

Creative Interventions and Activities Clearinghouse

Feelings Envelope: Expressing Through Writing

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Purpose:

The purpose of this creative intervention is increase awareness of feelings and learn how to verbalize them.

Materials Needed:

One or two pieces of letter sized paper; crayons, markers or colored pencils; scissors ; envelope

Procedures:

The counselor explains to the client that they are going to make an envelope of feelings.

With the help of the counselor, the client creates a list of feeling words to place inside the envelope. Try to include some feelings that the client may not understand or may have a hard time expressing. The client cuts out some strips of paper and writes down a feeling on each strip of paper. Encourage the client to decorate and be creative with each feeling. The client decorates their feelings envelope. Once the client is done decorating the envelope, practice using the feelings envelope with the client. Try to include family members so that they can practice using the feelings envelope at home with client. The client pulls out a strip a paper from the envelope and discusses a time in which they have recently felt the feeling written on the strip of paper.

Depending on the situation, the client may take the envelope home and practice using the feelings envelope with their family for homework. The client will bring the envelope back so that they can practice using the envelope in session. Feelings can always be added to the envelope throughout counseling.

Process Questions and Follow-Up:

What does it mean to feel (feeling)?

How do you know you are feeling (feeling)?

Where in your body do you feel (feeling)?

Practice Setting:

School