

Activity 1 – Draw Emotions

Task

Use the task sheet below to ask participants (targeted 8-14) to draw how they feel each emotion could look as an image. This could be as a scribble, doodle or drawing of a person – however they feel they want to represent it. You may want to ensure different coloured pencils are available to allow them to use this as part of the expression.

Purpose

This exercise challenges participants to explore the nature of the emotions we all feel. By creating a physical interpretation of these, it allows individuals to assess how it manifests and how it impacts on us and others.

Review

After completing the sheet, sit down individually with participants to talk through their illustrations. Ask why their images are representative and how they feel when they experience these emotions.

Time – 10 mins

Example

Confusion



Depression



Calm



Anxiety



Happy



Fear



Activity 2 – Feel Words

Task

With a group of young people (targeted 11-16), work through a number of different emotions and feelings, asking them to say words or phrases that people may use to describe if they are feeling this way.

Aiming for a group of around 10 people, write each of the feelings, such as listed below, on a white board or large pad and fill in answers beneath it.

As you work through each feeling – explore what someone might say if they were being open, being slightly reserved and if they were trying to hide their emotion.

- Anxiety
- Depression
- Confusion
- Stress
- Happy
- Angry

Purpose

This task looks to build a vocabulary around certain emotions, so that participants think about what phrases or words may really mean when people say them and recognise when they may be struggling. Build a vocabulary and also become aware of signs that may indicate if someone is struggling.

Time – 20 mins

Draw Emotions

Draw how you feel each of these emotions might appear as an image. This can be a doodle, scribble or drawing of a person.

Confusion

Depression

Calm

Depression

Happy

Fear