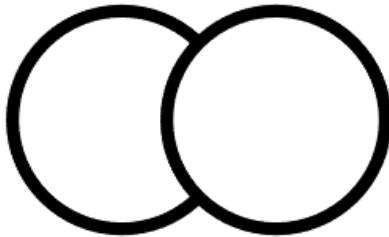


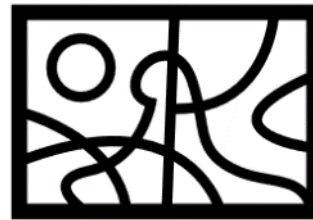
Expressing Emotions Creatively: Handout

Emotions are subjective and personal to the individuals experiencing them. One way in which individuals express their emotions is through expressive, artistic or creative forms. They may write, draw, or compose creative works that capture their emotions.

Instructions: A series of shapes are shown below. Think about what emotion each shape represents. Then, complete each shape – add additional features, colour them in, or write something alongside each shape to express the emotion you think each shape is representing. There are no right or wrong ways of completing each shape. Be as creative as possible!



Emotion: _____



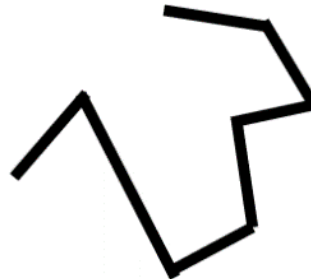
Emotion: _____



Emotion: _____



Emotion: _____



Emotion: _____



Emotion: _____