

How To Draw and/or Paint Your Emotions

This easy, follow-along art exercise will help you express yourself using art.

I'm Bonnie Wilczynski, an author and artist for 5 decades. I guide artfulness through exercises with clients, schools, community gatherings, and business leadership coaching. I invite you to do some mindful artmaking.

Find an environment where you feel relaxed and calm, a quiet place where you might not be interrupted for an hour.

Here are the tools you will need to set up your space:

- Sketchbook, Journal, or paper
- Drawing material of your choice including a sharp pencil, and a good soft art eraser (colored pencils, markers, oil pastels, etc.)
- Newspaper to cover your chosen area

If you choose to paint, the tools you need to add are:

- Watercolor paint
- Watercolor paper
- Paintbrushes of your choice
- A cup with water to wash out your brushes
- And paper towels to dry off the excess paint and water.
You also may use this as a blotting towel.

Mindfulness

Invite mindfulness within yourself and have awareness within your mind.

Breathe in deeply and let your breath out slowly.

You should begin to feel the calmness.

Stay in touch with how you are feeling.

Close your eyes and ask yourself, if this emotion had a color, shape, form, temperature, and texture, what would look like?

On your paper or in your journal or sketchbook, draw what you are seeing in your mind's eye. Use colors, shapes, and the elements of lines to show what you are imagining.

Visualize the feeling. Be willing to work *with* this feeling. It can be a design, or somewhere your mind is taking you to your past experiences.

Open the barriers to your imagination, and access the emotions you can express through your art.

Enjoy

Begin by drawing your creative emotions that may not be able to be expressed with words at this point.

All of us need to be heard, validated and listened to. That's when we can choose to utilize artistic expression first and reflect upon it later.

Reflective Writing

After your project is completed, use writing as a creative way to explore the emotions you drew and/or painted.

Use your Journal or sketchbook or even the back of your paper to make an entry:

- Describe your drawing using colorful, descriptive words
- Does it remind you of an experience?
- Were the colors you chose an example of your mood, or maybe your favorites?
- Describe what you saw around you as you were drawing/painting.
- Did you feel confused, scattered, or organized with a sense of calmness?

Did you learn from this experience more about your emotional connection with your creative visualization? I hope you did! That was my goal for this exercise.

It is our reward to be able to express ourselves through our creative means.