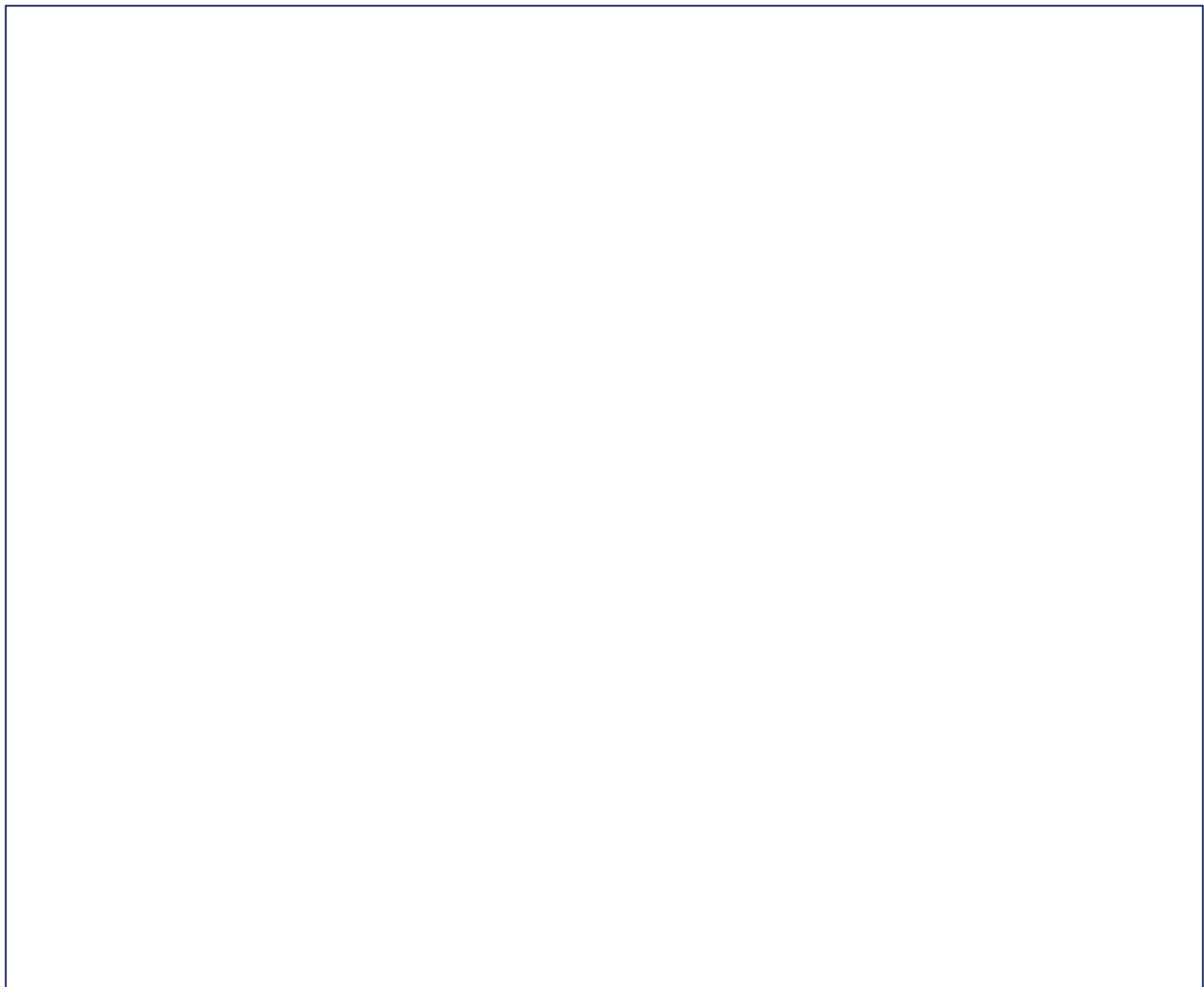


Mapping the Landscape of Emotions

Learning objective: To explore, identify, and represent complex human emotions through metaphor and visual art, promoting emotional literacy and self-awareness.

In this activity, you will use your imagination to turn abstract feelings into a physical landscape. Think about how a feeling 'looks'—is it stormy, sunny, jagged, or calm? Use the space provided to create your emotional map.

Draw: Create a landscape that represents your internal world. Draw a 'terrain' where each feature corresponds to a feeling. For example, a mountain could represent a difficult challenge (Frustration), while a calm, reflective lake could represent peace (Serenity). Use colour theory (warm vs cool tones) to show intensity. Include at least four different emotional 'landmarks' and ensure your lines and textures convey the mood (e.g., jagged lines for worry, soft curves for happiness).



Label words: Resilience · Serenity · Frustration · Anticipation · Melancholy · Exhilaration · Apprehension · Contentment

Steps:

1. Identify one emotion from the word bank and explain why you chose a specific colour or shape to represent it in your drawing.

2. Compare and contrast 'Serenity' and 'Exhilaration'. How would the weather in your landscape change if you moved from one to the other?
3. What might happen if you added a bridge between two contrasting feelings, such as 'Frustration' and 'Contentment'? What would this bridge symbolise?
4. Justify your choice of placement for 'Resilience' within your landscape. Why did you choose that specific location?
5. Label three distinct areas of your drawing using the provided word bank. Ensure your labels reflect the mood of the landscape features.
6. If your drawing were a story, what is the 'narrative arc' of the landscape? Describe the journey from one feeling to another.