

## PHSE/Art Therapy

Managing Feelings and Emotions: KS2 possibly KS1 too

### CIRCLE OF PEACE

Find an object that is a circle shape such as a plate or bowl, something that will fill your page that you are using (doesn't matter about size of your paper just as big as you can find, then make sure the circular object is as big as it can be to fill the page as much as possible.) Slowly draw around the circle object so you create a circle on your page. This is your 'circle of peace'. Inside the circle draw shapes, objects, patterns of things that bring a smile to your face, use your favourite colours and notice how you feel as you fill in your 'circle of peace'. Whatever you fill inside the circle image it filling you inside your body with peaceful, soothing feelings and thoughts.

### GRATITUDE HEART

Draw a large heart on the paper but keeping some space around it to be able to write some words. Fill the inside of your heart with lines to create about 8-10 different sections ( depending on size of your heart). This is your 'gratitude heart'. Draw a line from each section inside the heart to the outside of the heart and write down a person, place or thing that your grateful for right now. (could be your favourite tv show, your pet, your snacks, the sky, the sound of birds, your book, your relative..) Bring a smile to your face and hold in mind smiling as much as you can during this exercise.

Now fill in each of the sections with a different colour/ symbol/ shape that represents the gratitude item you have written for that section. Remember to bring a smile to your face each time you think of that person/place/thing. You will end up with a heart filled with sections of different colours, objects, shapes and lines coming out of the heart with words explaining each thing you are grateful for. Notice how full the heart is with love and gratitude.