



## Activity 6

# Visualizing Your Feelings

### Objective:

- Create a visual of how you are feeling right now.

### Steps:

1. Pass out paper and writing utensils to each participant.
2. Explain the power of visualizing our feelings.
3. Use one of the following prompts and give participants a chance to get creative:
  - If your feeling was a landscape, it would look like...
  - If your feeling were music, it would sound like...
  - If your feeling was an object, it would be...
4. Discuss sensations:
  - a. How does this feeling make your body feel?
  - b. Name the sensation (i.e. smooth, chill, vibrating, twitchy, dull, sharp, achey, jagged, airy, trembling, shivering, etc.)
5. Have participants share their image in their table groups and discuss what they learned.
6. As a group, look at the feeling wheel graphic and have participants name the feeling that is portrayed in their image.



## HANDOUT for Activity 6 Feeling Wheel Graphic



Graphic from [www.business2community.com](http://www.business2community.com)