

Holter Healing Arts: Emotion Mapping

Materials:

Black paper
Oil pastels

Helpful Vocabulary:

Map

A symbolic representation of selected characteristics of a place, usually drawn on a flat surface. Can represent information in a simple visual way.

Map Key

A map key, also known as a legend, is a set of instructions that explains the symbols, colors, and lines on a map.

Symbol

A thing that represents or stands for something else, especially a material object representing something abstract.

Lesson Plan:

1. Start by making a list of emotions: sad, happy, angry, fear, disgust, surprise, etc.
2. Assign colors to each emotion. What color do you associate with happiness? Is there a color you associate with sadness? Do you associate more than one color with an emotion? Another way of assigning colors is to say the color and list the emotion you think of with that color. What you are doing is labeling color associations.
3. Now assign shapes and lines to the emotions. Is happiness a squiggly line or is it a bunch of polka dots? Does a jagged zig zagging line make you feel angry or upset? Do you associate tear drops with sadness or feeling calm? These shapes and lines will become symbols for the emotion.
4. Once you have assigned color and shape and line to emotions, the next step in creating an emotion map is to create your key. This key is just like a map key. It will use the symbols and color to help “map” your emotions.
5. Next, choose something to “map”. It could be the emotions you felt over the course of a period of time, such as all the emotions you felt in a day or a week. It could be the emotions you feel when you think about a specific thing, like a place or a person.
6. Once you have chosen something to map, start mapping. Use your key to help you draw a visual “map” of your emotions.

a. As you make your map, start to reflect and make observations of it.

How does it feel to look back at your map? Is there a dominant emotion you felt during this time period or when you think about a specific thing? Do any of your symbols overlap where you felt multiple emotions? Do some of the colors blend together where maybe the way one emotion felt resonated with another emotion? Is there anything you were surprised by?

Congratulations. You just made an emotion map!

Revisit this art practice and ask the following reflective questions: Do your associations change over time? Are there new symbols or colors assigned to emotions? Do your feelings of the original time



period or specific thing change as time moves on? If so, what emotion/s become/s stronger? Which ones fade?

Group setting: compare and share your keys. What surprised you about someone else's key? Were there any colors and symbols used that matched yours?

Example of student work:

