

# 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!

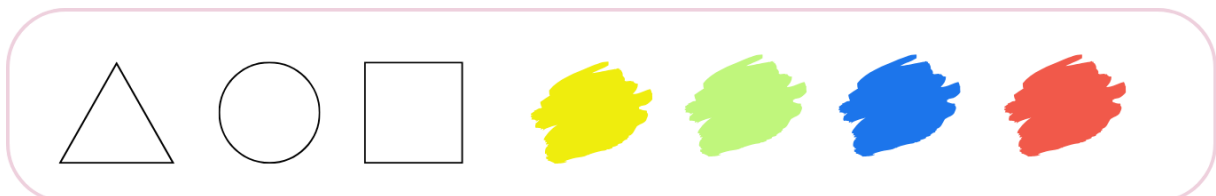
Here’s how:

1. **Choose one emotion** 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 emotion were a geometrical shape, what color would it have?*
4. Draw a **tiny, mini shape** 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 geometrical shape—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 shape.  
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

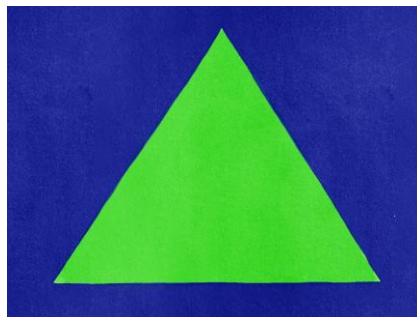
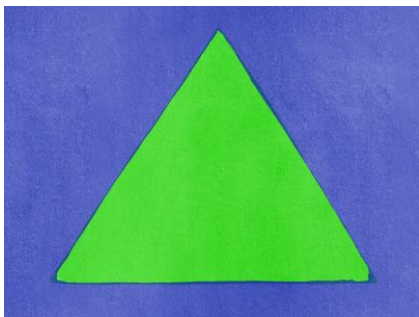
If you feel the same or worse than before, take another look at your picture.  
Ask yourself: *Which part do I like? Which part do I not like so much?*

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 geometrical shape feels just right for you.

In my own picture, I made the ground a bit darker in the end and painted the corners of the triangle again— 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