

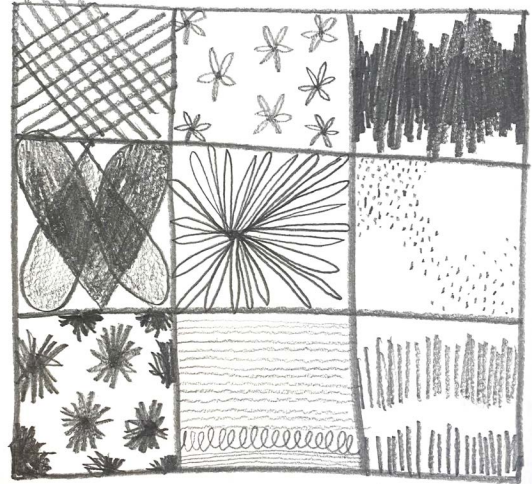


Emotional Doodles, Scribble It Out

EPISODE LENGTH: 8:22 ([CLICK FOR DIRECT LINK](#))

SUMMARY: This episode is all about emotions. Drawing helps us connect with our feelings, move them out of our body and onto the page, and develop awareness of them. Start with a half-page square, and then draw lines to create a nine-square grid. In each box, we'll draw a different feeling: happy, shy, angry, sad, silly... We call these "emotional doodles."

The emotional doodles help us remember that we can have big feelings, and that feelings change. When we feel things like anxiety, stress, sadness, or frustration, we can draw them and move through them.



SUPPLIES: paper, pen/pencil, some feelings

OTHER DRAWTOGETHER RESOURCES: Watch video episode 1, "Inside Weather," for more ways to name and draw feelings.

SOCIAL-EMOTIONAL LEARNING: identifying and recognizing emotions, monitoring and managing emotions; developing focus, attention, and observation

CREATIVE SKILLS: fine and gross motor skills, connecting mind and body

Guiding Questions:

- What do you notice about the different ways you drew emotions? Compare quiet feelings with loud, thunderous feelings. How do the drawings look different?
- Which emotion did you enjoy drawing the most?
- In addition to drawing, what are other ways you can express your big emotions?