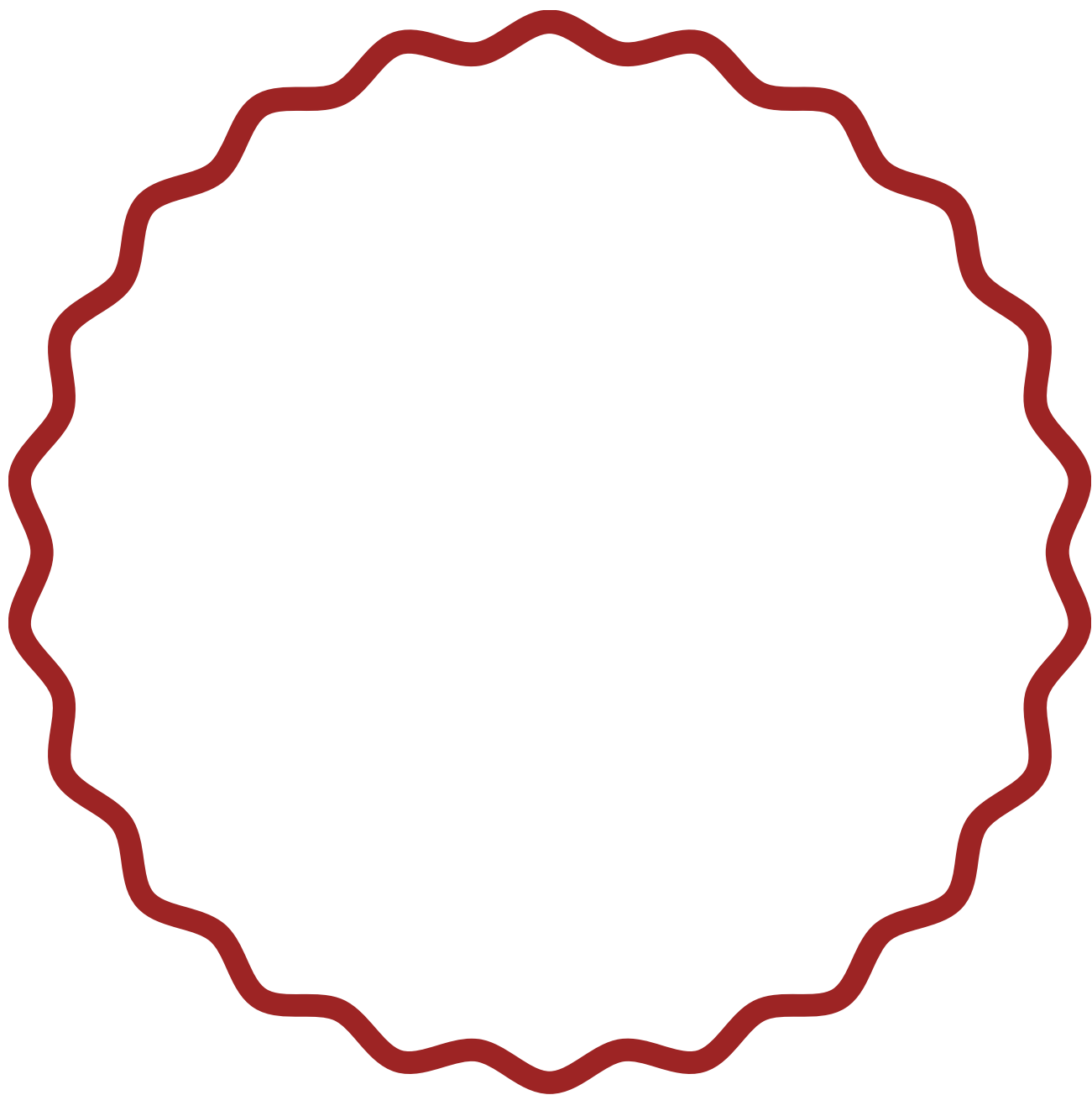
Pride is felt when we've done something that might have been hard to do, but we did it anyway. We feel proud when we've done something well and it feels good.

*Draw how it **feels** not what it looks like to feel proud.*



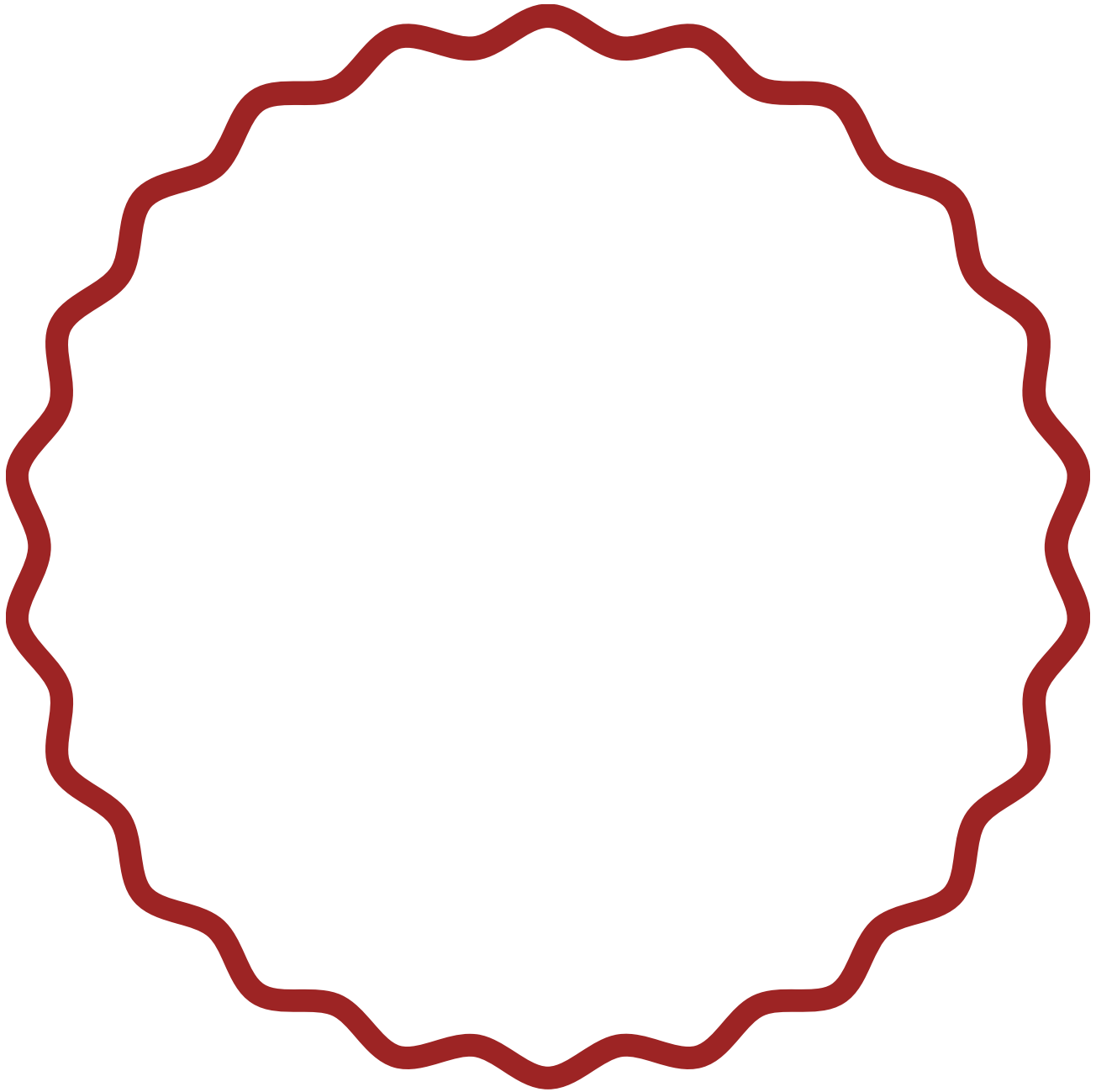
Think about Feeling Happy and then draw what you feel.

Draw HAPPY!



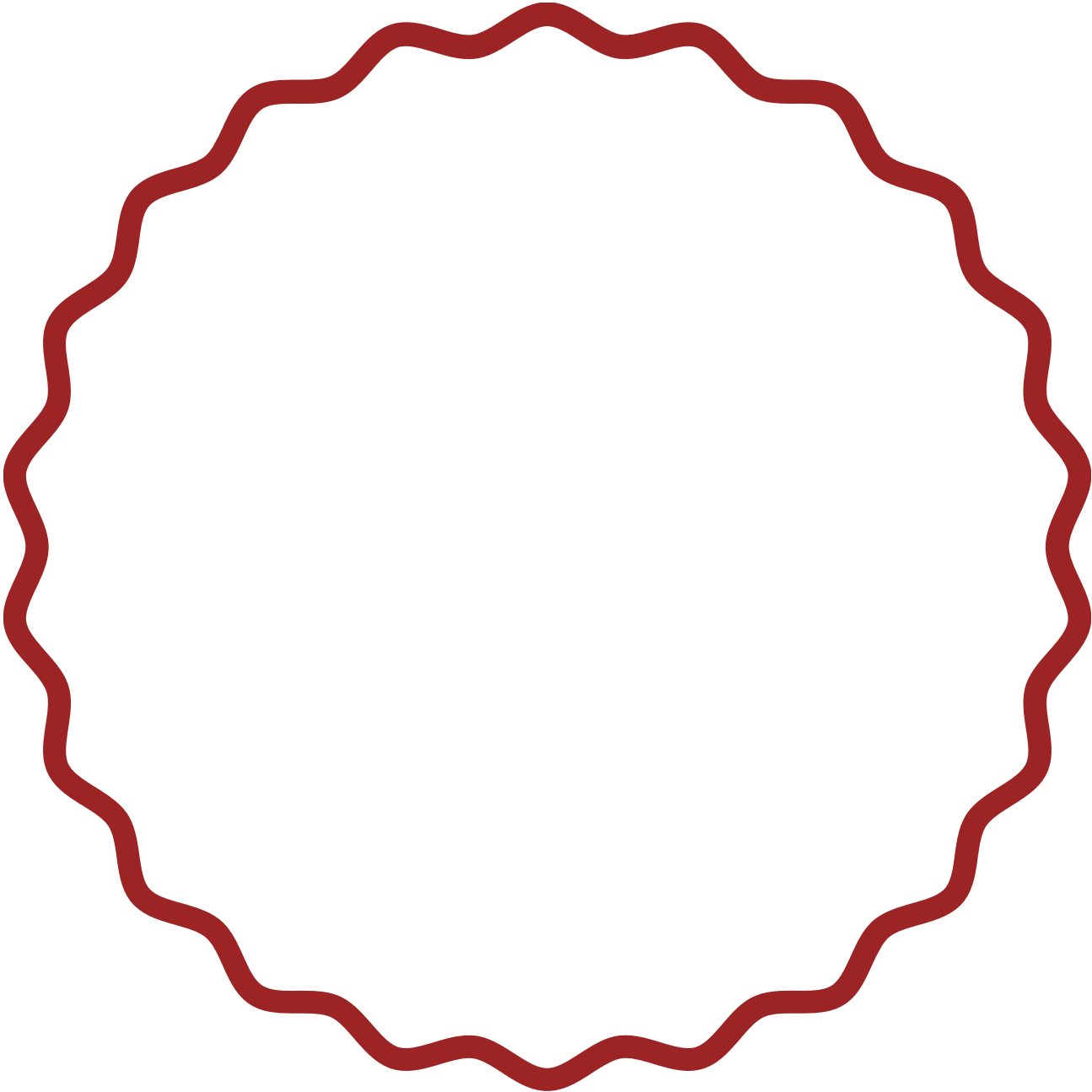
Think about Feeling Excited and then draw what you feel.

What makes you excited? How does it feel and what does your body want to do when something excites you? What can you think about that makes you feel excited?



Think about Feeling Appreciation and then draw what you feel.

*Appreciation is when we think of things we are thankful for.
What do you appreciate and how does it make you feel?
Show the feeling in the picture!*



Think about Feeling LOVE and then draw what you feel.

You are Love.

*What does love feel like? Using colors, swirls and pictures, show your love,
which isn't like anyone else's.*

Your love is special and it feels wonderful.



My LEAST Favorite Feeling is...

Which feeling is the one you really don't like to feel?

When do you feel like that?

Draw a picture of you feeling your least favorite feeling and something that makes you feel that way.

My FAVORITE Feeling is...

Which feeling is your favorite?

When do you feel that feeling?

Can you think of things that make you feel that way?

*Draw a picture of you feeling your favorite feeling
and something that makes you feel that way.*