Art Journaling Worksheet

3 Colors:



8 Emotions (circle all that apply)

	Hurt	Anger	Fear	Sadness	Loneliness
		Shame	Guilt	Gladness	
_					
		Impairment	EMOTION	Be	enefit
				7	

Physical Symptoms:

Art Elements Work Space (use lines, shapes, value and textures to describe the emotion)