



'Therapeutic writing and drawing can become a way of life for children. A regular practice for staying centred in the face of life challenges, and the winds of change.' (Lucia Capacchione)

Feelings – Saying what we feel

Keeping our feelings locked away is not only uncomfortable, it is also not very useful. At best it makes it more difficult for us to relate to what is going on around us, and at worst, we can be so out of touch with our feelings that we don't even recognise what is going on inside us.



It is important to acknowledge the feelings those around us - those they express as well as those they try to hide. By listening to those around us, and when we acknowledge their feelings, we send out a message that says 'you are important'. We make them feel the way we would like to feel ourselves.

JOURNAL ACTIVITY:

- Think of a time when you did not say what you want and describe what happened with your dominant hand.
- Using your non dominant hand, draw or write how you felt.
- Now try reflecting and acknowledging others' feelings and describe what happened with your dominant hand.
- Using your non dominant hand draw or write about how you felt.
- What new insights have you had?