

Title: COLOR YOUR HEART

Goal:

Identifying Emotions and recognizing that often many emotions can be going on inside. Sharing emotions with a safe person without having to use words.

Intro:

At this station, you'll identify emotions you are feeling and color a heart to represent what is going on inside.

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Heart and Soul and Art

Resources:

Colored pens/pencils
Handout

Instructions:

Pick up a Color Your Heart handout from the table, Highlight each word you feel with a new color. Don't over think it.

Using the colors that you highlighted your emotions with, begin coloring in you heart. Use different sizes and shapes to represent how much or how little you feel that emotion.

Fold your paper in half and show a friend or family member. *No one has to know what specific emotions you chose but if you want you can share them with that trusted person.

Discussion:

What was your favorite color?

What color took up the most space in your heart?

What color took the less amount of space in your heart?



**POP-UP
FESTIVAL**