

# BEWARE THE GUARDED HEART

Draw a picture of a guarded emotion. Example:

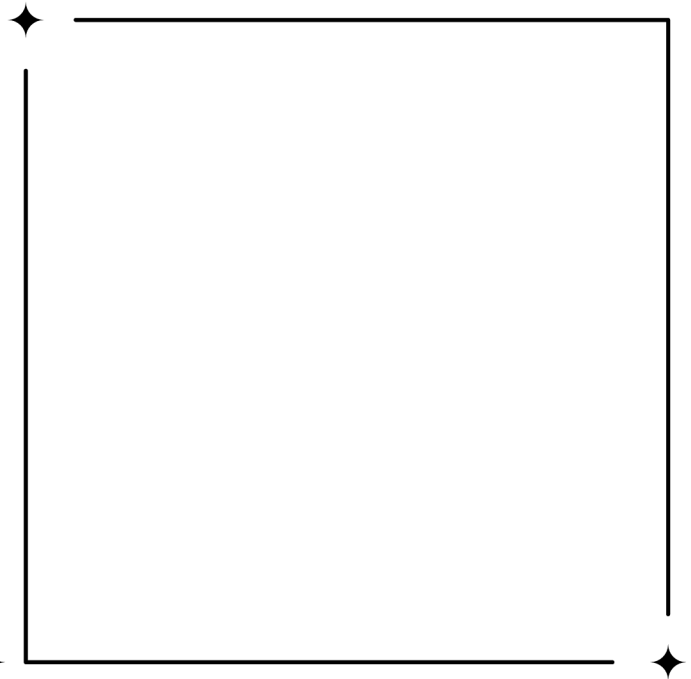
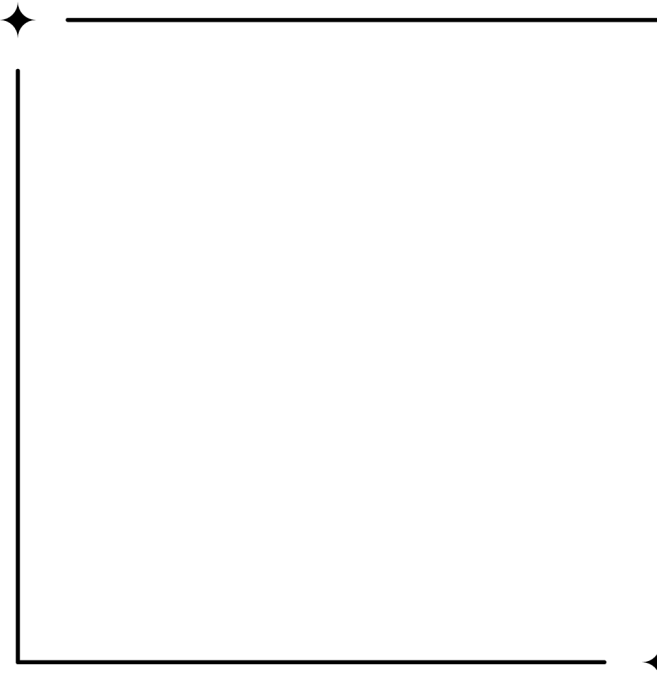
**NERVOUS**

"I don't want to share my idea with the class."

Now draw an open version of the emotion. Example:

**BRAVE**

"I take a deep breath and tell a friend how I feel."



Now explain your pictures to someone and discuss what each picture feels like for the person having the feelings.

How could you be a good friend to someone feeling this way, so they feel safe to talk to you about it?