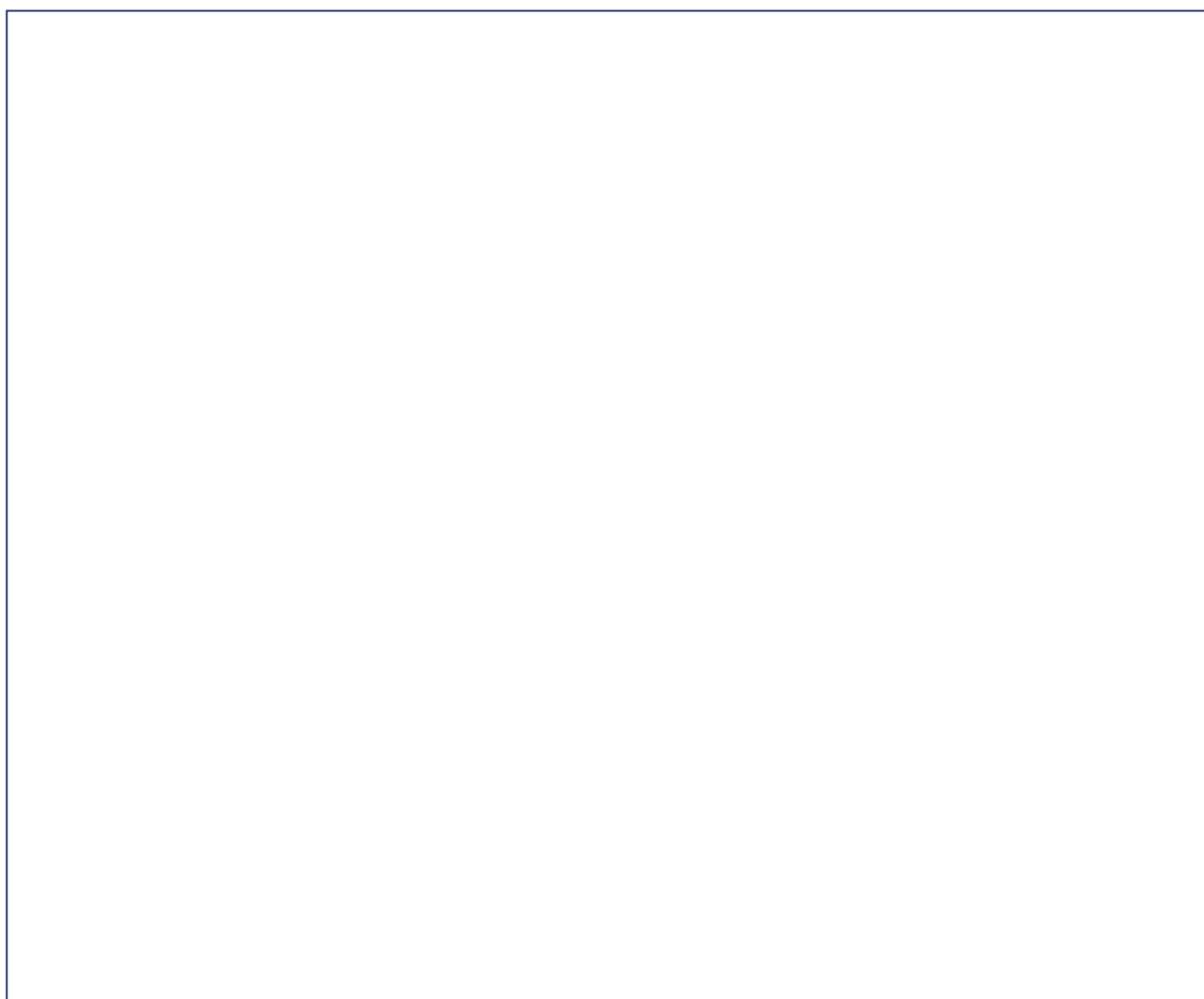


Mapping Our Inner Landscape

Learning objective: To identify and express a wide range of emotions and understand how they can be represented visually through colour and shape.

Use this sheet to create a 'Feelings Map'. Think about how different emotions might look if they were landscapes, weather patterns, or abstract patterns. Use the word bank to label the different areas of your drawing.

Draw: Draw a large, abstract landscape that represents your current emotional state. Divide your page into sections using flowing lines. Inside each section, draw patterns, shapes, and colours that correspond to different emotions from the word bank. For example, use jagged, dark lines for 'Frustration' and soft, rounded, pastel shapes for 'Contentment'. Include a 'Key' at the bottom of the page to explain your colour choices.



Label words: Contentment · Frustration · Anxiety · Exuberance · Melancholy · Serenity · Determination · Surprise

Steps:

1. Explain why it is useful to use colours or shapes to represent feelings rather than just using words.
2. Compare and contrast 'Serenity' and 'Exuberance'. How would the shapes and colours in your drawing differ for these two feelings?

3. What might happen if you suppressed a feeling like 'Frustration' instead of acknowledging it on your map?
4. Justify your choice of colour for the emotion 'Anxiety'. Why does this colour represent that feeling to you?
5. Look at Zara the zebra's artwork. She says that patterns help her see her feelings more clearly. Can you draw a pattern that represents feeling 'Determined'?
6. If your feelings were a weather forecast for tomorrow, what would they be and why?