



EXERCISE:  
**DRAW MY FEELINGS**

**Time Needed:** HOWEVER LONG YOU WANT

**Materials Needed:** PAPER, CRAYONS, COLORED PENCILS, PAINT,  
OR WHATEVER YOU MAY HAVE OR WANT TO USE

Get your materials in order and find a quiet, safe place where you can enjoy this project.

*Before you begin, take a deep breath and just be in the present moment.*

*You may find that a feeling comes up from earlier in the day—something that made you happy or sad, frustrated, angry, or super excited.*

*Breathe in and out again.*

*Now, without feeling as if you need to draw anything specific, pick up your materials and start drawing. Grab the colors that you feel connected to in this moment.*

*Scribble. Draw shapes or lines of structures. Change colors as you need to. Note how different colors may make you feel.*

*Just be as free as possible as you draw.*

*You do not need to share this drawing with anyone. Just use the time to give yourself space and to feel.*

*Drawing, painting, making collages, or other forms of art can help you relax, let go, and express yourself in different ways. Sometimes you may find that you draw something and realize that it is an expression of a feeling you were having that you were not even aware of. If you choose to share your drawings with someone you trust, it may be a nice way to talk about what you feel when you look at it again.*