



# ART ACTIVITY



## *Emotions Map*

Adapted from Art with Heart



---

Time: 5-10 Minutes

Suggested Age: 8+

Materials: Paper, Markers

Therapeutic Goals:

- Increase self-awareness
- Learn to identify emotions

- 
1. Notice 3 emotions that you are feeling, and choose a color to represent each emotion.
  2. Write the feeling using the color that it represents, making a guide.
  3. On your paper, color a space to take up as much as you feel of each emotion. You can use: shapes, blobs, designs, whatever you like. For example, calm can be wavy lines or anger can be sharp shades.



GUIDING  
QUESTIONS TO  
ENCOURAGE  
SHARING AND  
REFLECTION

What is it like to see your emotions on paper?

Were you surprised by any of the emotions that you are feeling right now?

How does it help to know which emotions feel bigger or smaller than others?

What would you like to do now that you know how you feel?



# ADAPTATIONS OF GUIDING QUESTIONS FOR MENTAL HEALTH PROFESSIONALS

- What have you noticed about your feelings since you lost the person you love?
- How does it feel to have 3 different emotions inside all at once?
- Let's work together to make some plans for when you are feeling \_\_\_\_\_ (anxious, angry, lonely, etc)

