

Worksheet 4: Draw Your Feelings

However you're feeling right now, that's ok. Feelings are not good or bad. They're just feelings. They come and go like the weather. Sometimes they feel huge, sometimes they feel small. Sometimes you might feel more than one thing at once. That's normal too.

On this page, you can draw whatever is inside you. There are no rules. No one will judge it. This is just for you.

Draw your Feelings

Draw whatever feels right. It could be:

- A picture of you showing how you feel
- Colours or shapes that match your mood
- A storm, a rainbow, or something else
- Something that doesn't make sense to anyone else

