









Expressing Emotions Creatively

	Objective: To develop an ability to express emotions creatively.
	Time Requirements: a. Preparation: 5 minutes b. Activity: 15-20 minutes
	Items: a. Expressing Emotions Creatively Handout b. Art mediums (magic markers, colour pencils and oil pastels work well) c. Art block (for alternative version of activity)
	Learning Outcomes: a. Enhanced ability to express emotions creatively, and express emotions in a healthy manner (EI Subskill 2: Managing Own Emotions)
	Key Learning Point: Emotions are subjective to the person experiencing them.
Self-Disclosure: ***	
Difficulty: Basic-Intermediate	

Instructions

1. Start the activity by asking participants to think about the many ways that artists, singers or writers express emotions in their creative works. Participants may have read, or seen works that evoke emotions, and were able to feel the emotions expressed by authors of these creative works. Ask participants to think about how this reflects the subjective and personal nature of emotions.
2. Distribute the Expressing Emotions Creatively Handout. Ask participants to complete each shape and then to label each shape with an emotion. Tell participants that they can complete, or colour the shapes any way they wish. They can also label each shape with whichever emotion comes to mind. The completed shapes should be representative of how they express or feel towards certain emotions. Tell participants that there are no right or wrong answers to completing or colouring each shape.
3. After 15-20 minutes, ask some participants to share their drawings with the rest of the class and explain why they labelled certain shapes with certain emotions.

	Reflection Questions: a. Why did you label certain shapes as representing a certain emotion? b. Why did you choose certain colours for certain emotions?
	Further Reading and References: a. Slayton, S. C., D'Archer, J., & Kaplan, F. (2010). Outcome studies on the efficacy of art therapy: A review of findings. <i>Art Therapy, 27</i> (3), 108-118. doi: 10.1080/07421656.2010.10129660
	Note: a. <i>Alternatively, give participants a blank art block sheet and ask them to express their emotions however they wish. Allocate more time for this version of the activity. You can ask, "What does your drawing/painting/pattern/colour signify?"</i>