

Art Activity: Emotions Map

Time: 5 - 10 min

Suggested Age: 8 +

Materials:

- Paper
- Markers

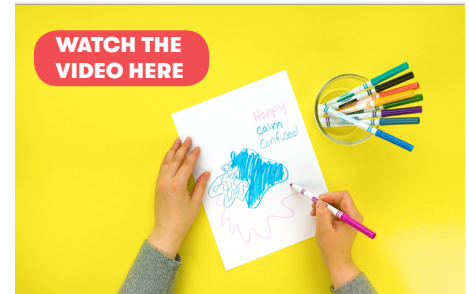
Prep: Gather markers and paper in front of you

Therapeutic Goals:

- Develop nonverbal expression
- Learn to identify emotions
- Increase self-awareness

SEL Skill Development:

- Self-Awareness
- Self-Management



How to explain activity to a kid:

Sometimes it's hard to know how we feel, especially when we feel more than one thing at a time. It helps to take a minute and check in with ourselves. This activity gives us a chance to see how we're feeling right now and put it on paper. When we know how we're feeling, then we can figure out what we might do to help those feelings. You can do this activity by yourself or with someone else - all you need are some markers and paper.

Create:

1. Notice 3 emotions that you're feeling now, and choose a color to describe each emotion
2. Write the feeling using the color that represents it, 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 shapes

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 you're 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 practitioners:

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

Continued support:

Guide the kid through three rounds of deep breathes. While doing so, pause and think about someone or something in your life that brings comfort and joy. Hold onto this image to inspire feelings of peacefulness and to bring ease to the stressful situation.

Whenever a kid is feeling overwhelmed recommend that they can do this activity. Even if they don't have markers with them they can take a deep breath and think to themselves, "what are three things I'm feeling right now?"

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