

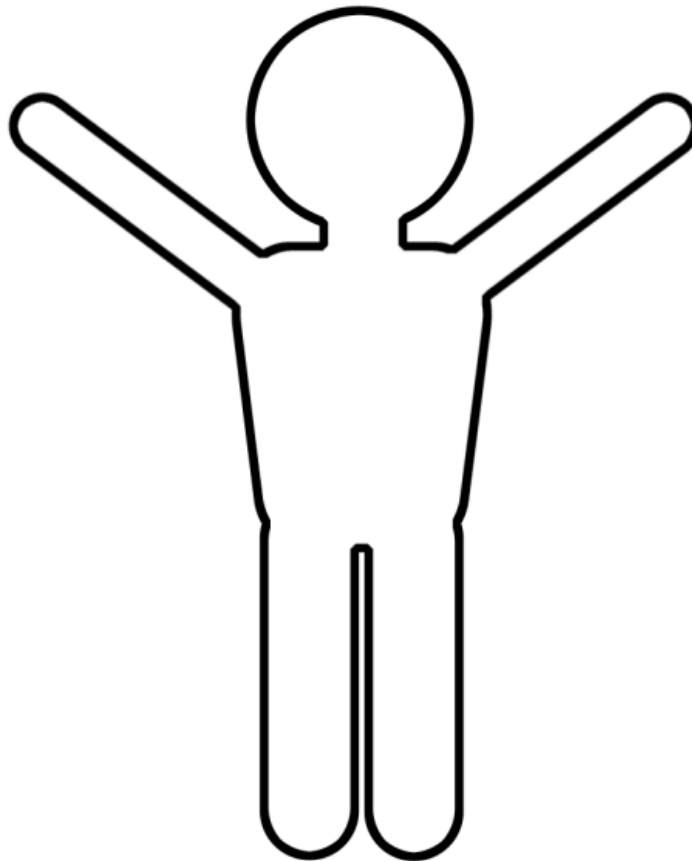
Where Do I Feel?

Use art to teach young clients to name, identify, and recognize their emotions, and their associated bodily sensations. Ask your client to choose a colour to represent each emotion, and then colour in the part of the body where they experience that feeling. For example, children might colour fists red to represent anger. Happiness might be a yellow glow.

Let your client be creative with this art therapy project, and you'll find that it's a good way to get kids talking about their feelings. We suggest spending a bit of extra time discussing specific bodily sensations that accompany emotions. For example, what does anger feel like in your fist? Does it hurt, or does it feel good? Improving this form of insight will help children become more aware of their emotions in the moments when it matters most.

Where Do I Feel?

We can recognize emotions by feeling them in our body. Color in where you feel each emotion.



	Sadness	Happiness	Fear	Anger	Love
Color:					