

Emotion Drawing

Arts | Drawing



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WHAT MAKES IT MEANINGFUL

Drawing your emotions is meaningful and impactful because it provides a powerful way to express feelings that might be hard to put into words. This creative outlet helps individuals of all ages explore and understand their emotions in a safe and nonjudgmental space. By visualizing emotions, it becomes easier to recognize and communicate how they're feeling, which can lead to greater emotional awareness and coping skills (university of Kansas). It also fosters empathy, as they learn to see and understand emotions in themselves and others. This process supports emotional growth, self-expression, and mental well-being.

TIME

15+ Minutes

MATERIALS

- Paper (\$1+)
- OR device with drawing app
- Pencils, markers, or other drawing tools (\$2+)
- A mirror (optional)



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INSTRUCTIONS

1. Start by thinking about different feelings you've experienced, like happiness, sadness, anger, or surprise. These emotions are what we're going to draw!
2. Pick an emotion you want to draw first. For example, let's start with a happy face.
3. Begin by drawing a simple circle or oval for the face. This is where your emotion will come to life!
4. The eyes are important for showing emotions. For a happy face, draw big, open eyes with a sparkle or a curved line to show they're smiling.
5. The mouth is where you really show the emotion. For happiness, draw a big smile or even a laughing mouth with teeth showing.
6. Add details that match the emotion. For surprise, you might draw wide eyes and a big "O" for the mouth, or eyebrows really raised.
7. Try drawing other emotions using the same steps. What does a scared face look like? Maybe the eyes are wide and the mouth is small. How about a calm face? The eyes might be closed with a peaceful smile.
8. Try looking at yourself in the mirror and seeing your own face showing different emotions. Dry your emotions as reflections of yourself.
9. You can also use colors to express emotions. Use bright colors like yellow or pink for happy emotions. Use cool colors like blue for sad emotions, or red for angry emotions.
10. Make a chart with different faces showing different emotions. Label each face with the emotion it's expressing. You can even use this chart to help talk about how you're feeling!
11. Once your emotion faces are done, share them with family or friends. You can use them to talk about what different emotions look and feel like.

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RESOURCES

- Giving encouragement and praise: [Praise, encouragement and rewards](#)
- Drawing and its developmental benefits: [What are the benefits of drawing? | Artist Strong](#)
- [Why is Emotional Expression Important?](#)

*All prices are quoted from listings on *Amazon.ca*

SUPPORTS NEEDED

Some individuals may need a bit of encouragement! Be sure to prioritize creativity and independence in this activity.

OTHER THINGS TO NOTE

If you're not sure how to draw an emotion, look in a mirror and make the face yourself! Notice how your eyes, mouth, and eyebrows move with each feeling. This can help you get the expression just right.