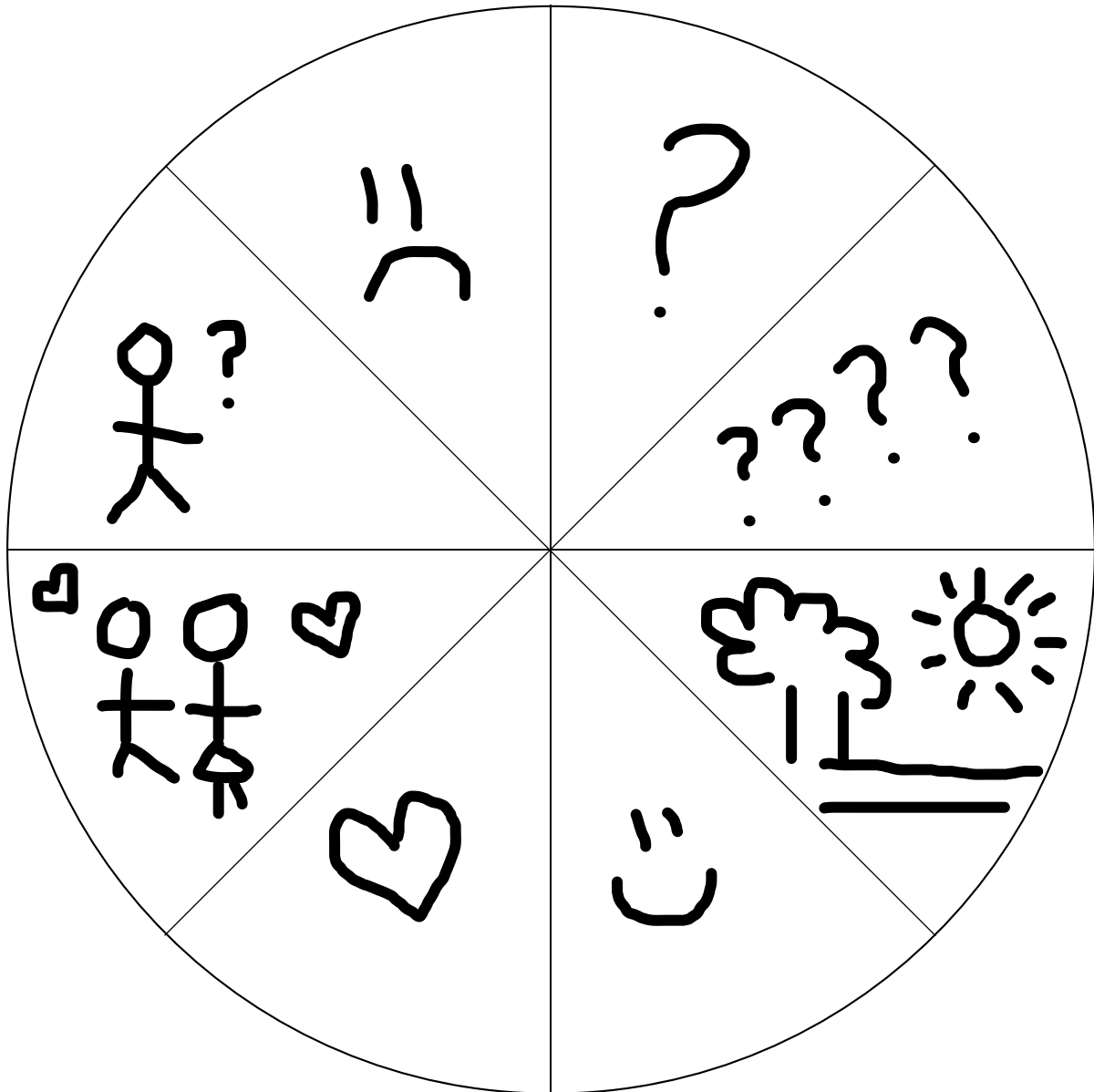


# Art Therapy Worksheets

Name:

Date:

## My emotion wheel



### Instructions for use:

1. Review the list of emotions suggested, or select any that deeply connect with you, even if they're not listed. Determine a variety of emotions you wish to delve into and convey.
2. Reflect on your chosen emotions. Consider what each feeling means to you personally and how it impacts your life.
3. In each segment of the Emotion Wheel, use your chosen art medium to add color, drawings, shapes, symbols, or any other creative elements.
4. Express each emotion in a way that feels authentic to you. There are no strict rules—let your creativity flow!

- Accepted
- Amazed
- Annoyed
- Anxious
- Awful
- Bored
- Confident
- Confused
- Disappointed
- Disgusted
- Jealous
- Lonely
- Loving
- Mad
- Overwhelmed
- Peaceful
- Playful
- Powerful
- Proud
- Relieved
- Rejected
- Satisfied
- Scared
- Shame
- Shocked
- Silly
- Startled
- Stressed
- Threatened
- Weak
- Embarrassed
- Excited
- Grateful
- Grief
- Guilty
- Helpless
- Hesitant
- Hopeful
- Hurt
- Insecure

Name:

Date:

Draw your heart



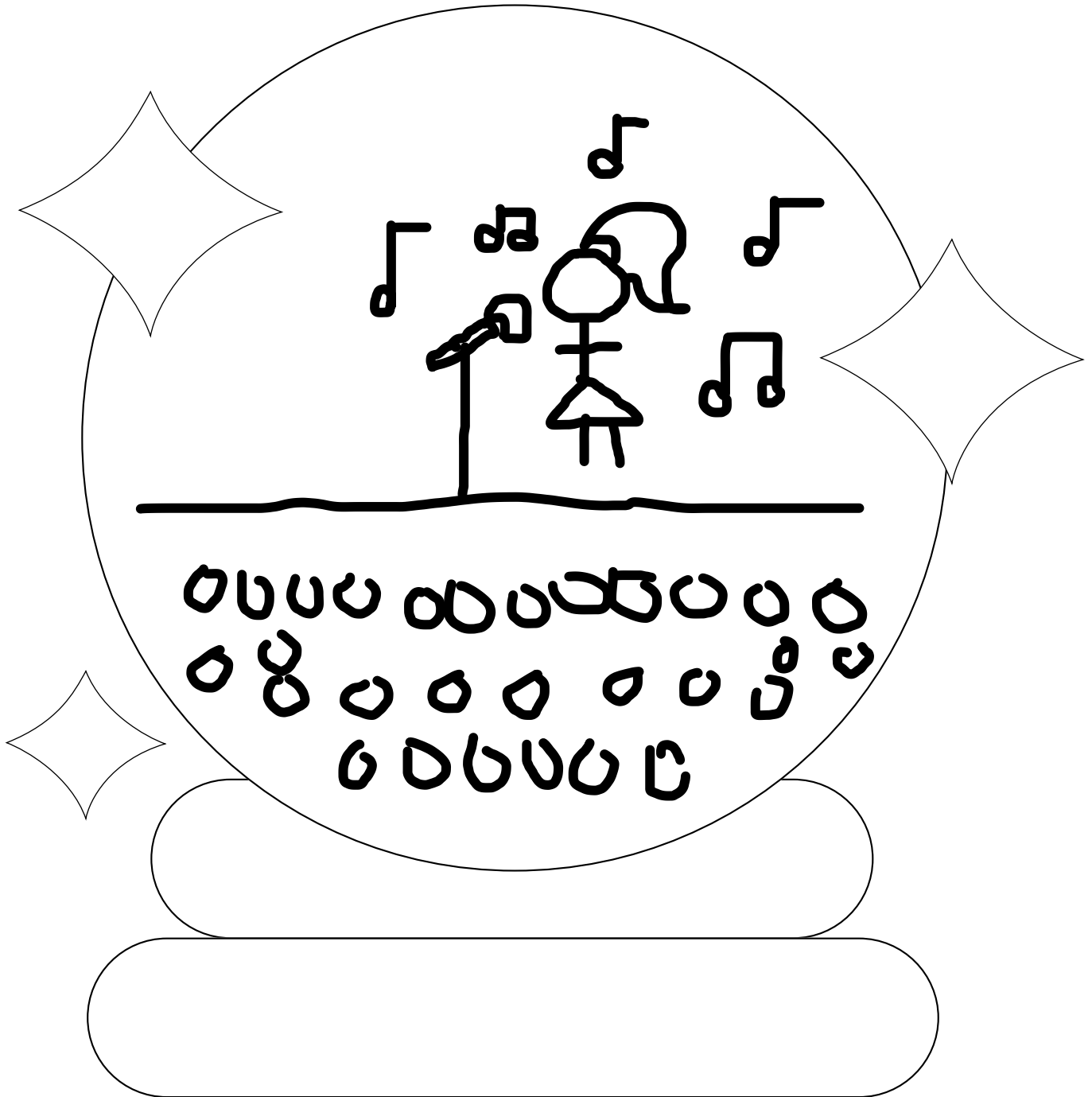
**Instructions for use:**

Draw the things you love inside the heart to help others get to know you. You can draw your favorite things like your pets, the people you love, and your hobbies.

Name:

Date:

### Crystal ball



**Instructions for use:**

Think of your future. What do you see or what do you want to see?