



# What Do You Meme?

## An Emotion Chart to Express How You Feel Family Guide

### What is it?

The purpose of this emotion chart activity is to help identify how you have been feeling and create space for meaningful conversations about emotions<sup>1</sup>. The *What Do You Meme? Emotion Chart* allows its users to mindfully check in with themselves internally, as well as how their emotions are being reflected outward towards others. Many people may find it difficult to express their emotions beyond “good” or “fine”, especially in cultures where downplaying or dismissing feelings is treated as normal. The chart pairs identifiable emotions with memes, or humorous internet images from popular culture, because learning how to talk about emotions can create the gateway to improving mental health.

### Importance

Successfully identifying emotions allows you to:

- Increase emotional vocabulary, insight, and awareness<sup>2,3</sup>
- Enhance ability to discuss emotional experiences<sup>1</sup>
- Strengthen the provider-client relationships<sup>1</sup>

### Characteristics

- Openness: This shared tool can be used to support emotional awareness and build trust.<sup>4</sup>
- Self-Expression: Promotes participation and reflection to encourage taking an active role in labeling, identifying, and communicating emotions.<sup>5</sup>
- Relationship Building: This activity strengthens the provider-family relationship to reduce misunderstandings, encourage supportive communication, and deepen relationships.



### Questions to Ask

- What emotion are you feeling today?
- Based on the emotion chart, what's the most blue or yellow emotion you've felt recently?
- How do you share your feelings with others?



# References

## [What Do You Meme?]

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