

Painting Exercise “What I Feel Right Now”

You will need: a white sheet of paper, soft pastels, Neocolor crayons, or colored pencils.

Do you sometimes have problems at school, feel sad in your room, or have an argument with someone you like?

Then you probably know what strong, uncomfortable feelings are – and that’s totally normal!

If you didn’t have feelings, you wouldn’t be alive 😊.

In other words: we humans have the wonderful ability to feel.

But when our feelings become too strong or overwhelming, it’s important to talk to someone and give those feelings a safe place to be.

Otherwise, it can start to feel like you might burst!

The good news is: you can also **paint your strong and difficult feelings** – and when you do, they can start to change!

Here’s how:

1. **Choose one feeling** that feels very strong for you right now.

Circle it using a colored pencil, pastel, or crayon:

Anger • Jealousy • Fear • Sadness • Pride • Panic • Shame • Guilt • Frustration • Indifference
• Envy • Hatred • Disgust • Deep Sorrow • Fear of Death

2. Take your **blank sheet of paper** and your **colors**.

3. Ask yourself: *If this feeling were a bell pepper, what color would it be?* 🌶️



4. Draw a **tiny, mini bell pepper** in the middle of your paper.
5. Now slowly make the shape **bigger and bigger**, until it almost touches the edges of the page—just about a finger’s width away.
6. **Draw slowly.**
7. **Breathe deeply** into your belly while you draw.

When you’re done, there should be **no white space left** inside the pepper—it should be completely filled with color.

You can keep working on it and adding details until you really like how it looks.

➡ Now choose a **light color** for the background and carefully color around your pepper. When you finish, your whole page will be full of color.

How do you feel now?

Circle one:

😊 Peaceful • ⚡ Full of energy • 😐 The same as before • 😞 Worse than before • 😊 Relieved • 🌿 Calm

If you feel the same or worse than before, take another look at your picture.

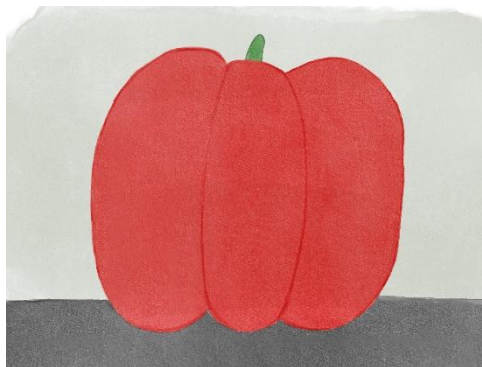
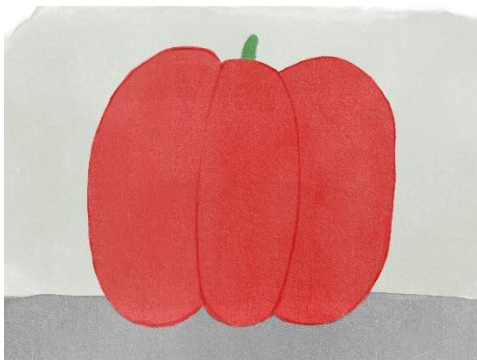
Ask yourself: *Which part do I like? Which part do I not like so much?*

Here's a checklist of things you can try changing:

- Go over the edges of the shape again.
- Make the lines clearer.
- Add another layer of the same color to your shape or the background.
- Cover any white spots that are still showing.

Keep painting until your pepper feels just right for you.

In my own picture, I made the ground a bit darker in the end – and then it finally felt good to me.



How do you feel now?

Circle one again:

😊 Peaceful • ⚡ Full of energy • 😐 The same as before • 😞 Worse than before • 😊 Relieved • 🌿 Calm