
Creative Interventions and Activities Clearinghouse

Feeling Pictionary: Using Art to Express Feelings With Children

Jacqueline M. Swank

University of Alabama at Birmingham

Purpose:

The purpose of this creative intervention is to help clients enhance their feelings vocabulary.

Materials Needed:

White paper, crayons, and markers

Procedures:

The counselor begins a discussion with the group about feelings. Each child thinks about a feeling and what causes him or her to feel that way. The children draw a picture about the feeling without writing the feeling word. After all group members have completed their drawings, the members take turns guessing the feeling portrayed in each picture. The counselor then facilitates a discussion to process the activity. The counselor must be aware that a group member may draw a highly emotional situation. This member may require further processing individually.

Process Questions and Follow-Up:

How would you feel when this happened (situation in the picture)?

Discuss the fact that people may feel differently in similar situations and that there are a variety of feeling words that have similar meaning.

Practice Setting:

School