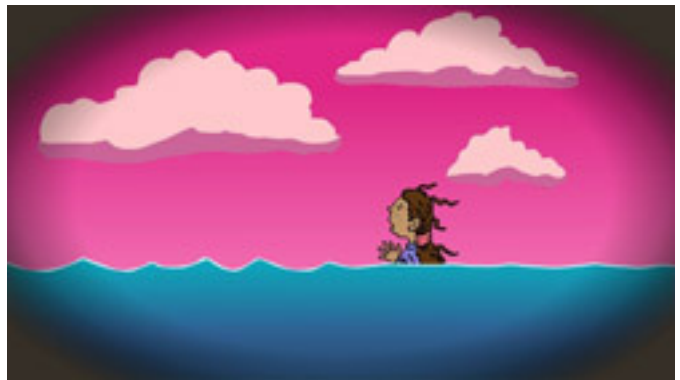


Worksheet



What goals would you put into the tree?



What do you think the storm represents?



What 3 things can you do when you have a wave of emotion that feels very difficult to deal with?

Here are some suggestions from the young people in care who helped with this project.

- Ask someone to go for a walk with you.
- Talk to someone
- Do something to calm yourself down like playing a game, listening to music watching a film.
- Remember that it is normal to feel strong emotions they will come and go.

Suggestion from The Art Clinic's The Art of Emotions Program

- Drawing emotions can help you to work through them. This exercise is for 2 people e.g young person and their friend or carer.
- On your own draw a representation of the emotion that you are feeling.
- Describe the image to the person you are doing the exercise with.
- On another piece of paper both of you to together discuss and draw a representation of the opposite of that emotion