



# If This Feeling Had a Shape

## Use the senses to find words for emotion

Sometimes a feeling becomes easier to understand when we stop asking for the perfect label. Imagine its texture, temperature, movement, colour or shape. Metaphor can say what ordinary words cannot.

**My feeling is like...**

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**If it had a texture, it would be...**

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**Its temperature, weight or speed**

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**The colour or object that fits it**

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**Where I feel it in my body**

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**Draw what the feeling looks like**

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**What the image helps me understand**

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