centrs marta

EXPLORE YOUR EMOTIONS

CENTRS MARTA



Not limited
can be done individually or guided in a group

indoors

art expression
(drawing, painting, performing, dancing, creative writing, filming, photographing)

x mins
give a time that is required for the activity

coaching & mental well being

PURPOSE

1 KEY PURPOSE + 2/3 DETAILED ONES

- To explore and recognize your emotions.
- To become more aware of your current emotional state.

PREPARATION

Prepare the space and needed tools so that the activity can be done without distractions.

MATERIALS

- Wet paints with various colours (e.g., gouaches), brushes
- Small mirrors, pieces of glass or cardboard
- Sheets of white paper
- Writing tools

INTRO

Every day we experience a range of emotions but sometimes it is difficult to be in contact with ourselves and recognize what we are feeling. Focusing on identifying and naming the emotions that we have felt is one of the first steps to becoming fluent in managing our emotions and reacting deliberately.

EXPLORE YOUR EMOTIONS

STEPS

1. Take some time to think about the emotions that you have felt in the last week and write them down (e.g., sadness, joy, excitement, apathy).

2. Focus on one of the emotions that you wrote down and either by using brushes or simply by squeezing the paint out from tubes put the paint on a piece of mirror/glass/cardboard. Use any one or many colours that you associate with this emotion.

3. Make an imprint on a sheet of paper by using the coloured piece of mirror/glass/cardboard and pressing it on the clean paper.

4. Allow yourself to wonder and be surprised by how the imprint looks.

5. Repeat with other emotions that you wrote down.

6. If done in a group, invite participants to come in a circle and share their reflections.

REFLECTION

- How did you feel during the exercise? How do you feel now?
- Which emotions did you write down first? Was it easy to remember what you felt in the last week?
- Is there a dominant colour among the imprints or is there a wide spectrum? What are your associations with the colours that you have chosen?

COMMENTS

Activity can be followed by a discussion on the nature of emotions – whether there are emotions that are purely good or bad; what is the purpose of emotions; what are healthy ways of expressing various emotions.
Activity can be assisted by various tools with listed emotions (e.g., wheel of emotions) that can help participants to expand their vocabulary.