**What’s in your heart?**

Materials: Paper, pencils, marker

Parent prompt: Imagine feelings have a color. What would they be?

* Write/draw/talk out a list of feelings in their lives (This could be in general or related to a specific situation/event or person)
* Then have students assign a color to each feeling (make a chart individually or together)
* Fill in the entire space of the heart with colors that represent how much they are feeling each emotion (you can use shapes, lines or big areas of color)
* Once completed this can be used to increase self-expression, or release and verbalize feelings.

Modification Idea:  This activity encourages feeling identification and is quick and easy for kids, possibly do more than once and compare?

