



iNFamily

BODY DRAWINGS

Creating images of the body is a great way to start a conversation with your kids about feelings.

Here's how to get started:

1. Draw an outline of the child's body.
2. Help the child choose feeling words.
3. Ask the child where in their body they feel those emotion words (ex: heart might feel sad, legs might feel happy, etc.)
4. Have the child color the different areas of the body. Use a different color for each emotion.
5. Use the drawing as a starting point for a discussion about feelings and how all feelings are okay as long as we know how to express them safely.