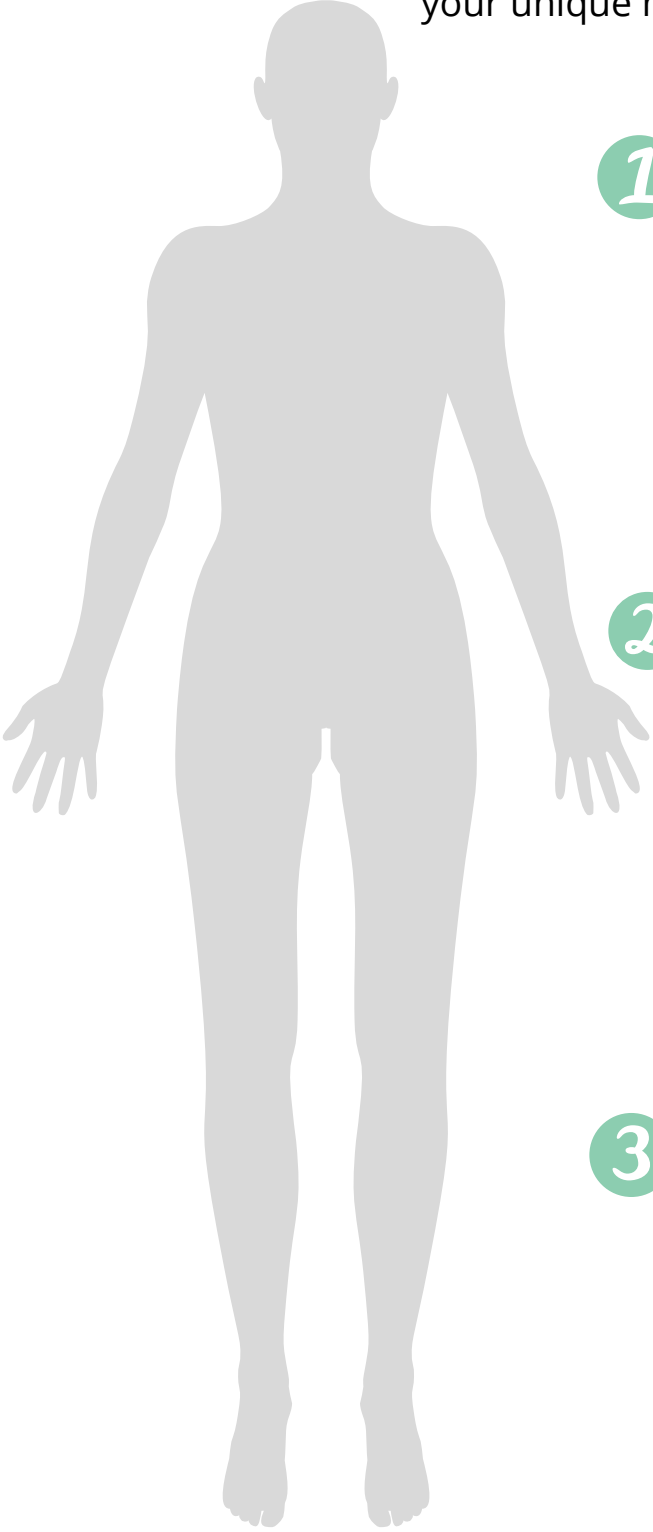# Feelings Body Map

Goal: To increase self awareness and understanding about your unique mental and physical experience of emotions

1 Choose three enjoyable feelings that you experience and match them with a color.
Ex: Yellow - Happiness

Color   Feeling

_____   _____

_____   _____

_____   _____

2 Choose three feelings that are perhaps more challenging and match them with a color.
Ex: Blue - Sadness

Color   Feeling

_____   _____

_____   _____

_____   _____

3 Using the six colors above that represent six of your emotions, fill in the image to the left. For example, you might color the arms red if you frequently experience anger and clench your arms and fists when you are mad. Or maybe when you feel very excited, you jump around, so the legs could be colored orange for exicement.