Mapping My Emotional Landscape with Zara the Zebra

Learning objective: To identify and express a range of complex emotions and understand that feelings can change, fluctuate, and be managed using healthy strategies.

Today, we are going to use art to explore our inner world. Follow the steps below to create a 'Feelings Map'. Use colours, shapes, and patterns to represent your emotions, just as Zara the Zebra sees patterns in everything she looks at.

Draw: Draw a large, winding river that flows across your page. Divide the river into different sections using patterns like zig-zags, swirls, or straight lines. In each section, use colours that you think represent different emotions (e.g., cool blues for calm, bright yellows for excitement). Within the river, draw small symbols or icons (like a sun, a stormy cloud, or a steady anchor) to represent how you feel today. Keep the style creative and abstract—there is no 'right' way to draw an emotion!

Label words: Contentment · Frustration · Anticipation · Serenity · Overwhelmed · Gratitude · Determination · Vulnerability

Steps:

1. Identify one situation that might cause you to feel 'Anticipation'. Why do you think this happens?
2. When you feel 'Overwhelmed', what is one healthy strategy you could use to help yourself feel calm

again?

3. Why is it important to recognise that feelings are temporary and can change throughout the day?

4. Label your drawing with at least three words from the word bank to show where those feelings 'live' in your map.

5. Explain why you chose a specific colour for your feeling of 'Contentment'.