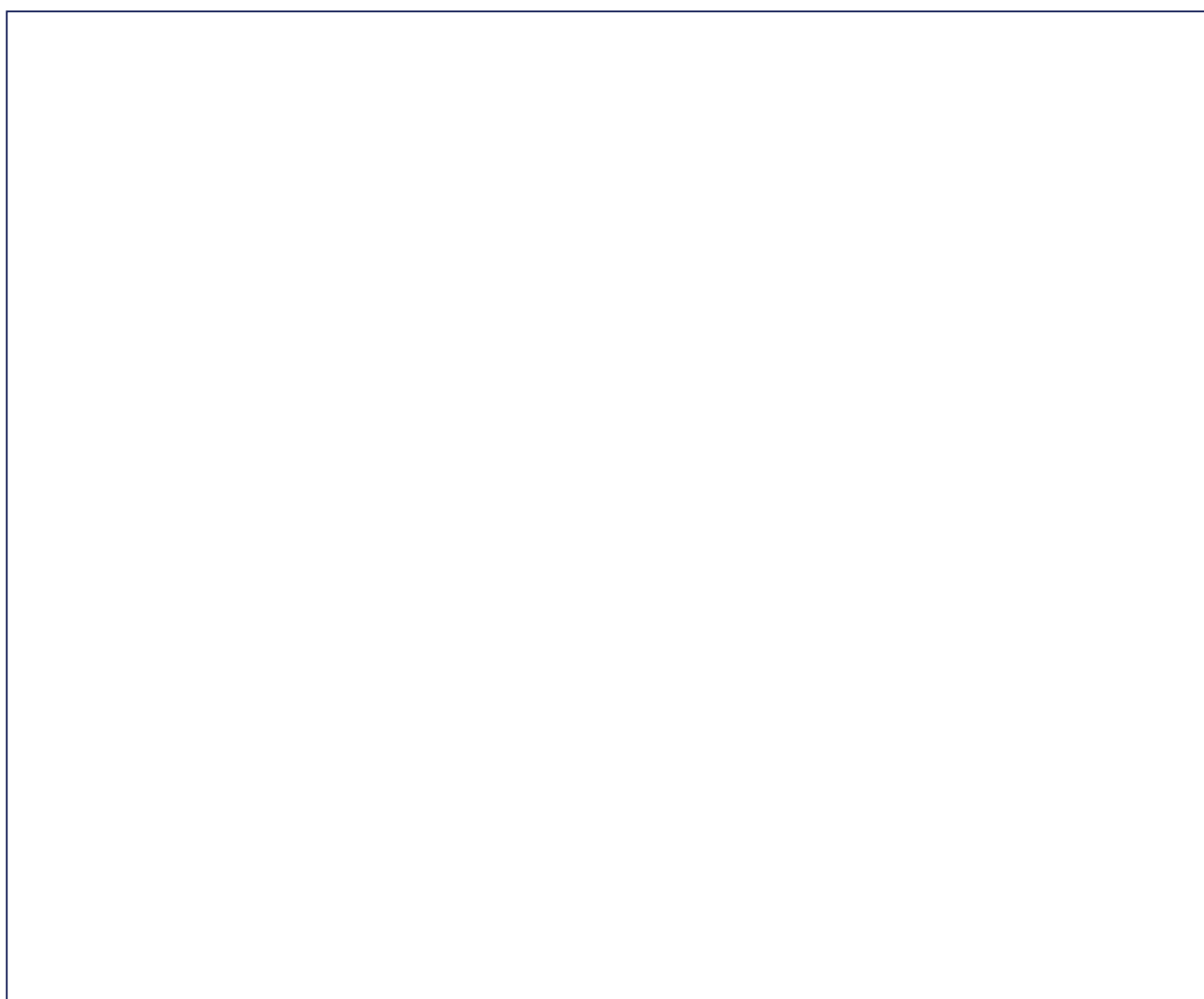


Mapping My Emotional Landscape

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

Use your imagination to create a 'Feeling Map'. Think about how different emotions feel inside your body and mind, and use colours and shapes to represent them on your page. Follow the steps below to build your scene.

Draw: Draw a large landscape that represents your inner feelings. Divide your page into different 'regions' or 'zones' using lines. In each zone, draw shapes, patterns, or scenes that represent a specific emotion from the word bank. For example, you might draw a calm, blue, still lake for 'Tranquil', or jagged, dark, red shapes for 'Frustrated'. Use soft, light colours for positive feelings and darker, sharper patterns for difficult ones. You may include a small sketch of yourself in the centre of the map to show how you are navigating these feelings.



Label words: Tranquil · Frustrated · Elated · Anxious · Content · Overwhelmed · Resilient · Gloomy

Steps:

1. Choose one word from the word bank that describes how you feel when you are facing a difficult challenge. Explain why you chose this word.
2. Leo the lion says that even brave leaders feel nervous sometimes. How might someone show they are

feeling 'anxious' using only colours and shapes?

3. Label your drawing to show which area represents a positive feeling and which area represents a challenging feeling.
4. Write one strategy you could use if you start to feel 'overwhelmed' during a busy school day.
5. Why is it important to recognise that feelings are temporary and can change?