

DRAW YOUR EMOTIONS CREATURE

Individual, Dyadic, or Group Art Exercise

USE THIS EXERCISE TO BUILD:



Resilience
and a Growth
Mindset



Social and
Emotional
Abilities

PURPOSE

Emotion regulation is an important skill to ensure that our behaviors are aligned with what we want for our lives. Engaging in behaviors aligned with our values is essential for resilience and growth mindsets. This exercise is designed to help survivors identify feelings and strengthen healthy relationships between their emotions and what it means for them to be resilient. Additionally, this exercise can offer survivors the opportunity to practice healthy emotion regulation in a safe space and gain inspiration from others.

SUGGESTED ACTIVITY LENGTH: 1 HOUR

10 minutes for instructions | 20 minutes for drawing | 30 minutes for reflection

MATERIALS

Paper or a journal

Items to draw with, like markers, colored pencils, crayons, or a tablet or computer

[Emotions wheel](#) or [Kids Emotion Wheel](#) (optional)

Notes for the facilitator

- This exercise requires vulnerability and would be best used after trust has been built.
- If survivors are struggling to connect with their emotions and what they may look like when they are externalized, it could be helpful to begin with a guided mindfulness exercise.
- Get creative! Try this exercise with different emotions: anxiety, joy, sadness, anger, contentment, etc.
- There are no wrong creatures. Encourage survivors to draw whatever comes to mind.

When using this activity with children:

- Consider age (recommended range: 5–18 years old)



- Instead of asking younger kids to draw the words “anxious” or “confident,” ask them to draw what they think of when they hear the word “sad.” Then ask them to draw what they think of when they hear the word “strong.”
- Discuss with them what they drew and why.

INSTRUCTIONS FOR PARTICIPANTS

- 1 Choose two emotions. Use an emotions wheel to help identify emotions, if needed.
- 2 Draw both in the form of two different creatures, and describe their relationship.

Example format:

- Confidence looks like ____.
- Anxiety looks like ____.
- Anxiety says “____” to confidence.
- Confidence says “____” to anxiety.

REFLECTION QUESTIONS

- How did you feel drawing each emotion?
- What was it like to picture the two creatures interacting?
- How can regulating your emotions help you become the parent you want to be?
- If you could talk to these creatures, what would you say?