Feelings in Colour

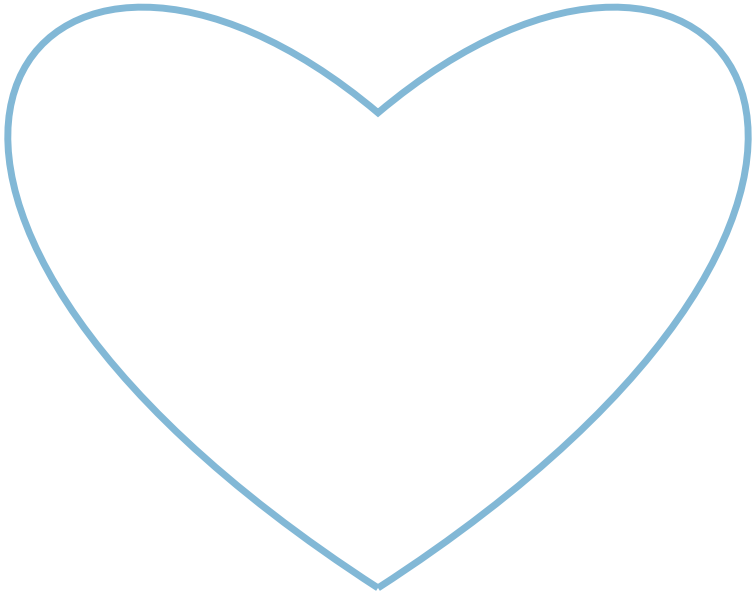
Explore your feelings through colour and shapes

Create. Explore. Express Yourself.

How to use this page

Choose colours, shapes or patterns that represent how you feel today.
Colour the heart, or draw anywhere on the page. There is no right or wrong way.

My colours, my feelings



A moment to reflect (optional)

Today, the colours I chose were:

Something I noticed while creating:

You can keep your artwork private or share it - the choice is yours.

Your feelings are valid. Your creativity is enough.

Elizabeth's Creative Wellbeing Workshop

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