Calm Practice

Begin by choosing a feeling. It can be any feeling, one you are feeling in this moment or one that comes up as you think about feelings (happy, sad, angry, frustrated, etc.). Then answer the following questions.

Picture your feeling as you write words to describe it. You can even draw a picture if you’d like.

1. If your feeling had a shape, what would it be?
   _____________________________________________________________________________
   _____________________________________________________________________________
   _____________________________________________________________________________

2. What color would it be?
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   _____________________________________________________________________________
   _____________________________________________________________________________

3. What is the texture? What would it feel like? (rough, soft, sticky, etc.)
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   _____________________________________________________________________________
   _____________________________________________________________________________

4. What would it sound like?
   _____________________________________________________________________________
   _____________________________________________________________________________
   _____________________________________________________________________________

5. If the feeling was a weather condition, what would it be? (stormy, sunny, cold, windy, etc.)
   _____________________________________________________________________________
   _____________________________________________________________________________
6. What size would it be? How would you describe that size?
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_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

7. If your feeling had a place in your body, where would it be?
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_________________________________________________________________________________________________________
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8. If your feeling was an animal, what kind of animal would it be?
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_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

9. If it could say something, what would it say?
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_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

NOW....

1. What shape do you think represents peace, joy or calm?
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_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

2. What is your favorite color?
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_________________________________________________________________________________________________________
_________________________________________________________________________________________________________
3. Describe some textures that feel good to touch?

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4. What sounds do you enjoy listening to? What is your favorite song?
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