

My Feelings Face

WRITTEN

To give students a safe and creative way to express their feelings through visual art. Drawing a large face that reflects how they feel inside encourages self-expression and vulnerability, mirroring the lessons of Venus, where warmth and openness lead to stronger connections with others.



Learning Intentions

I can draw a face that shows how I feel inside today:



This encourages self-awareness and helps students reflect on their current emotional state.

I can choose colours and shapes that match my feelings:

This supports emotional expression through creative decision-making and symbolism.

I can share my drawing and talk about how I'm feeling with others:

This fosters vulnerability, communication skills, and connection with peers.



Success Criteria

I can draw a large face and add features (eyes, mouth, eyebrows) that show an emotion:

This ensures students are engaging in self-awareness and creating a visual reminder for self-regulation.

I can use colours to show different feelings (e.g. blue for calm, red for excitement):

This encourages symbolic thinking and emotional literacy.

I can describe my drawing using words like happy, sad, excited, or worried:

This builds students' vocabulary and confidence in talking about emotions.



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Objective:

To give students a safe and creative way to express their feelings through visual art. Drawing a large face that reflects how they feel inside encourages self-expression and vulnerability, mirroring the lessons of Venus, where warmth and openness lead to stronger connections with others.

Players:

Ideal for 4–26 students working individually, followed by group or partner sharing.

Materials:

- A4 or A3 paper (preferably with a large blank face template for younger students)
- Coloured pencils
- Optional: emotion colour key or feelings chart for support
- Mirror (optional, to look at real faces)

Time Required:

10–15 minutes

Setup:

Gather students and return to the *Venus* page in *The Playful Astronauts* book. Talk about how it feels to let others know how we're feeling on the inside. Explain that today, we'll be drawing a face, not just any face, but one that shows what we're feeling right now.

Gameplay:

Explain the Activity:

Give each student a sheet of paper and drawing tools. Encourage them to:

- Draw a large face (or use a pre-printed face outline).
- Add features that match how they feel today, smiles, frowns, wide eyes, sleepy eyes, etc.
- Use colours to match their emotion (e.g. bright yellow for happy, purple for shy, green for calm, grey for tired).

Let them know there are no wrong answers, just their honest, unique feelings.



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Sharing Time:

Once complete, gather the group in a circle and ask students if they'd like to share their drawing. They can say:

- "This is my feelings face."
- "I used blue because I feel calm."
- "My face is smiling because I'm excited about playing later."

Sharing is optional, but encouraged to help normalise emotional expression and build confidence.

Encourage Emotional Exploration:

Ask gentle guiding questions:

- "How did drawing your feelings make you feel?"
- "What helped you decide on your colours and shapes?"
- "Can feelings change throughout the day?"

Winning the Game:

There is no winner. The activity is about personal expression and feeling safe enough to be vulnerable and open.

Variation:

You can repeat the activity but this time ask students to reflect on a time that made them feel super excited, then get them to draw an excited face and features. This will double up as a brilliant gratitude activity as you are asking students to reflect on something positive that has happened in their lives. Encourage students to share what their super excited moment was they reflected upon. You can do the same with other feelings such as: Something that required grit or determination and then ask students to reflect on how they persevered through it and what they learnt from the experience.

Additional Notes:

"My Feelings Face" is a gentle yet powerful activity that invites students to look inward and name their feelings. It supports vulnerability by showing that expressing emotions, even tricky ones, is not only okay, but something to be celebrated. Just like on Venus, warmth and openness lead to connection and understanding.

