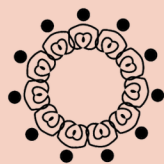
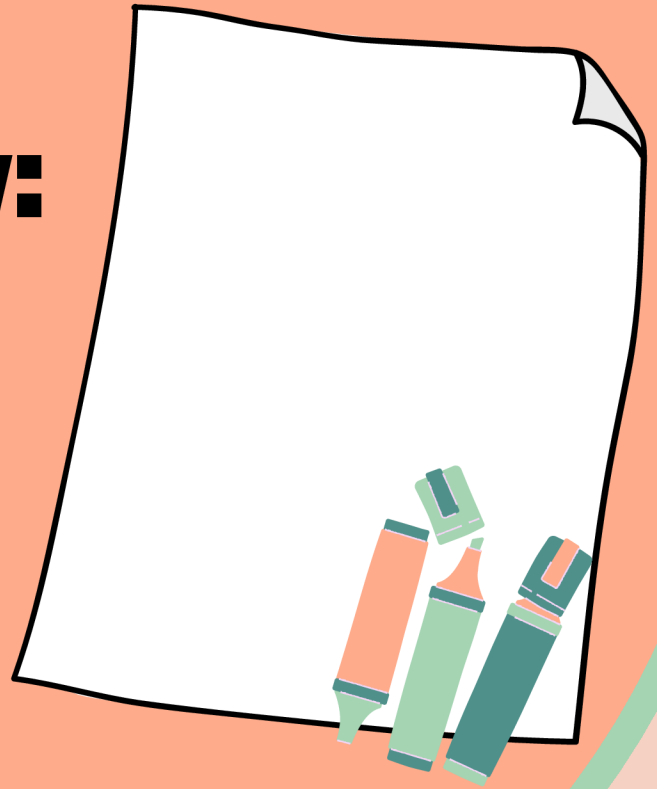


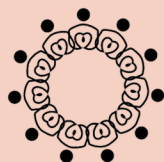
Quick Draw: Emotions



Quick Draw: Emotions

What You'll Need!

- **A piece of paper - folded to create 8 boxes (or printable sheet at the end)**
- **Pencils or markers for drawing**
- **A timer (or a way to track time)**



Quick Draw: Emotions

Let's explore emotions through quick sketches! This activity invites you to tune into your feelings, express them creatively, and reflect on what they mean.

How to Play

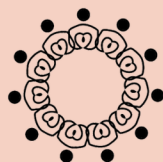
Step 1: Fold your paper three times, then open it to reveal 8 boxes.

Step 2: Decide your time limit.

Choose anytime between 30 seconds to 1 minute and 30 seconds per prompt.

Step 3: One person reads a prompt, and everyone sketches their response as quickly as they can.

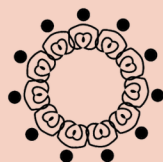
Step 4: Move to the next box and repeat until all 8 drawings are complete!



Quick Draw: Emotions

Drawing Prompts

1. The best day of my life
2. An emoji that represents how I feel right now
3. A person that always makes me smile
4. The last time I felt sad
5. Something that makes me angry
6. This is what excitement feels like
7. Something or someone I envy
8. One thing I did that made me feel guilty



Quick Draw: Emotions

What Our Feelings Tell Us

Envy shows us what we really want.

Anger tells us something feels unfair or needs to be protected.

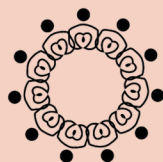
Fear helps us know when we don't feel safe.

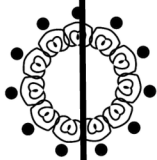
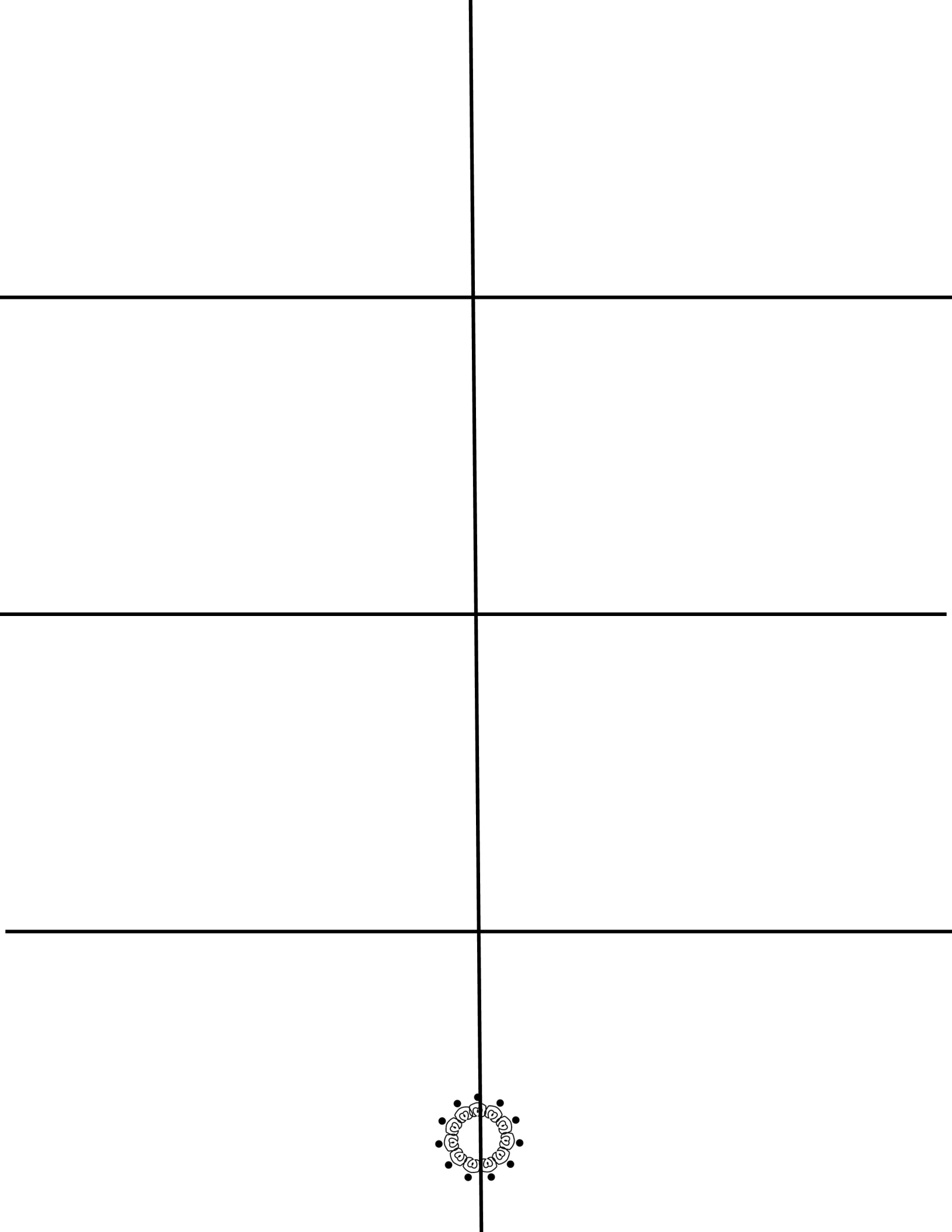
Sadness shows us what (or who) is important to us.

Guilt reminds us to make better choices next time.

Anxiety happens when we're unsure about what's coming next.

Emotions are messengers! Pay attention to what they're telling you.






Share the Magic!


Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

 emilymillartherapy@gmail.com

 [@emillartherapy](https://www.instagram.com/emillartherapy)

 [MOOD Kits by Emily Millar](https://www.facebook.com/emooodkits)

 emily-millar.com

Can't wait to see what you create!

