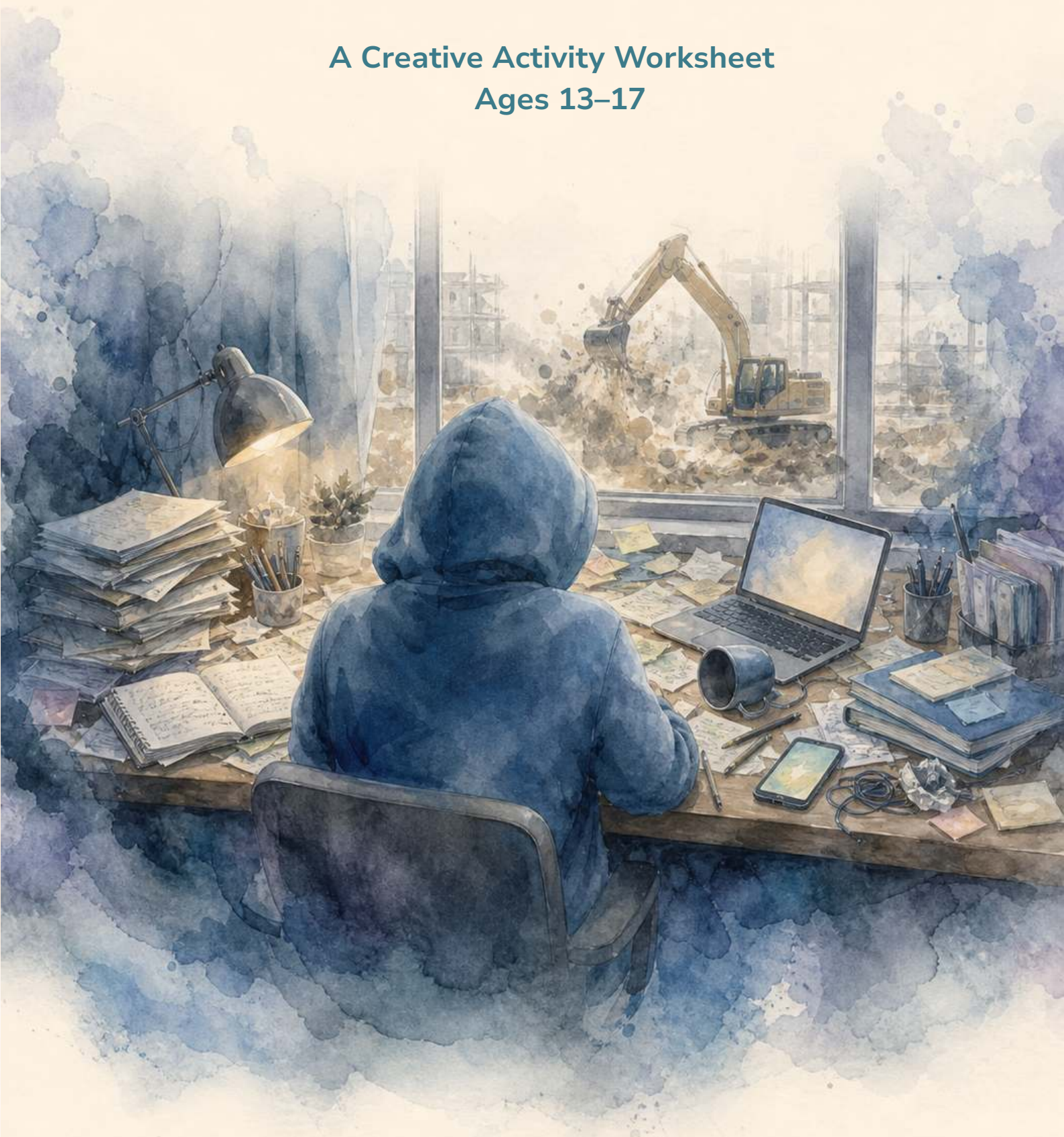




EMOTIONS EXPLAINED. 01

OVERWHELMED

A Creative Activity Worksheet
Ages 13–17



FREE DOWNLOAD - 5 PAGES - WRITING + DRAWING PROMPTS



JUST CREATE



There is no right answer here.

1. Use your less-dominant hand to make one continuous line or shape.
Do not plan it.
2. Switch hands and fill the shape with colour, pattern or texture.
3. Pause and notice what it was like to let the less familiar hand lead.

1 Step 1 • Less-dominant hand draws



2 Step 2 • Other hand fills it in.

✦ What was it like to use the hand that does not usually lead?

✦ What do you notice about your shape now?

OVERWHELMED

Creative Activity Worksheet • Ages 13--17 • Emotions Explained Series

Name: _____

Date: _____

When everything arrives at once, too loud, too fast or too much, it can feel overwhelming. This is not a flaw in you. It is a signal. You can slow down, notice what is here and use words, colour or shape to let some of it out.

◆ You do not need to complete every activity. Start anywhere. Pause whenever you need to.

1 Build Your Overwhelm Palette

Overwhelm often arrives as more than one feeling at once. Give each part a colour. This becomes your palette for today.

Too much noise

Too many expectations

Too many decisions

Too many feelings at once

Too little time

Nowhere to put it down

2 Map Where It Lives

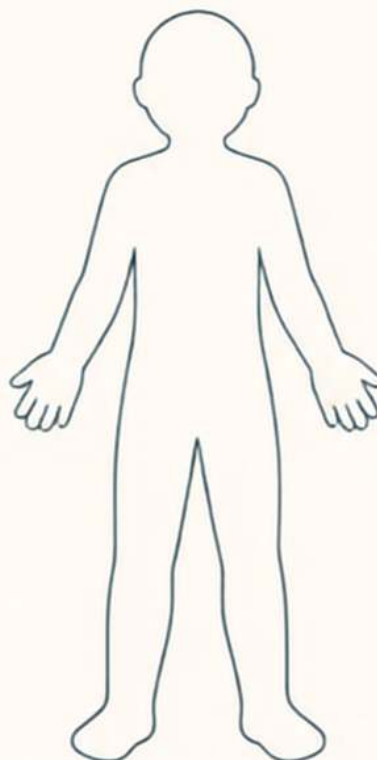
Use your palette colours to show where overwhelmed is sitting in your body today.

◆ Where does it feel heaviest?

◆ Where do you notice movement or buzzing?

◆ Where is there even a little space?

◆ If you want to, place a hand somewhere that feels kind or steady.



LET IT OUT

ACTIVITY 3

Draw the Overwhelm.

No picture to get right here. Use lines, shapes and colour.
Let your hand move before you decide what it means.

Fast or slow?

Sharp or soft?

Loud or quiet?

One colour or many?

Looking at my drawing, I notice:

ACTIVITY 4

What Is in the Pile?

Overwhelm can be several smaller feelings stacked together. Write one word or short phrase in each box.

1	2	3	4
---	---	---	---

Which part feels heaviest right now?



BEFORE YOU GO



You have met overwhelmed in different ways today:
through words, colour and shape. Take one small
moment to land before you close this page.



One thing I want to remember from today.

Activities I tried today:

1

2

3

4

5

6

7



You can stop here.
You have done enough for today.





FIND STEADY GROUND



ACTIVITY 5

My Grounding Anchors



When overwhelm feels big, small anchors can help.

Name one of each and sketch a tiny symbol if you would like to.



A person who
helps me feel safe



A place where
I can breathe



Something in my body
that helps me feel steady

ACTIVITY 6

Let Some Pressure Out



You do not have to fix everything today.

You only need to make a little more room.



One thing I could take off my plate for an hour is:



"Enough" today could look like:



One small step for the next hour is:



MY NEXT SMALL STEP



When overwhelm shows up again, you do not have to solve everything. Choose one small step that would make the next hour gentler.



Something I can ask for



Something I can put down for now



Something that helps me reset



If I need a pause, I can...



Tiny steps count. Rest is allowed.





BEFORE YOU GO

You have met overwhelmed in different ways today: through words, colour and shape. Take one small moment to land before you close this page.

One thing I want to remember from today:

Activities I tried today:

1

2

3

4

5

6

7

You can stop here. You have done enough for today.

EMOTIONS EXPLAINED • 01

Want to understand this feeling a little more?

Visit www.emikrut.com to read:

Emotions Explained: What Does It Mean to Feel Overwhelmed?

A gentle article about why overwhelm happens, what it can feel like in your mind and body, and small ways to make space when everything feels like too much.



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