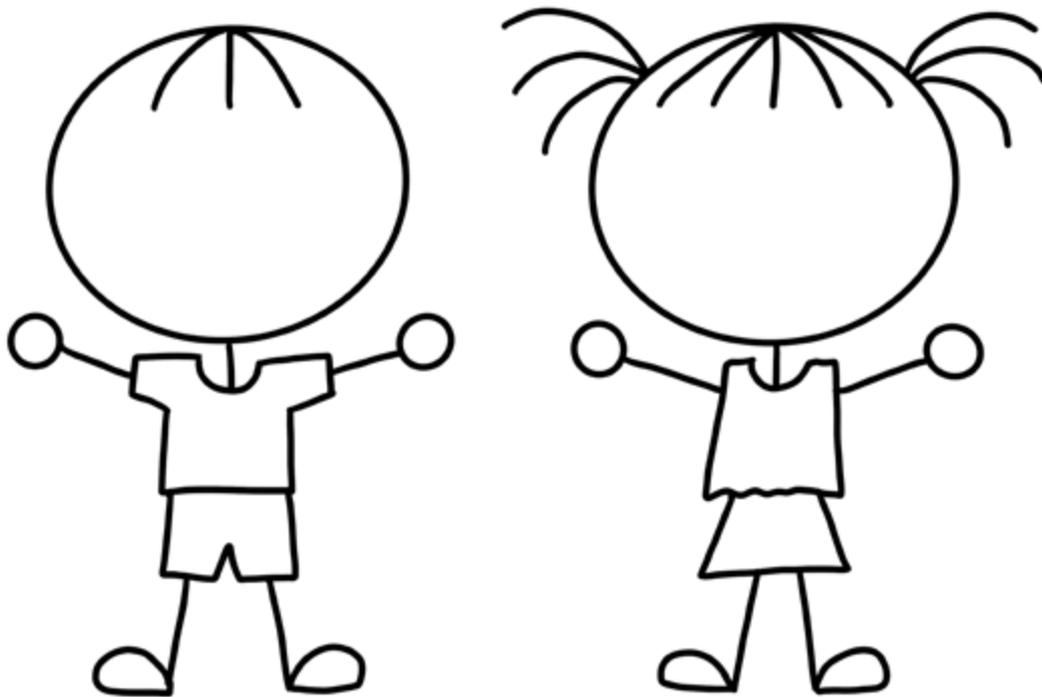


My Feelings, My Body

Express Yourself!

You can use this body outline in so many ways, so let's get creative!

Why not...



Draw Your Day

- What made you feel _____ in your head?
- Draw some things you could hear with your ears. How did they make you feel?
- What did you do that kept your _____ busy?
- How did you use your _____ today?
- What did you feel in your _____ ?
- Draw some things you said with your mouth. How did you feel when you were saying them?

Draw Your Feelings

- *Think about when you feel HAPPY. Where do you feel it? What does it feel like? Draw it!*
- *How about when you feel SAD? What body parts do you feel it in? Can you show it with some artwork?*
- *What about when you're feeling ANGRY? Do you feel it in your head? Mouth? Toes? What do you think it looks like?*
- *We all feel scared or nervous sometimes. Can you draw it? Whereabouts in your body? Does it remind you of anything, and can you draw it?*
- *Think of some times that you felt PROUD. Use your outline to show where you feel it, and what it feels like.*
- *What other feelings can you draw? Where do you feel them?*

Draw a Line

You can draw a line down the middle of this figure, and use each half to show different things.

1. *On one side, draw how your _____ feels on a good day. On the other side - what about on a bad day?*
 - What's different about your HANDS? Your FEET? What are they doing on each day?
 - What's going on in your HEAD? What colors will you use, and why? Is it busy and full? Or quiet?
 - Show, with your drawing, what you're feeling in your CHEST and HEART on good and bad days. How about your TUMMY?
 - How do you use your MOUTH? What do you say? What expressions do you use?
 - Can you hear anything with your EARS on good days and bad days? How would it look in a drawing?

2. *On one side, draw how you see your _____. Use the other side to draw how you feel that you want to see your _____.*
 - Drawing your HEAD, what about your worries, hopes, ideas, and fears?
 - In your STOMACH, how about any feelings from deep inside?
 - Your MOUTH can show words, expressions, and other things, too.
 - EARS are for hearing, and EYES are for seeing. Draw things you've heard, or you can hear now, or things that haven't happened yet.
 - You might draw in your CHEST to show even more feelings from your heart!
 - How about things you do, with your HANDS and FEET?

Over To You!

You can choose how you want to use your body outline.

What about making your own list of ideas below?

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