

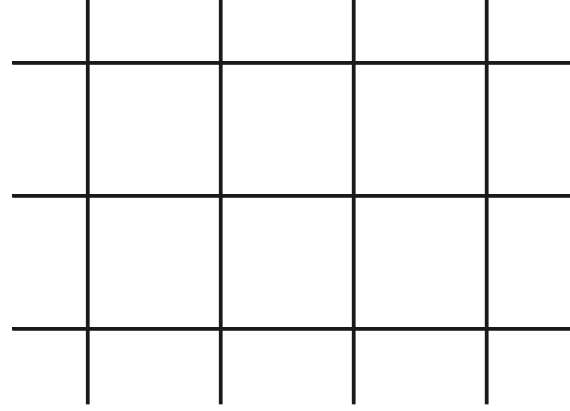
# Activity: Doodling feelings

**Time:** 15 minutes (can take more time if this is available).

**Resources needed:** Coloured pens and pencils and an A3 piece of paper / card.

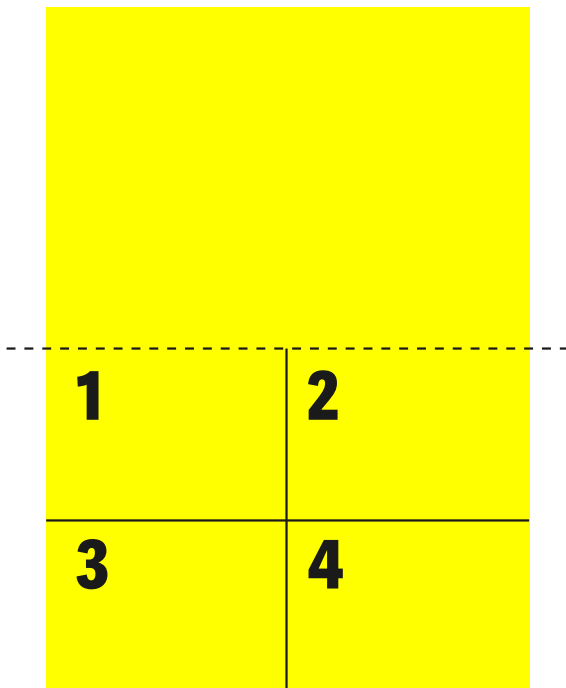
Time	Teacher Guidelines
2 mins	<b>Introduction</b> <ul style="list-style-type: none"> <li>YoungMinds is the UK's leading charity fighting for a world where no young person feels alone with their mental health.</li> <li>Hello Yellow is how YoungMinds shows support for young people's mental health on World Mental Health Day</li> <li>This year, YoungMinds theme for HelloYellow is 'wear it loud, wear it proud'.</li> <li><b>Describe the ways the school is taking part in Hello Yellow.</b></li> <li>An important part about mental health is knowing and understanding our feelings.</li> <li>The activity we're going to do is going to help us think about this.</li> </ul>
6 mins	<b>Part 1 – Instructions and activity time</b> Teacher to give each pupil a resource and coloured pens/pencils and pick four feelings from the list or choose your own. Happy, Sad, Worried, Angry, Scared, Excited, Calm, Surprised, Disgusted, Proud. Teacher to explain how to fold the resource in line with the instructions then explain the following: <ul style="list-style-type: none"> <li>I'm going to call out a feeling and you're going to write this in box one on the front of the resource.</li> <li>Then you're going to have 30 seconds to doodle something in the corresponding box one underneath the fold that represents this feeling for you. You can do this with your eyes closed. Just doodle the first thing that you think of when you hear this feeling.</li> <li><b>If a doodle feels too complicated, pupils can draw a shape in a colour of their choice.</b></li> <li>Don't look at the doodle when you have done it!</li> <li><b>Repeat the above process for the other three chosen feelings.</b></li> </ul>
6 mins	<b>Part 2 – Instructions and reflection time</b> <ul style="list-style-type: none"> <li>Now we've done our doodles, we're going to look at them and think/talk about:               <ul style="list-style-type: none"> <li>- Why do you think you doodled what they did for each feeling?</li> <li>- How are the doodles different/similar and why do you think this is?</li> </ul> </li> <li><b>Invite pupils to share/talk about their doodles if they would like to.</b></li> </ul>
1 min	<b>Summary</b> <ul style="list-style-type: none"> <li>If we understand our feelings, it can help us manage them and know when to ask for help if they become too much. Asking for help is a great and important thing to do.</li> </ul>

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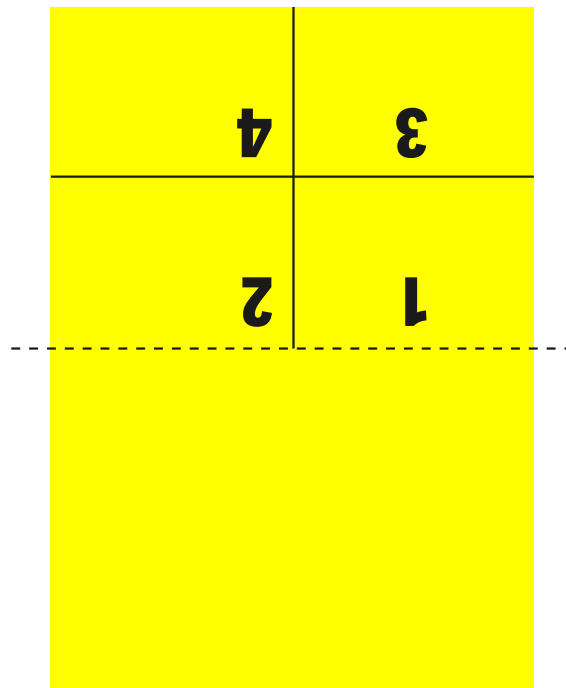
## Side 1

Fold the paper in half along the dotted line and make flat again. This is your side 1.  
Draw two lines on one half to create 4 numbered boxes as shown below.



## Side 2

Turn the paper over and repeat the numbering on the opposite side, on the other half, as shown below.



Once folded it should look like this with there being boxes on the inside for pupils to draw feelings and boxes on the outside for pupils to write the name of each feeling.

The inside boxes should be here.

