

Color Your Emotions

Stop, take a moment, and pay attention to what you're feeling in your body.

Being mindful and aware of the sensations you're feeling can help you understand and process your feelings. **When you're ready, you can draw what you're feeling and describe it.**

Feelings in your body

- What color is my feeling?

- What shape is it?

- How big is this feeling?

- Where is it in my body?

- How does this feeling shift or change?

- What would I like to feel instead?

When you are aware of what you're feeling,
you can begin to develop skills to help you cope.

