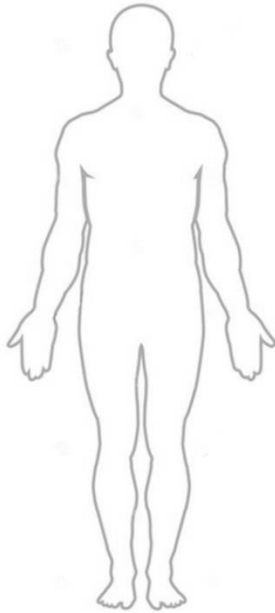


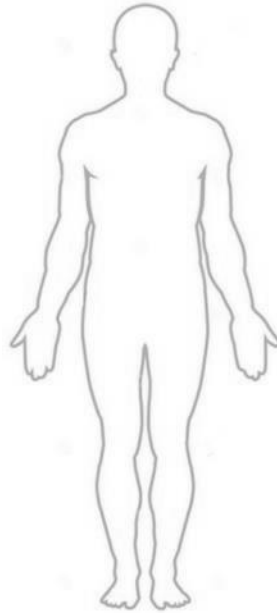
## Sketching Your Emotions: Handout

Emotions affect our bodily responses. Emotional experiences can at times be accompanied with increased heart rate, rapid breathing, sweating and other bodily sensations. The next time you experience strong emotions, try being mindful and pay attention to how your body is responding to those emotions.

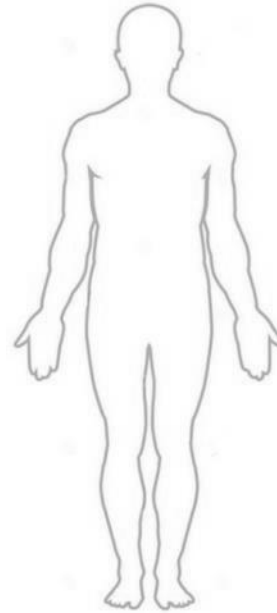
**Instructions:** Colour the following silhouettes however you wish, using colours that best depict/express these emotions underneath each silhouette.



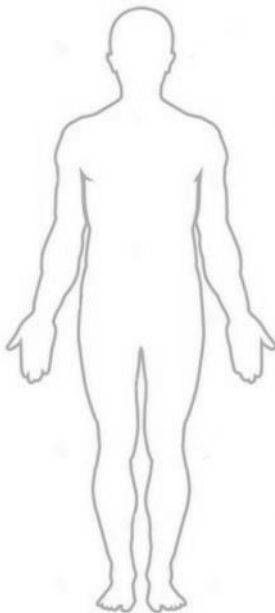
**Anger**



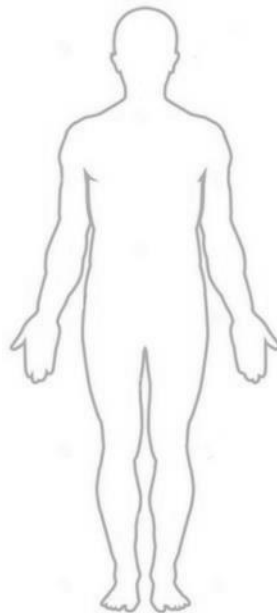
**Happiness**



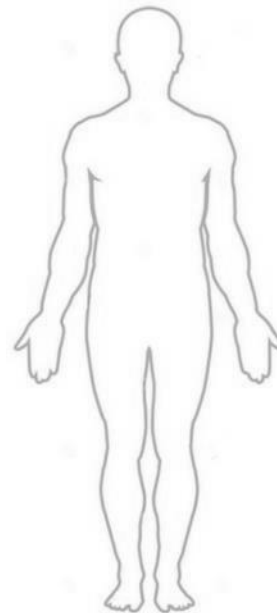
**Sadness**



**Fear**



**Disgust**



**Surprise**