



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

Feeling Faces Printable Coloring Chart

A Copyrighted "Feelings Chart" Adapted by and Re-posted with Permission from
Kristina Marcelli Sargent
<https://kristinamarcelli.wordpress.com>

With an Additional Link to

Emotions Color Wheel

A Copyrighted Resource Link Posted with Permission from
Do2Learn

<http://www.do2learn.com/organizationtools/EmotionsColorWheel/index.htm>

Objectives:

1. The participants will use the chart to identify various emotions they may be feeling
2. The participants will match various colors from the color wheel with their emotions and color in the chart
3. The therapist/counselor will use the responses from the participants at the beginning and end of sessions to identify changes in mood and emotion as a result of the sessions.

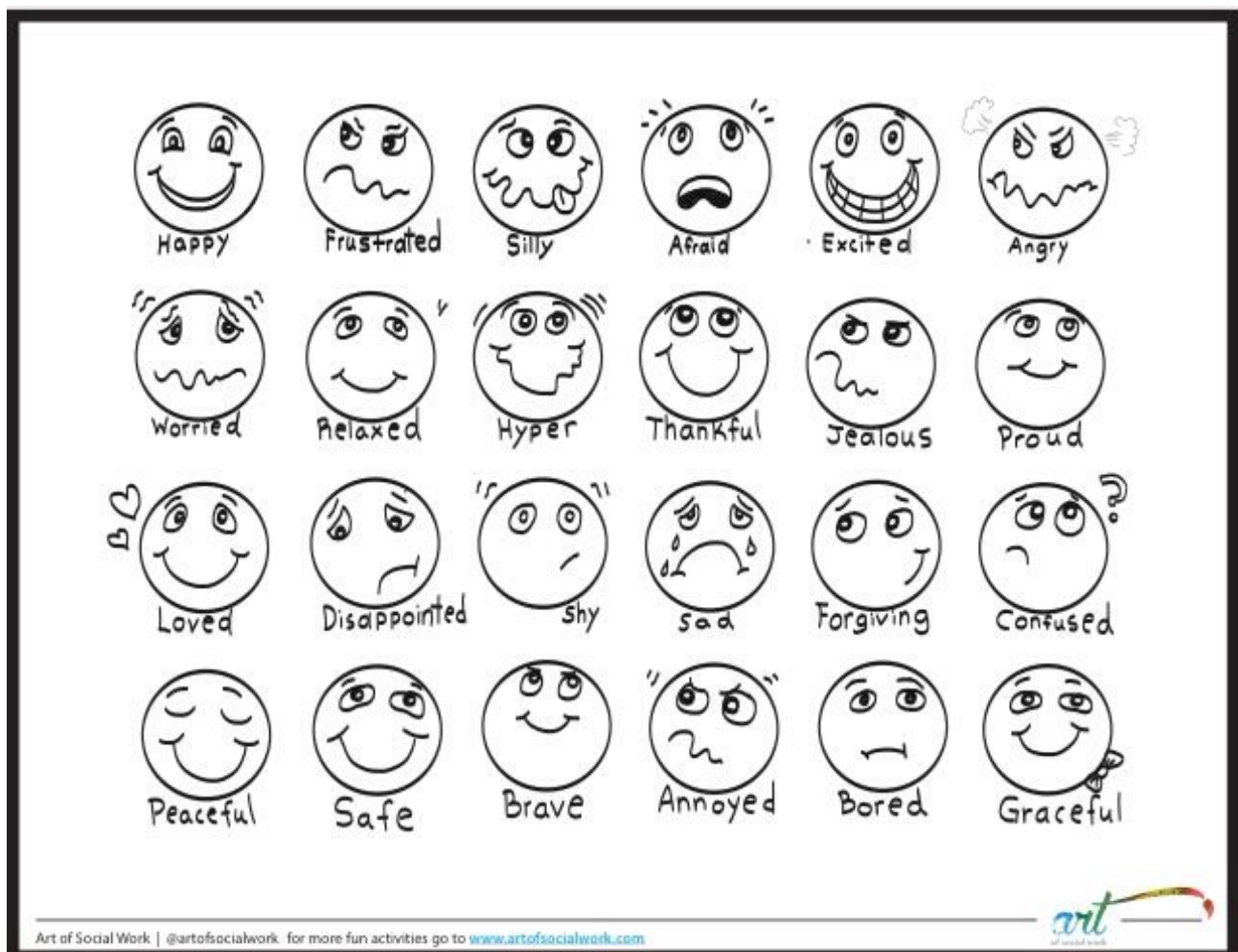
Audience:

This “Feelings Chart” was designed for children but could easily be used with lower-functioning adults as well. The “Emotions Color Wheel” could be used with all ages and abilities and can be found at this site:

<http://www.do2learn.com/organizationtools/EmotionsColorWheel/index.htm>

The “Emotions Color Wheel” may be useful for identifying colors to help your clients express their feelings in a visual way. Notice that the more intense the color, the stronger the emotion—“enraged” is a much bolder red than “aggravated” which is a softer pink. You can also work with your clientele to have them create their own “Emotions Color Wheels” to help them explore their feelings.

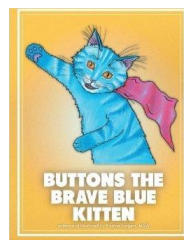
Feeling Faces Coloring Chart



Ask the child to think about and discuss the various feelings and emotions expressed on the “Feeling Faces Coloring Chart”. Next, using the “Emotions Color Wheel”, discuss how colors can help us express our feelings and emotions. Now, ask the child to color in the “Feeling Faces Coloring Sheet”, assigning colors to those feelings. Finally, have the child place their name on the sheet and then laminate the sheet or just put it in a clear plastic sheet protector. At the beginning of a class or therapy/counseling session, ask the child to point to the emotion they are feeling. At the end of the class/session, ask the child to point to the face that most closely matches their feelings as they are getting ready to leave. The “Chart” is great to help explore feelings and help children see how feelings come and go. Make sure to emphasize that all feelings are okay to have-- it is what we do with them that counts!

Go to: <https://kristinamarcelli.wordpress.com/> to download a printable version of the “feelings” page.

*Heartfelt thanks to **Kristina Marcelli Sargent (MSW)** who graciously gave permission to Hildegard Center to re-post this activity from her website <https://kristinamarcelli.wordpress.com> . Kristina is a mental health therapist (living in Cincinnati, OH) who works with children and their families. Her blog is a place where creative expression and social/emotional well-being can become one, offering creative interventions, activities and inspiration for all ages—please visit it! Kristina has her undergraduate degree in art and creative writing and has written and illustrated her first book, “**Buttons the Brave Blue Kitten**” a story*



*about separation anxiety intended to help children develop empathy and give adults the skills to reinforce its development. The book is available to order on Kristina’s website or on Amazon.com. Also check out Kristina’s newest book: “**Ursula Unwinds Her Anger**” which teaches children mindfulness-related skills and offers adults tips on encouraging these skills in children. You can purchase this*

great book at <http://www.amazon.com/Ursula-Unwinds-Kristina-Marcelli-Sargent/dp/1499073003> .

*Special thanks also to **Do2Learn** for granting permission to Link back to their website and the “Emotion Color Wheel” article. Do2learn provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills. Please visit www.do2learn.com to learn more about this valuable resource!*

For an excellent resource (site linked with permission by Deborah Davis) to accompany this lesson, please visit <http://www.do2learn.com/organizationtools/EmotionsColorWheel/index.htm> to access “The Emotion Color Wheel”. This resource will help your participants/clients/students learn to visually group feelings. And make sure you visit Deborah’s website www.creativitymattersllc.com for more information about art therapy and resources and the work she undertakes in Kodiak, Alaska.

If you use this resource, we’d love to hear from you! Please send questions or comments through our website www.hildegardcenter.org .

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