

The Colours of My Heart

Colours have long been linked with feelings. This activity is about colouring in a heart shape with colours that represent the feelings in your heart right now.

You might like to draw a heart outline on a piece of paper or get someone to draw a heart for you. Use whatever drawing/painting implements are available to you and feel right to colour in your heart.

How will you apply the colours? Will you use dots, stripes, squiggles, smudges, block colouring, blend the colours? Will there be spaces without colour in your heart?

After...

Stand back and look at your colouring in. What did this activity feel like? I wonder what colours you used and what they might mean to you in terms of feelings? I wonder if the way you applied the colours in or around your heart shape means something to you right now? I wonder if the colours of your heart might change over time?

And then...

- This activity could promote exploration around how we link feelings with experiences, and how we express feelings ...how could someone else know what we are feeling in our hearts?
- You could explore certain situations/experiences and what feelings dominate, recede, or are maybe missing. It can be used as a springboard for exploring calming strategies if fear, anger, worry etc. are dominating.
- You might like to revisit this activity at different times as a non-verbal expressive tool that offers a chance to know more about your shifting feelings.

This activity emerged from the practice of Katherine Gentle, a Child Psychologist based in Bermagui, Australia. She participated in ACF's Graduate Certificate in Developmental Trauma. Thanks, Katherine for generously sharing it with ACF and our wider online community

