








Sketching Your Emotions

	Objective: To link emotional experiences with bodily responses.
	Time Requirements: a. Preparation: 0-5 minutes b. Activity: 10-15 minutes
	Items: a. Color pencils b. Sketching Your Emotions Handout c. Bodily Maps of Emotions Handout
	Learning Outcomes: a. Increased awareness, understanding and recognition of how discrete emotions affect physiological/bodily reactions (EI Subskill 1: Understanding Own Emotions). b. Increased awareness of the subjectivity of emotional experience (EI Subskill 1: Understanding Own Emotions; EI Subskill 3: Understanding Others' Emotions).
	Key Learning Point: Emotions influence bodily reactions and responses.
Self-Disclosure: **	
Difficulty: Basic-Intermediate	

Instructions

1. To pique participants' interest in this activity, first get them to think about the colours they associate with certain emotions. Get them to think why certain colours came to mind when they were thinking of those emotions.
2. Distribute the Sketching Your Emotions Handout to participants. Ask them to colour each of the body silhouettes using any colour they wish. You can tell the participants to that they can also use patterns or any markings if it helps them illustrate their emotions better. They can even draw/colour outside of the silhouettes if they wish. In short, participants can be as creative as possible in expressing their emotions on the handouts.
3. After about 10-15 minutes, ask participants to raise their handouts and show it to the other participants. Go through each of the emotions and conduct a group discussion – identify when the same colour is used for a particular emotion and ask participants why they think they coloured that emotion using the same colour. Do the same as well for unusual colours for emotions. Share the Bodily Maps of Emotions Handout with participants.

	Reflection Questions: a. Why do you think certain emotions coloured similarly? b. What does this activity tell you about how emotions affect our body?
	Further Reading and References: a. Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2014). Bodily maps of emotions. <i>Proceedings of the National Academy of Sciences</i> , 111(2), 646-651. doi: 10.1073/pnas.1321664111 b. http://www.emotionallyvague.com/ - A website featuring the results of a similar activity.