

Calm Practice

Begin by choosing a negative feeling or emotion. Then answer the following questions.

Picture your feeling as you write words to describe it. You can even draw a picture if you'd like.

1. If your feeling had a shape, what would it be?

2. What color would it be?

3. What is the texture? What would it feel like? (rough, soft, sticky, etc.)

4. What would it sound like?

5. If the feeling was a weather condition, what would it be? (stormy, sunny, cold, windy, etc.)

6. What size would it be? How would you describe that size?

7. If your feeling had a place in your body, where would it be?

8. If your feeling was an animal, what kind of animal would it be?

9. If it could say something, what would it say?

NOW....

1. What shape do you think represents peace, joy or calm?

2. What is your favorite color?

3. Describe some textures that feel good to touch?

4. What sounds do you enjoy listening to? What is your favorite song?
