



FEELINGS JOURNAL

DRAWING YOUR FEELINGS

A TOOL TO HELP NOTICE,
FEEL AND PROCESS YOUR EMOTIONS

KNOW
Yourself
GROW
Yourself

STEP BY STEP

1 NOTICE what you are feeling.
Can you name what you are feeling?

2 LISTEN - turn your focus inwards.
Where am I feeling it in my body?
What does it feel like? Is it heavy or light, maybe it feels like fire or like knots in your tummy.

3 IMAGINE what your feeling looks like.
Does the feeling have a shape?
Does the feeling have a colour?

4 FEEL
How big is the feeling?
Is it filling up your whole body or maybe only a small part?

5 EXPRESS
Draw your feeling/s on the blank piece of paper.
- if you don't know where to start, pick any colour and begin to draw. Start with any shape or scribble!
On the ginger bread person draw where you are feeling it in your body.
On the thermometer draw how big the feeling is.

THE MORE YOU DO IT THE EASIER IT GETS!





