



Emotion Color Wheel

An Art Therapy Exercise

Time: 20-30 minutes

What color are your emotions?

Discover how colors can express your emotions. Create a wheel to map feelings like joy, sadness, or anger to hues that resonate with you. This beginner activity builds a "color vocabulary" for emotional check-ins, journaling, or art-making. No artistic skills needed – just your intuition!

Why It Helps

Colors evoke feelings uniquely for each person. Mapping them helps name and externalize emotions, reducing overwhelm and sparking self-insight. Use your wheel daily for quick mood tracking.

Materials (Everyday Items)

White paper or cardstock (A4 size)
Markers, colored pencils, crayons, or paints (12+ colors)
Pencil and eraser
Scissors (optional, for cutting circle)
Compass or round plate (for drawing circle)

Step-by-Step Process

1. Draw Your Wheel

Use a pencil to trace a large circle (about 20cm diameter) in the center of your paper. Divide it into 8-12 equal pie slices like a pizza, draw lines from the center outward. Label each slice with a common emotion: Happy, Sad, Angry, Calm, Anxious, Excited, Tired, Grateful, Scared, Surprised, Content, Overwhelmed. (Add or swap as needed!)

2. Intuit Your Colors

Sit quietly for 1-2 minutes. Think of each emotion. Pick 1-2 colors that "feel" like it – no right or wrong! Fill the slice boldly with that color. Blend shades for nuance (e.g., light blue for calm, dark blue for sad).

3. Add Personal Touches

In or around each slice, jot a quick word, symbol, or memory linked to that emotion-color (e.g., "Happy = sunny yellow, beach day"). Outline the wheel with a favorite neutral color.

4. Reflect and Activate

Step back: What patterns emerge? (E.g., "Warm colors for energy.")

Cut out the wheel if desired and spin it daily like a spinner to name your current mood.

Pin it up or add to a journal.

Prompts for Deeper Insight

- Which emotion surprised you with its color?
- How might you use this wheel in tough moments?
- Share your wheel on social media with #MyEmotionWheel and tag us!

Repeat anytime to evolve your vocabulary!

Explore more gentle tools to understand and express your emotions with Artfelt Therapy.



My Inner Retreat

An Art Therapy Exercise

Time: 20-30 minutes

Where is my safe space?

Imagine and create a personal safe space - a cozy mental haven you can visit anytime stress hits. Through drawing or painting, build this space intuitively. This simple practice fosters calm, self-soothing, and resilience. Perfect for beginners!

Why It Helps

Visualizing a safe space anchors you during overwhelm, activating your brain's relaxation response. The free-flow process lets emotions guide your hands, releasing tension without judgment.

Materials (Everyday Items)

- Any paper (sketchbook, printer paper, or newspaper)
- Markers, crayons, pencils, paints, or even household items like coffee/tea stains
- Optional: Soft music or a timer

Step-by-Step Process

1. Settle and Visualize

Find a quiet spot. Close your eyes for 2-3 minutes. Breathe deeply. Picture a place where you feel utterly safe, real or imagined. Notice colors, textures, sounds, smells. No need to decide details upfront; let them emerge.

2. Free-Flow Creation (Process Focus)

Open your eyes. Start anywhere on the page - doodle, scribble, splash, or layer marks freely. Let your hands move without planning. Add shapes for landscapes, symbols for comfort (e.g., soft hills, glowing lights, favorite objects). If your mind wanders, that's perfect, follow it. Spend 10-20 minutes flowing, not finishing.

3. Layer Sensory Details

Without erasing or "fixing," add layers: textures (smudges, dots), words (e.g., "warm," "quiet"), or swirls for feelings. Embrace messiness - blobs become clouds, lines become paths. The goal is expression, not a pretty picture.

4. Activate and Reflect

Sit with your creation. Trace it with your finger. To visit: Close eyes, recall a detail, breathe into it. Hang it up or fold into your journal. Redo anytime, spaces evolve!

Process Prompts

- *What surprised you as it flowed?*
- *How did your body feel during creation?*
- *When will you revisit this space next?*

Your safe space is a powerful tool for pause and recharge, not an escape from life's realities. If stress persists or feels overwhelming, use it alongside real-world support - like talking to a friend, journaling truths, or seeking professional help. This practice complements, rather than replaces, facing challenges with care.

Discover more calming, therapist-designed practices with Artfelt Therapy.



Body Scan Drawing

An Art Therapy Exercise

Time: 30-40 minutes

Different emotions in my body

Tune into your body and intuitively map where emotions live using colors and shapes. Outline a simple body silhouette, then let feelings flow onto the page. This somatic art practice reveals tension patterns and promotes body-mind connection - no drawing skills required!

Why It Helps

Emotions often "stick" in physical spots (e.g., tightness in chest for anxiety). Externalizing them via free-flow marks reduces their grip, fostering release and insight.

Materials (Everyday Items)

- Plain paper (any size)
- Markers, colored pencils, crayons, or paints
- Pencil (for outline only)
- Optional: Mirror or full-length view

Step-by-Step Process

1. Body Outline (Quick Start)

Lightly sketch a simple body outline on your paper, stick figure or gingerbread style works fine. Head, torso, arms, legs. No perfection needed; it's just a guide.

2. Free-Flow Body Scan (Process Focus)

Close your eyes. Breathe deeply. Scan from head to toes: Where do you feel emotions right now? (E.g., heavy sadness in belly? Buzzing excitement in hands?) Open eyes. Let your non-dominant hand move freely.. scribble, swirl, dot colors or shapes where sensations pull you. No planning; follow impulses for 10-15 minutes. Messy lines become feelings!

3. Layer Without Judgment

Add more layers intuitively: Bold reds for anger in shoulders, soft blues for calm in feet. Overlap freely.. smudges, drips, repeats are welcome. Ignore *artistic* results; honor what emerges from your scan.

4. Reflect and Release

Step back. Notice patterns (e.g., "Stress clusters in my neck"). Breathe into one spot. Redo daily to track shifts, tear up old ones if ready to release.

Process Prompts (Embrace the Flow)

- What surprised you about where emotions showed up?
- How did your hand "know" what to draw?
- What one mark feels alive right now?

If something has come up that does not feel manageable by yourself, please reach out, you are not alone.

Work deeper with guided art therapy sessions and workshops at Artfelt Therapy.



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Gratitude Collage: Visual Abundance Flow

An Art Therapy Exercise

Time: 30-60 minutes

What am I grateful for?

Gather images, words, or doodles representing what you're grateful for and layer them into a personal collage. This free-flow practice shifts focus to positivity, amplifying appreciation without needing *artistic* talent.

Why It Helps

Gratitude rewires the brain toward joy and resilience. Collaging lets abundance emerge organically, turning abstract thanks into tangible visuals for daily uplift.

Materials (Everyday Items)

- Any paper or cardboard base
- Old magazines, newspapers, or printed images
- Scissors, glue stick, or tape
- Markers, pencils, or crayons for doodles
- Optional: Fabric scraps, leaves, or photos

Step-by-Step Process

1. Easy Gratitude Spark (Broken Down)

Pause for 1 minute. Ask yourself these simple questions one by one—jot single words only:

- a. What felt warm/comfortable today? (e.g., blanket, soup)
- b. What made me smile recently? (e.g., pet, song)
- c. What's one small "yes" in my life? (e.g., sunlight, breath)

Aim for 3-5 words total. No pressure for "big" things.

2. Free-Flow Gathering (Process Focus)

Flip through magazines or pictures, stare at blank spaces. Rip/tear images, words, textures that feel grateful - no matching required. Let hands move impulsively: Cut crookedly, crumple, overlap wildly.

3. **Start gluing** anywhere on your base. Flow for 15-20 minutes; add doodles if words fail.

4. Activate and Anchor

Hang it visibly. Each glance reinforces thanks. Evolve it weekly, keep adding new finds.

Process Prompts (Embrace the Flow)

- What image surprised you most?
- How did ripping/gluing shift your mood?
- Which element feels most "you" right now?

HINTS (if you need):

Imagine layered tears: Golden coffee cup over leafy park scrap, "laughter" headline bleeding into hand-drawn hearts ... Let your imagine run!

Continue building reflective rituals and creative practices with Artfelt Therapy.



Stress Release Scribble

An Art Therapy Exercise

Time: 5-10 minutes

Tension Out, Flow In

Grab a marker and scribble wildly to release pent-up stress. Transform chaotic marks into calming shapes with color. This 5-minute somatic reset mimics proven scribble methods to move energy through your body onto paper.

Why It Helps

Scribbling can help activate the parasympathetic nervous system, interrupting stress cycles. Free marks bypass overthinking, letting tension physically exit through motion and color- backed by art therapy research on motor release.

Materials (Everyday Items)

- Any paper (even scrap)
- Thick marker or pen (for bold lines)
- Colored pencils, markers, or crayons
- Optional: Timer for 5 minutes

Step-by-Step Process

1. Grip and Go (Instant Start)

Stand or sit comfortably. Grip marker tightly in your dominant hand. Set timer for 2-3 minutes. Eyes open or closed, scribble across the whole page with full-body motion. Press hard, loop wildly, cover every inch. Let stress dictate speed and pressure, no control.

2. Free-Flow Coloring (Process Focus)

Switch to colors. Without planning, fill enclosed shapes impulsively- flood spaces, overlap messily, blend roughly. Let hands shake out tension for 3-5 minutes. Embrace drips, smudges, "mistakes"- they're release portals. Breathe out with each stroke.

3. Pause and Release

Step back. Notice body lightness. Crumple, hang, or keep as evidence of release. Redo when tension builds.. no perfection, just evacuation.

Process Prompts (Honor the Release)

- Where did tension leave your body?
- What color felt most freeing?
- How does the scribble "look" back at you now?

HINTS (if you need):

(Imagine wild black tangles softened by electric blue floods, fiery orange bursts, green swirls- raw energy transformed.)

If you'd like more supportive ways to process stress, Artfelt Therapy is here, reach out.