

CREATIVE JOURNALING

Emotional Check in



Activity :Emotions Rainbow

- Close your eyes, and take a few deep breaths
- Ask yourself, 'How am I feeling? What emotions am I experiencing right now?'
- Name the emotions you're feeling.
- Assign a color to each emotion you've labeled, and fill the rings of your rainbow one by one.
- Add words, symbols, or even small drawings that represent why you're feeling that emotion

Reflective Journaling

- Take a moment to reflect. Look at your creation and consider the following:
 - Which emotions are most prominent in your rainbow?
 - Were there any emotions that were difficult to acknowledge or represent?
 - Which emotions do you want to embrace or nurture more?
- Write your responses to these questions in the clouds of your drawing. Let your reflections flow freely—this is all about deepening your connection with your emotions.

My Emotions Rainbow

