



My list of emotions

Write down all the feelings you know on the list below and draw a matching symbol for them.

Example: Joy  or anger 

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Shape of you

This is what you need:

- Color pencils
- List of emotions
- Paper-roll /large paper or body-template
- List with adjectives

EXPERIENCE
POSITIVE
FEELINGS

~~This is how you do it:~~

1. Draw an outline of your body or use the templates.
2. Pick a feeling from your list and try to remember a situation, where you strongly felt this feeling.
Tip: Recreate/Replay the situation to help you remembering it.
3. Observe closely, what your feeling feels like. Does it have a color, a sound, or a smell?
4. Draw your feeling inside your body outline. **Example:** "Happiness" - like an **orange wave**, floating through your belly.
5. Draw at least 4 good and 4 bad feelings inside your body and write down which color and shape belongs to which feeling.

Awesome! You've created your own map of emotions!

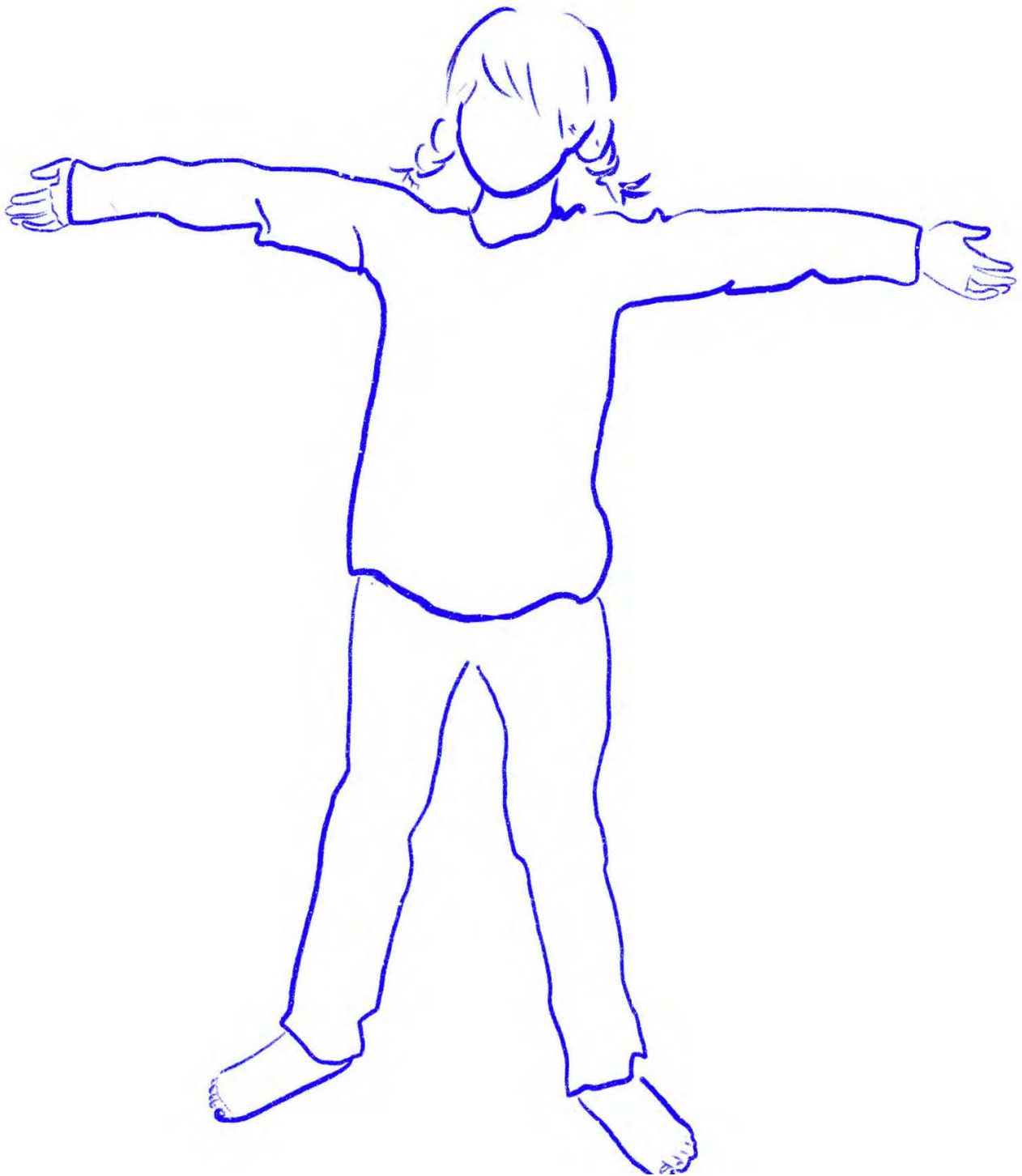
Adjectives pour décrire tes émotions

- acidulé
- aérien
- agile
- aigre
- amer
- anguleux
- apaisant
- arc-en-ciel
- argenté
- audacieux
- beau
- boisé
- bosselé
- brillant
- brûlant
- brumeux
- câlin
- calme
- chaotique
- chatouilleux
- chatoyant
- chaud
- clairsemé
- collant
- compact
- confortable
- contraignant
- cotonneux
- dense
- dentelé
- diffus
- doré
- doux
- dur
- dynamique
- effervescent
- élastique
- étoilé
- énorme
- ensoleillé
- épicé
- époustouflant
- équilibré
- étouffant
- excitant
- extraordinaire
- ferreux
- fleuri
- flottant
- fluide
- fougueux
- frais
- froid
- glacial
- glissant
- gonflé
- harmonieux
- imperméable
- inépuisable
- infini
- intense
- lâche
- large
- léger
- libérateur
- libre
- limitant
- limpide
- lourd
- lumineux
- luxuriant
- magnétique
- mélodique
- menaçant
- minuscule
- mousseux
- mystérieux
- noble
- nuageux
- oppressant
- oscillant
- paisible
- palpitant
- paralysant
- pénétrant
- perçant
- perméable
- pittoresque
- poilu
- pointu
- poreux
- poudreux
- poussiéreux
- puissant
- pur
- radieux
- rafraîchissant
- raide
- récupérateur
- régénérant
- rigide
- robuste
- rond
- rosé
- rugueux
- sablonneux
- sombre
- sonore
- sourd
- sucré
- sûr
- tendre
- terne
- terreux
- tiède
- tremblant
- velouté
- vibrant
- visqueux
- vivant
- vivifiant

Bodytemplate Boy



Bodytemplate Girl



How can I activate a feeling?

To activate a specific feeling, you need to practice a bit. First, think about what feeling you would like to experience.

- When and where did you experience the feeling? Remember it.

Close your eyes and remember the body sensation you felt (as you did in the exercise “**shape of you**”). Observe as closely as possible how your emotion feels.

- Do you feel your sensation in a **specific place in your body**?
- Does it have a **color**, a **sound**, or a **smell**?
- Does it have a **temperature**?

You can also think about the symbol on your **list of emotions** (page **11**) which you have picked for this feeling.

Important: The physical feelings and the symbol are like a bridge that leads you to your target feeling. In the beginning, you may still need to close your eyes and focus hard to evoke your target feeling. The more you practice, the faster and more intensively you will be able to activate your target feeling in every situation (even when jumping on one foot...).



Wheel of emotions

This is what you need:

- Scissors
- Coloring pencils
- 1 brass fastener
- Template «Wheel»
- Maybe your list of emotions



This is how you do it:

1. Cut out both circles and the arrow.
2. **Small circle:** Draw a bad feeling and the appropriate symbol in each box.
Tip: As support, use your **list of emotions**.
3. **Big circle:** Fill in some good feelings in the boxes and draw an appropriate symbol for each emotion. You can also draw something that makes you feel good or you like to do.
4. Put together the two circles and the arrow and fix it with the brass fastener.
5. Now you can show when you have a bad feeling with the arrow (small circle) and what you would like to do, to feel better (big circle). You can also show what you want to do (things you like).

template «wheel»

