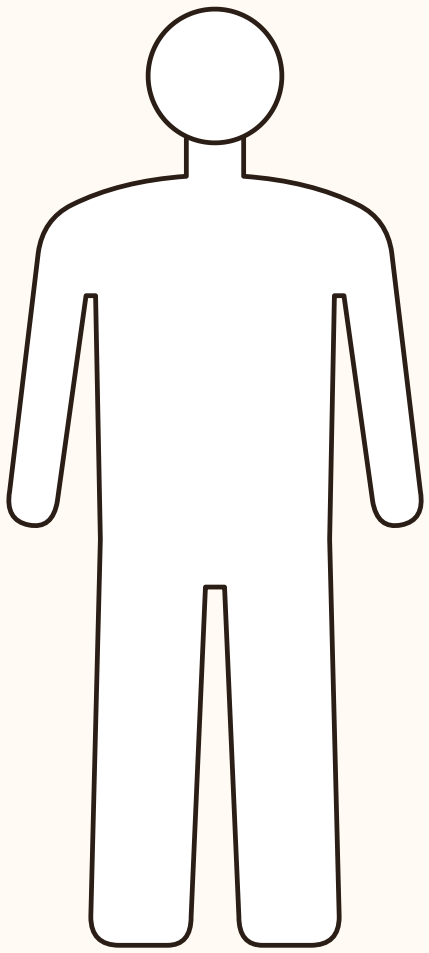
FREE CREATIVE WORKSHEET

Colour your *feelings*

Our bodies often feel emotions before our minds can name them. Choose a colour for each feeling, then colour the places on the body where you feel it right now. Use as many colours as you need. Shapes, scribbles and patterns are all welcome.



My colour key

Colour in the box beside each feeling.

- ☐ Calm
- ☐ Worried or anxious
- ☐ Sad
- ☐ Angry
- ☐ Tired
- ☐ Happy
- ☐ Overwhelmed
- ☐ Other: _____

Where did I feel the most?

What surprised me?

CREATIVE WORKSHEET · COLOUR YOUR FEELINGS

Reflect on your picture

What is my body trying to tell me?

What do I need right now?

rest, comfort, movement, connection, space, food, water

If this feeling had a shape, it would look like...

One thing I can do to care for the places I coloured

Try it again later

Come back to this page another day, or after using a calming tool like slow breathing, and colour a new body map. Notice what changed.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist