

My Map of Feelings

Learning objective: To identify and describe a range of feelings and understand how they can be expressed through colour and imagery.

Use your imagination to create a 'Feeling Landscape'. Think about how different emotions might look if they were part of nature, like a sunny meadow for happiness or a stormy sea for frustration. Use your word bank to label your drawing.

Draw: Create a landscape drawing that represents your internal world. Draw a large island or a mountain range. In different areas of the drawing, use shapes, patterns, and colours to depict at least four different feelings. For example, you might draw a calm, blue river for 'Serenity' or jagged, dark rocks for 'Frustration'. Use your pencils or felt-tips to make the colours bold and expressive.



Label words: Contentment · Frustration · Excitement · Anxiety · Serenity · Determination · Surprise

Steps:

1. Choose one feeling from the word bank. Describe which colour you would use to represent it and explain why.
2. Max the monkey is feeling 'Excitement' because he has solved a tricky maths puzzle. Draw a small symbol in the corner of your page that represents his feeling.

3. If a friend was feeling 'Anxiety', what kind of kind words or actions could you offer them?
4. Label your drawing with at least three feelings from the word bank to show where they live in your landscape.
5. Why is it important to talk to someone you trust when you are experiencing a difficult feeling?