



Draw With Feelings

Describe Your Thoughts and Feelings Through Art

Goal: This activity helps families to communicate through the work of art.

[Tip]: Grab paper of your choosing and place it on a table or flat surface. Obtain your go-to coloring utensils (pencils, markers, sharpies, crayons, pencil crayons, etc.) and try drawing your emotions. Maybe you're upset and mad that your day didn't turn out great, so you draw an angry face. Or maybe you're sad so you draw a waterfall. And perhaps you're beaming with joy so you illustrate a rainbow and sun! The options are endless – it all depends on you.

Why is this important? Drawing out what you're feeling with your family and friends is a way of communicating to show others we love them.

References: Momentum Health and Wellness. Spiritual wellness for kids. Momentum Health and Wellness. <https://www.momentumhealthandwellness.ca/blog/spiritual-wellness-kids/>