Art4Wellbeing
Project nr. 2025-2-NL02-KA210-YOU-000368916

Session 7

Emotional Awareness: Naming What I Feel

Exploring emotions through visual metaphors of stairs and doors, and giving personal feelings a name.

Art Forms Used: Visual Arts | Image-Based Reflection | Drawing & Creative Expression

MAIN OBJECTIVE	Develop emotional vocabulary; notice and name present emotions; explore how feelings can change and how visual metaphors support expression.
TARGET GROUP	Young people (14–30); adaptable for diverse groups.
TOTAL DURATION	90 minutes
MATERIALS	Printed staircase and door images; A4/A3 paper; coloured pencils, markers, pastels; sticky notes; emotion-word cards (optional); tape.

TIME	ACTIVITY & TITLE	PURPOSE	INSTRUCTIONS (KEY STEPS)	FACILITATOR PROMPTS
15 min	7.1 Choosing My Staircase Visual Warm-up	Recognise current emotional state through an image.	1. Display varied staircase images and invite a silent gallery walk. 2. Each person chooses a staircase that reflects how they feel *right now*. 3. Invite them to locate themselves on a step and name one or more feelings. 4. In pairs, share only what feels comfortable.	Where are you on this staircase today? What feeling belongs to this step? What in the image attracted you?
20 min	7.2 My Emotional Staircase Drawing & Reflection	Expand emotional vocabulary and notice shifts in feeling.	1. Draw a personal staircase with 4–6 steps. 2. Give each step an emotion word, colour, symbol or texture; these can represent different moments or feelings. 3. Mark the step that feels closest to the present moment. 4. Add what might help you move, pause or rest; sharing is optional.	Which emotions are easy or difficult to name? Can two feelings exist together? What helps you move between steps?
20 min	7.3 The Door I Choose Image Exploration	Explore feelings linked to uncertainty, possibility and personal choice.	1. Spread out diverse door images and invite each participant to choose one. 2. Ask them to imagine what emotion stands in front of the door and what might be behind it. 3. Write or sketch two possibilities, without needing to open the door. 4. Share interpretations in small groups if desired.	What feeling does this door evoke? Would you open it, wait or walk away? What might you need at this door?
25 min	7.4 Giving My Feeling a Form Creative Visual Expression	Express and name emotions using visual art.	1. Choose one feeling emerging from the staircase or door work. 2. Represent it using lines, shapes, colours or a symbolic image; artistic skill is not important. 3. Give the artwork an emotion-based title: “Today I feel…” 4. In pairs or a voluntary gallery, describe the artwork using “I notice / I feel” statements.	If this feeling had a colour or shape, what would it be? What name fits your artwork? What would this feeling like you to know?
10 min	7.5 One Word to Take With Me Reflection & Closing	Consolidate emotional naming and close safely.	1. Invite participants to revisit their chosen staircase or door. 2. Ask whether their emotion word has stayed the same or changed. 3. Offer a one-word check-out or a private written note. 4. Thank everyone; reinforce that all feelings may be named without judgement.	What emotion can you name now? Did anything shift during the session? What will you take with you?

FACILITATOR TIPS	Avoid interpreting participants’ images or assigning meaning to colours. Emphasise that there are no right or wrong feelings. Offer a quiet alternative and respect privacy, choice and emotional safety.
KEY MESSAGES	Naming a feeling can help us understand it. Emotions may be mixed, change over time, and be expressed through images when words are difficult.
FOLLOW-UP (OPTIONAL)	Invite participants to keep a visual emotion diary: choose a colour, staircase step or door each day and add one emotion word.