



## Week 2 Toolkit · Family Version

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### Family Communication Patterns & Emotional Flow

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IAETDAA | International Association for the Development of Art Therapy and Arts-Based Healing

May Family Healing Month · Healing Through Art, Drawing Closer to Each Other

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### Toolkit Contents

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Tool	Purpose
Tool 1: Emotional Mask	Identify and express current emotions
Tool 2: Communication Stance Cards	See your own and others' communication patterns
Tool 3: Relay Drawing (Communication Edition)	See family communication patterns through drawing
Tool 4: Family Emotional Weather Map	Daily emotion tracking to build the habit of seeing

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## Tool 1: Emotional Mask

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### What Is This?

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An activity that helps family members express emotions that are hard to put into words. Each person draws a mask, allowing hidden feelings to be seen.

### Materials Needed

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- Blank mask template (draw a circle or oval on paper)

- One pen or marker per person (colored pencils, crayons, or watercolors work well)
- Optional: colored paper, scissors, glue

## How to Do It

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### Step 1: Draw the mask in silence (5–10 minutes)

Each person receives a blank mask and draws quietly. Ask yourself:

What color is my emotion right now?

Where is it on my mask?

What shape is it?

There is no right or wrong. Anything is fine.

### Step 2: Take turns sharing (2–3 minutes each)

Each person shows their mask and answers three questions:

1. "Give this mask a name."

2. "What does this mask want to say?"

3. "What is hidden behind the mask?"

### Step 3: Family response

After each person shares, other family members take turns saying:

"I heard you say... (the other person's emotion)"

"I didn't know you felt that way."

💡 Important rule: No judging, no interrupting, no giving advice. Just listen and see.

## What If a Child Doesn't Want to Draw?

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"You can draw just one color or one shape."

"If you don't want to speak, that's fine – just show us your drawing."

Parents can draw and share first to set an example.

## Guiding Scripts (for Parents)

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Situation	What to Say
Someone draws something very simple	"What does this simple shape mean to you?"
Someone draws something intense	"Thank you for letting us see this part of you."
Silence after sharing	It's okay to sit in silence for a moment.

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# Tool 2: Communication Stance Cards

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## What Is This?

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Helps family members see: when we face conflict or stress, what is our automatic way of communicating? Behind each stance is a real need.

## The Four Communication Stances (Satir Model)

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Stance	What It Looks Like	What the Heart Really Wants	Typical Words
Blaming	Pointing finger, loud voice	"Please see me."	"It's all your fault!"
Placating	Head down, shrinking, pleasing	"Please love me."	"I'm sorry, it's all my fault."
Super-reasonable	Blank face, lecturing	"Please don't hurt me."	"Rationally speaking, this should..."
Irrelevant	Changing the subject, joking	"Please allow me to have feelings too."	"Oh don't talk about that – look over there!"

## How to Do It

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### Step 1: Get to know the stances

Read through the four stances together. Discuss: "Who in our family is most like each stance?"

### Step 2: Choose

Each person chooses the stance card that is most like them (you may choose one or two).

### Step 3: Share

Each person takes a turn saying:

"I chose this card because..."

"In a recent conflict, I used this stance."

### Step 4: Try a different stance (optional)

"What would happen if I spoke from a different stance?" Try acting it out.

# Family Discussion Questions

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"In our family, who often uses which stance?"

"Which stance most often leads to arguments?"

"Which stance would you like your family members to use when speaking to you?"

💡 Core Golden Saying: Replace "You should" with "I need."

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## Tool 3: Relay Drawing (Communication Edition)

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### What Is This?

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Building on the Week 1 Relay Drawing, this version focuses on how "communication stances" appear in non-verbal interaction.

### Preparation

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One large sheet of white paper (A3 or larger)

One different colored pen per person

15–25 minutes of undisturbed time

Core rules: No talking, one stroke per person per turn

### How to Do It

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#### Step 1: Explain the rules (1 minute)

"We are going to draw a picture together. No talking, one stroke per person per turn. This is not about who draws better – it's about completing it together."

#### Step 2: Begin the relay

Decide who goes first (by age, drawing lots, or "the person who has felt best lately")

Each person draws one stroke and immediately passes the paper to the next person

2–3 person family: 8–10 rounds each; 4+ person family: 5–6 rounds each

The last person may draw one extra stroke to "finish"

#### Step 3: Look at the drawing together (30 seconds of silence)

Place the finished drawing on the table. The whole family looks at it in silence for 30 seconds.

#### Step 4: Share and discuss

##### Basic Four Questions (each person answers in turn):

1. "Give this drawing a title."

2. "What story is happening in this drawing?"

3. "Which part do you like the most / feel most uncomfortable with?"

4. "If you could change one thing, what would you change?"

**Communication Edition Questions:**


5. "During the drawing, who was 'directing'? Who was 'following'? Who was 'distracted'?"

6. "If you could have spoken, what would you have wanted to say?"

7. "Was there a moment when you wanted to cover someone else's stroke? What did that feel like?"

## Observation Guide: What Does the Drawing Reveal?

What Appears in the Drawing	What It Might Mean
Someone immediately covers or changes others' strokes	May be used to controlling, finds it hard to trust others
Someone draws only small marks in empty spaces	May be used to yielding, hesitant to take up space
Someone's strokes don't connect to anyone else's	May be used to being logical and keeping distance
Someone stops after a few strokes or draws randomly	May want to escape or avoid participating

 Note: These are not judgments of "good" or "bad." They simply help you see your usual patterns.





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## Tool 4: Family Emotional Weather Map

### What Is This?

A very simple daily emotion tracking tool. Spend 5 minutes each day to let family emotions "be seen."

### Template

Date	My Emotional Weather	What Happened Today (Optional)	What I Want My Family to Know
Monday			
Tuesday			
Wednesday			
Thursday			

Date	My Emotional Weather	What Happened Today (Optional)	What I Want My Family to Know
	☔ ☔		
Friday	☀ ☁ ☁ ☔ ☔		
Saturday	☀ ☁ ☁ ☔ ☔		
Sunday	☀ ☁ ☁ ☔ ☔		

**Weather Key:**

- ☀ Sunny: Feeling very good
- ☁ Partly cloudy: Okay, so-so
- ☁ Cloudy: A bit down
- ☔ Rainy: Very sad or angry
- ☁⚡ Thunderstorm: Feeling terrible

## How to Do It

**Each day (5 minutes before bed):**

Each person draws or stickers their emotional weather for the day on the chart

Write the reason if you want; skip if you don't

Write what you want your family to know if you want; skip if you don't

**Weekend (10 minutes family meeting):**

Look at the week's weather map together

Each person takes a turn saying one or two sentences (silence is fine if someone doesn't want to speak)

## Family Discussion Questions

"Were there more sunny days or rainy days this week?"

"Whose weather looks like yours? Whose looks different?"

"Is there anything you want to say to someone's rainy day?"

## Common Questions

Question	What to Do
Child doesn't want to draw	They can draw just a dot or a color, or skip it altogether

Question	What to Do
Someone draws thunderstorms every day	Don't criticize or lecture. Gently ask: "Is there anything we can help with?"
No one wants to discuss on the weekend	That's fine. Just looking at the weather map together is already healing.

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## Week 2 · Core Golden Saying

Turn home from a battlefield into a harbor.

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## Week 2 Healing Goals

1. ✓ Identify the family's "communication script"
  2. ✓ Understand the distress signals behind each sentence
  3. ✓ Learn to replace "You should" with "I need"
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## Download & Access

- **Family Version (all 4 tools):** Free download at [www.iaetdaa.com](http://www.iaetdaa.com)
  - **Therapist Version (with clinical frameworks and intervention scripts):** Free for IAETDAA members at [www.iaetdaa.com/membership](http://www.iaetdaa.com/membership)
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Wishing you a joyful and engaged time together.

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*Healing begins with seeing.*