

ART

THERAPY

ACTIVITIES

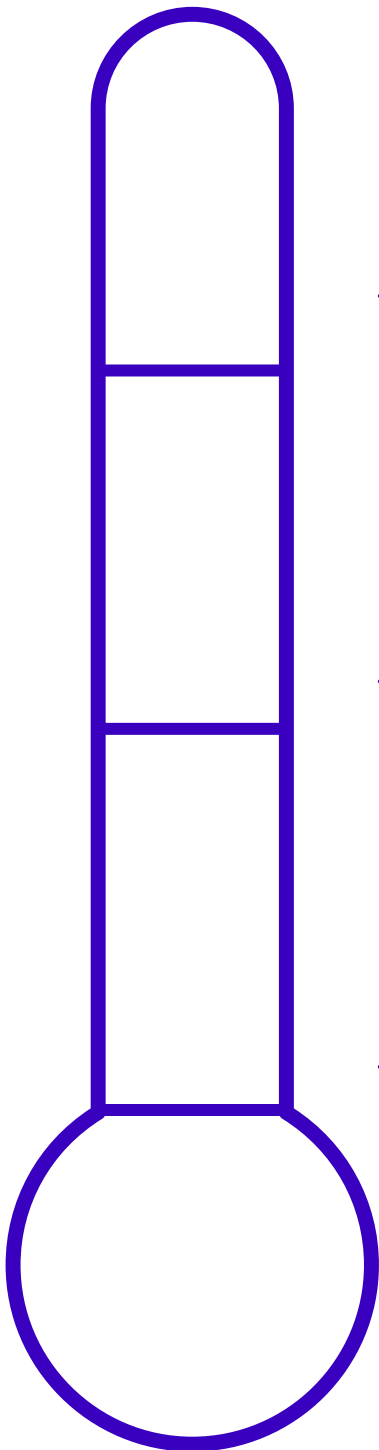
DRAWING FEELINGS

- Drawing Feelings: Provide a variety of art materials (crayons, markers, paint) and ask the child to draw how they are feeling.
- Encourage them to use colors and shapes to represent their emotions.
- This can help children who struggle to verbalize their feelings to express themselves non-verbally.



THERMOMETER

Colour the thermometer
to represent the
temperature:



Write a word to describe
the temperature:



←

←

←

←





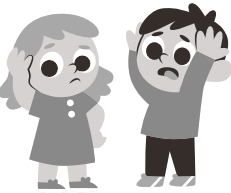
Represent the
temperature using a
weather symbol:



NAMING EMOTIONS

Naming our emotions helps us understand what we are feeling and why we are feeling like that. By labelling emotions we learn to regulate them

- Label the emotions and think about what they make you want to do

Emotion	I feel	It makes me want to
		
		
		
		
		

NAMING EMOTIONS

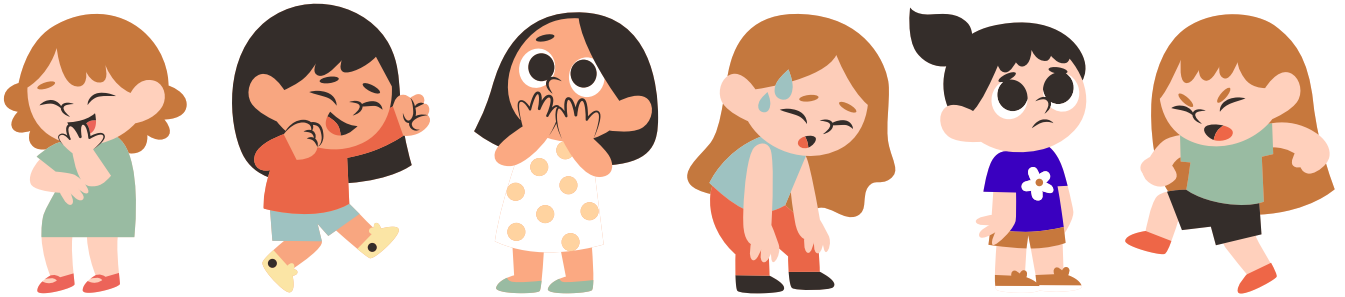
Naming our emotions helps us understand what we are feeling and why we are feeling like that. By labelling emotions we learn to regulate them

- Label the emotions and think about what they make you want to do

Emotion	I feel	It makes me want to
	happy	smile
Happiness		laugh
		sing
		dance
	sad	cry
Sadness		be alone
	angry	
Anger		
		
		

FEELINGS CHECK-IN

RIGHT NOW, I'M FEELING ...



I FEEL THIS WAY BECAUSE ...

SOMETHING THAT MIGHT HELP IS ...

FEELINGS CHECK-IN

RIGHT NOW, I'M FEELING ...

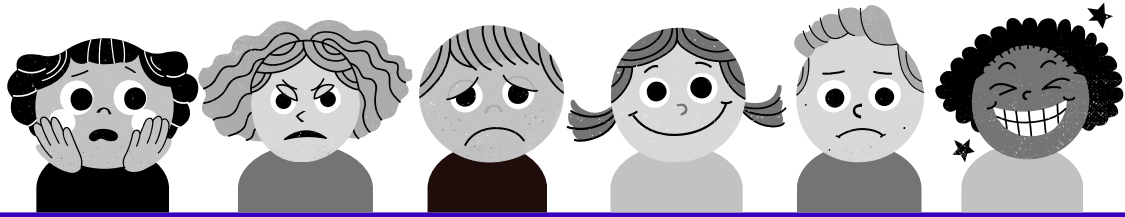


I FEEL THIS WAY BECAUSE ...

SOMETHING THAT MIGHT HELP IS ...

EMOTIONS WORD SEARCH

Can you find the words hidden in the puzzle?



V	A	S	A	D	M	T	I	R	E	D	C
H	X	L	P	N	I	R	O	M	I	N	L
S	A	N	G	R	G	I	E	B	S	S	A
H	A	P	N	E	N	R	H	H	U	L	N
N	M	E	P	G	F	C	Y	R	R	T	E
S	S	J	O	Y	F	U	L	L	P	O	R
C	T	C	G	U	G	P	I	L	R	R	V
A	A	H	B	O	R	E	D	E	I	T	O
R	R	L	F	O	S	E	D	U	S	E	U
E	A	R	M	L	E	R	O	T	E	I	S
D	F	C	O	N	F	U	S	E	D	E	N
G	W	O	R	R	I	E	D	O	K	E	T

BORED

JOYFUL

CONFUSED

SAD

ANGRY

SCARED

SURPRISED

CALM

HAPPY

WORRIED

NERVOUS

TIRED

EMOTIONS WORD SEARCH

Can you find the words hidden in the puzzle?



BORED

JOYFUL

CONFUSED

SAD

ANGRY

SCARED

SURPRISED

CALM

HAPPY

WORRIED

NERVOUS

TIRED

MEET MY EMOTIONS

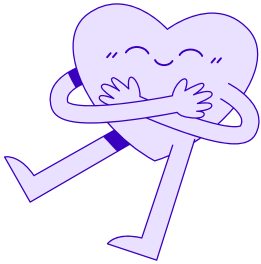
Name

Date:

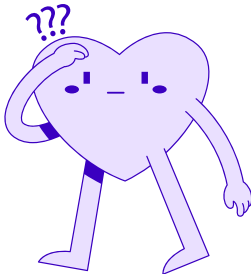
Different events make us feel different emotions.

Can you finish the sentences?

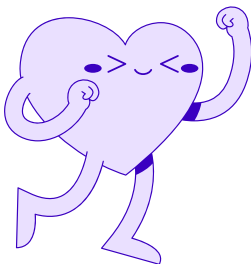
I feel happy when



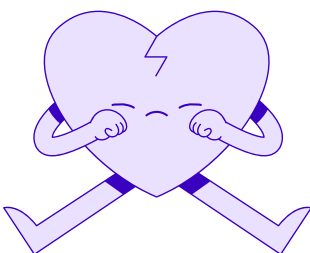
I get confused when



I feel proud when



It makes me sad when



My name is:

MY CALM PLACE

Where can I go when I want to feel calm?



A picture of me in my Calm Place

A large, empty rectangular box with rounded corners, intended for the child to draw a picture of themselves in their calm place.

Which 3 words best describe your calm place?

Fun

Solitary

Loud

Soft

Busy

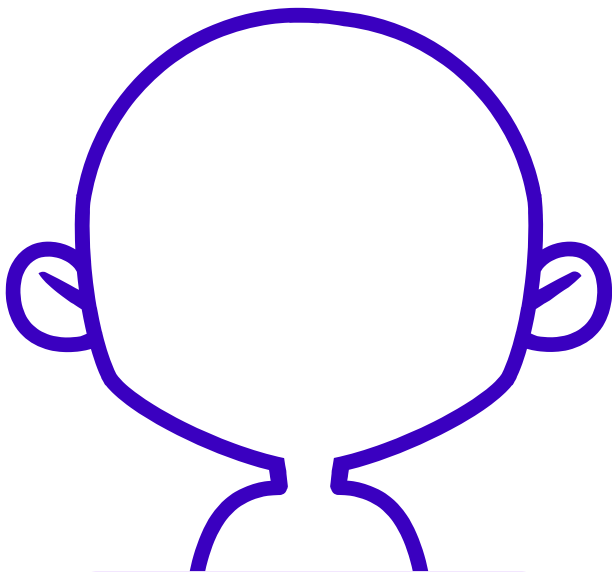
Quiet

Name: _____

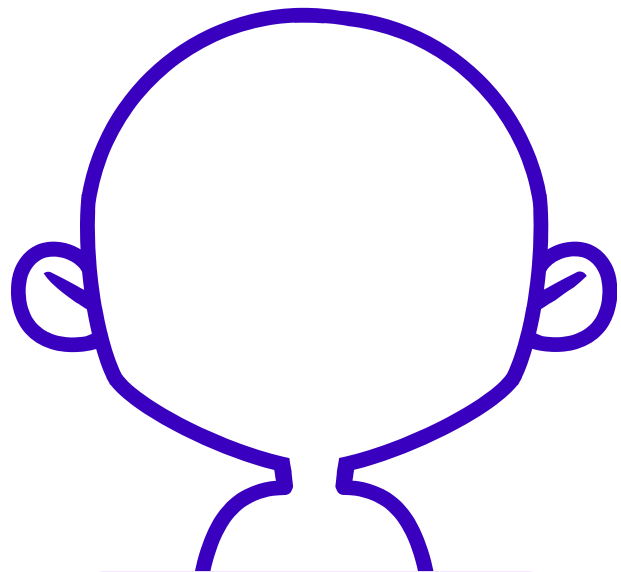
Date: _____

FACING MY FEELINGS

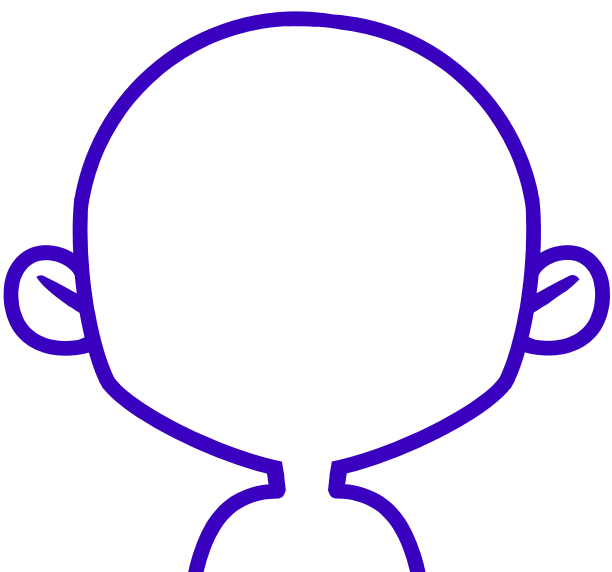
Complete the faces below by drawing what you look like based on how you feel.



Yesterday



Today



Tomorrow

Yesterday, I felt:

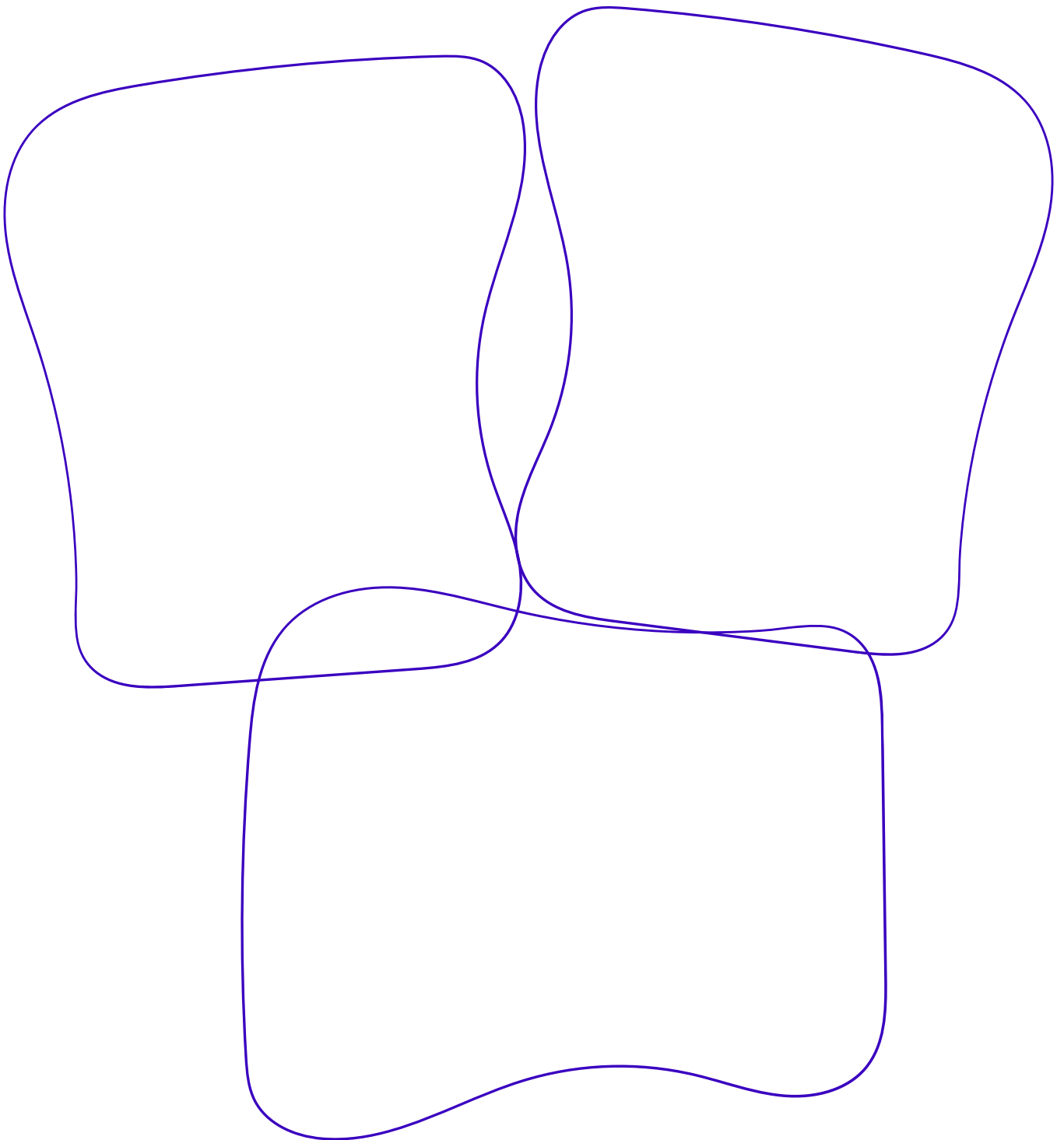
Today, I feel:

Tomorrow, I hope to feel:

DRAW

THREE THINGS

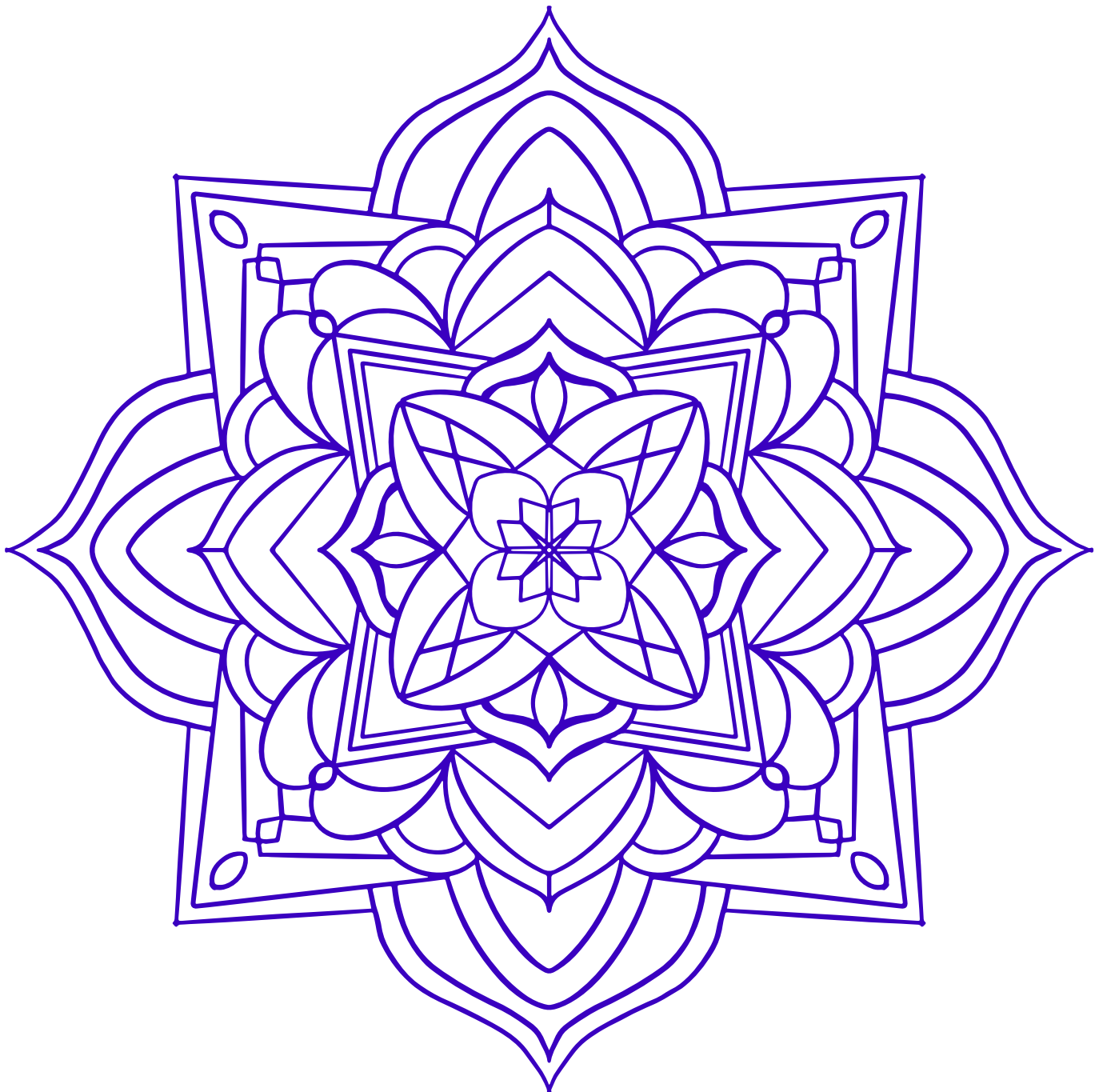
THAT YOU ARE GRATEFUL FOR TODAY



MINDFUL MANDALA

The word 'mandala' means circle in the Sanskrit language. It represents the universe in Hinduism and Buddhism. It can be used to help people meditate.

Have a go at colouring in your mandala!



MINDFUL MANDALA



MINDFUL MANDALA



MINDFUL MANDALA



MINDFUL MANDALA

