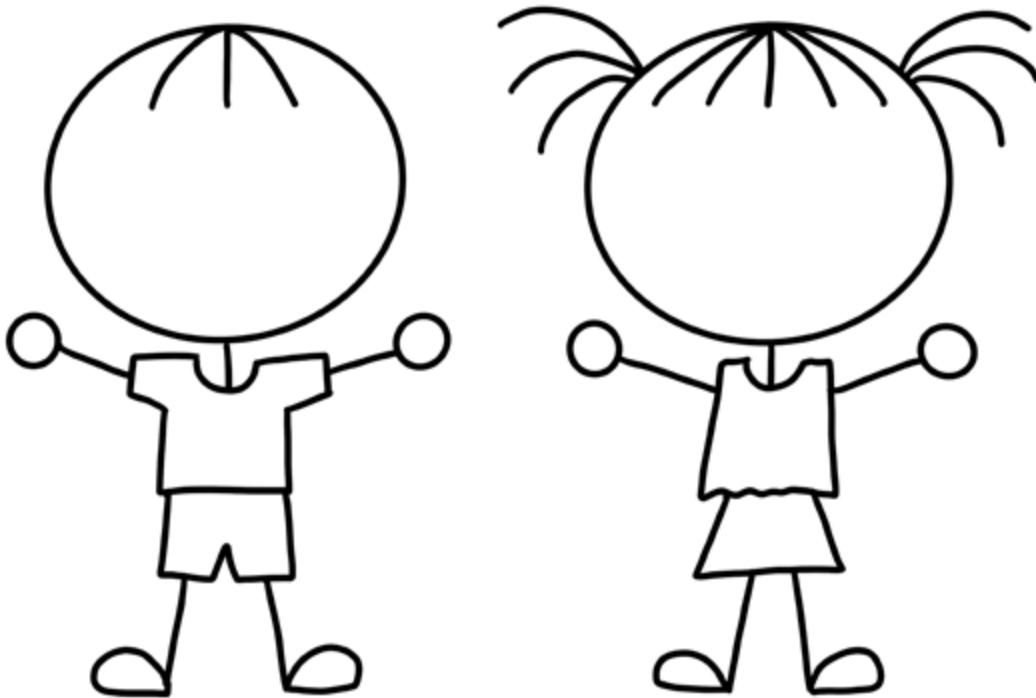


## My Feelings, My Body

### 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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